

# Your pregnancy with Swansea Bay University Health Board



A Midwife will contact you by telephone within 1-2 weeks of us receiving your referral form to arrange your maternity booking appointment. This will include taking a full medical history to plan your maternity care.



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Bae Abertawe  
Swansea Bay University  
Health Board

If you have not had a response by 14 days - please contact us on **01639 862103** so that we can check your contact details.

## CONTACTING US

During your booking appointment, the midwife will discuss your pregnancy and your consent for ultrasound scans and blood tests. To ensure that you understand the choices for screening tests, please follow [this link](#) for screening tests in pregnancy, and [watch the video on screening tests for Down's, Edwards and Patau's syndromes](#). It is important that you review this information before your first appointment with your midwife.

If you have a pregnancy-related concern before 20 weeks, please contact your GP or 111 out of hours, as soon as possible, for advice and guidance. You can also find information on common pregnancy-related conditions [here](#) or in the [Every Child - Parent Resource](#) (Public Health Wales).

If you have a concern after 20 weeks of pregnancy, please contact our Antenatal Assessment Unit on **01792 286111**. To contact your community midwifery team, please ring the on-call number for your team: -

<b>Afan</b>	<b>07581569882</b>
<b>Nedd</b>	<b>07815779113</b>
<b>North</b>	<b>07974062193</b>
<b>South</b>	<b>07766466891</b>
<b>East</b>	<b>07971719632</b>
<b>West</b>	<b>07811 528984</b>

## Useful Information

### [Health In Pregnancy](#)

Eating a nutritious diet and staying active during pregnancy is important for your health, and your baby's development. If you are overweight before or during pregnancy, this increases the risks of you [developing complications](#).

[Foods](#) to avoid during pregnancy

[Vitamins and Supplements](#) in pregnancy

### Alcohol

Drinking alcohol during pregnancy increases the risk of miscarriage, premature birth and your baby having a low birthweight. It can also affect your baby after they're born. It is recommended that if you are pregnant or planning to become pregnant you should not drink alcohol. This will keep any risk to your baby to a minimum. Advice and support can be found [HERE](#)

### Smoking

Smoking in pregnancy is extremely harmful and increases the [risks](#) to your baby. Quitting is one of the best things you can do to minimise these risks and protect your baby's health during pregnancy and after they are born. For advice and support click [HERE](#)

### Vaccinations

Your immune system alters during pregnancy. This means that you may become unwell more easily and develop certain infections and diseases. To protect you and your baby during your pregnancy, you will be offered vaccinations including; COVID-19, Flu, pertussis (whooping cough). For more information about vaccinations in pregnancy please follow this link [Information about vaccinations in pregnancy - Public Health Wales \(nhs.wales\)](#)

### Mental Wellbeing

Everybody can feel overwhelmed by emotions at times, and within the perinatal period, it is no different. In pregnancy, feeling overwhelmed by any emotion may make it harder to feel like you are coping or managing those demands. There is a range of support available, speak to your midwife and maternity team if you feel you need support with your mental health.

### Thinking ahead.....

- You may want to start thinking about how you want to [feed](#) your baby.
- Safe sleeping advice from [The Lullaby Trust](#)
- Where will I have my baby? Use [this resource](#) to help you make an informed choice.



If you would like to share your experiences and help us shape Maternity Care in Swansea Bay please visit the [Swansea Bay Maternity Voices Partnership](#) website or the MVP Facebook page.