

Health and wellbeing in pregnancy

All these questions relate to information found in the **Your pregnancy** section. Please read the content and explore the links prior to completing.

These questions can be completed in one go or be an on-going process following discussions with your care provider.

Print or show this to your midwife at any stage in your pregnancy.

Physical health and wellbeing

1. I have a long-term health condition that may affect my pregnancy. I have:

- | | |
|--|--|
| <input type="radio"/> diabetes | <input type="radio"/> asthma |
| <input type="radio"/> epilepsy | <input type="radio"/> hypo/hyperthyroidism |
| <input type="radio"/> mental health problems | <input type="radio"/> other |
| <input type="radio"/> high blood pressure | <input type="radio"/> none. |
| <input type="radio"/> heart problems | |

There are many conditions that may or may not have an impact on your pregnancy. Ask your GP, doctor or midwife about any conditions you have, or may have had in the past.

Notes can be typed here.

2. Bladder and bowel problems are common and can get worse in pregnancy. Support is available. Please discuss with your GP, midwife or doctor if you experience any of the following:

- leakage of urine
- problems holding wind (gas)
- unable to control the loss of stool (poo)
- bleeding from the back passage
- pain or bleeding during or after sex (intercourse)
- affected by Female Genital Mutilation (FGM)

My thoughts, feelings and questions ...

3. It is recommended that you discuss pre-existing medical conditions and/or special requirements with your GP, midwife or doctor prior to becoming pregnant or in early pregnancy. Tick the comment that applies to you:

- I have discussed my pre-existing medical condition(s) with my maternity team
- I require further support with my medical condition(s) or special needs
- I am aware that in certain circumstances my midwife or health care professional may need to communicate with my GP or health visitor
- I am not sure/I would like to find out more.

Use the space below to write down what you know already, or for any questions or concerns you have about your care.

My thoughts, feelings and questions ...

4. I am taking the following medication and/or supplements.
Tick the comment that applies to you:

- I am aware of the recommendations and I have discussed this with my GP, doctor or midwife
- I am not sure/I would like to find out more.

My thoughts, feelings and questions ...

It is recommended that all pregnant women take folic acid supplements before conception and up until 12 weeks of pregnancy. It is also recommended that pregnant women take Vitamin D supplements throughout pregnancy. Any other medications should be discussed and reviewed with your maternity team.

5. I have additional requirements. These are:

- I will need help at appointments to translate into my language
- I have allergies and/or special dietary requirements
- I have religious beliefs and customs that I would like to be observed
- I/my partner have additional needs
- I have a current or previous history of social care involvement
- I would like to speak to the midwife about something else in a private setting

If you have any special requirements, please tell your maternity team as early as possible. Use of interpreting services vary depending on local policy and availability, please discuss with your midwife.

My thoughts, feelings and questions ...

Lifestyle and wellbeing

6. It is recommended that you avoid some foods whilst pregnant, as they can cause harm to you and your unborn baby. Tick the comment that applies to you:

- I am aware of what foods to avoid in pregnancy
- I am not sure/I would like to find out more.

Advice changes about which foods to avoid, please use the links provided in the app to get the latest information.

My thoughts, feelings and questions ...

7. It is recommended that you try to maintain a healthy and balanced diet in pregnancy. Tick the comment that applies to you:

- I am aware of my nutritional needs in pregnancy
- I have specific circumstances that affect my dietary requirements and I would like guidance from my maternity team
- I am not sure/I would like to find out more.

My thoughts, feelings and questions ...

8. For the majority of women, regular light to moderate exercise is recommended in pregnancy. Tick the comment that applies to you:

- I am aware of the recommendations about exercise
- I have a condition that affects my ability to exercise and I would like guidance from my maternity team
- I am not sure/I would like to find out more.

My thoughts, feelings and questions ...

9. For the health and wellbeing of you and your baby, you are advised not to smoke, drink alcohol or use recreational drugs in pregnancy. Tick the comment that applies to you:

- I am aware of advice around the consumption of alcohol, tobacco/nicotine products and recreational/illegal drugs
- I am aware that smoking increases the chances of having a miscarriage and increases the risk of having a baby born too early, underweight or stillborn
- I am aware that all pregnant women are offered carbon monoxide screening during pregnancy and support to quit for those who smoke
- I am not sure/I would like to find out more

You can talk to your midwife or doctor for support with giving up smoking, drinking alcohol or taking recreational/illegal drugs.

My thoughts, feelings and questions ...

Emotional health and wellbeing

Expecting a baby can be a joyful and exciting time, however it is also common for pregnant women to experience anxiety, depression or emotional distress.

10. I have a long term mental health condition that may affect my pregnancy. I have:

- anxiety
- depression
- eating disorder
- post-traumatic stress disorder
- personality disorder
- bipolar affective disorder (also known as manic depression or mania)
- schizoaffective disorder
- schizophrenia or any other psychotic illness
- postpartum psychosis
- any other mental health condition for which you have seen a psychiatrist or other mental health professional.

If you have any of these conditions you should talk to your midwife or doctor as soon as possible as you may require support from a specialist perinatal mental health team.

My thoughts, feelings and questions ...

11. This is how I'm feeling at the moment.

Write down any concerns or worries you have, and talk to your friends, family, midwife, GP or doctor.

My thoughts, feelings and questions ...

12. Getting to know your baby during pregnancy helps to build strong parental relationships, and will also help with your emotional wellbeing. You can try the following:

- talking, singing or playing music to your unborn baby
- gently massaging your bump
- writing a journal
- pregnancy yoga and/or hypnobirthing
- using an app to track your baby's growth and development
- reading UNICEF's 'Building a happy baby guide'.

Doing these simple things regularly is known to release a hormone called oxytocin, a hormone which can help your baby's brain to develop and makes you feel good.

My thoughts, feelings and questions ...

13. I am aware of things I can do to enhance my emotional wellbeing. Tick the comment that will help you the most:

- take regular gentle exercise, such as pregnancy yoga, walking or swimming
- ensure I eat well
- try relaxation techniques, listening to music, meditation or breathing exercises
- take time for myself, somewhere I can relax
- talk to someone I trust – friend, family, midwife, GP or doctor
- ask for practical help with household chores or other children.

My thoughts, feelings and questions ...

14. Specialist support for pregnant women with anxiety and depression or any other mental health condition is available. Tick the comment that applies to you:

- I am aware of how to access mental health support if I need it whilst pregnant
- I am not sure/I would like to find out more.

If you feel that you need some emotional support, you can refer yourself to your local talking therapy services. It is free and pregnant women are prioritised. See the **Talking therapies** section in **Your pregnancy**.

My thoughts, feelings and questions ...

15. Emotions my partner, family and I should look out for include:

- tearfulness
- feeling overwhelmed
- feeling irritable or arguing more often
- difficulty concentrating
- change in appetite
- problems sleeping or extreme energy
- feeling very anxious
- racing thoughts
- loss of interest in things I normally like
- being so afraid of birth that I don't want to go through with it
- having unpleasant thoughts that I can't control or keep coming back
- suicidal feelings or thoughts of self-harm
- repeating actions or developing strict rituals
- lack of feeling towards my unborn baby.

If you are worried by any of these feelings, talk to your midwife or doctor.

My thoughts, feelings and questions ...

16. Thinking about contraceptive choices. Tick the comment that applies to you:

- I am not sure what to choose/I would like to find out more
- I would like to wait until after my baby is born to think about this
- I am aware that immediate postnatal contraception is available after my baby is born. My choice is stated in the box below.

My preferred method of contraception is ...