PATIENT INFORMATION

Maternity Services

Pre-Booking Information

An integrated care organisation
We are pleased that you have decided to have your baby with us at Southport and Ormskirk Hospital NHS Trust. This leaflet will give you general information about booking at the Maternity Services at Southport and Ormskirk Hospital NHS Trust. Further written information will be given to you during your pregnancy and the postnatal period.

**Useful telephone numbers**

<table>
<thead>
<tr>
<th>Department</th>
<th>Telephone number</th>
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<tbody>
<tr>
<td>Early Pregnancy Assessment Unit</td>
<td>01695 656064</td>
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<tr>
<td></td>
<td>out of hours contact</td>
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<tr>
<td></td>
<td>01695 656901</td>
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<tr>
<td>Antenatal Clinic Midwives</td>
<td>01695 656949</td>
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<tr>
<td>Community Midwives</td>
<td>01695 656668</td>
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<tr>
<td></td>
<td>Between 0900-1000 and 1600-1700</td>
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<tr>
<td>Maternity Assessment Unit</td>
<td>01695 656507</td>
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<tr>
<td>Triage</td>
<td>01695 656604</td>
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<tr>
<td>Delivery Suite</td>
<td>01695 656919/6091</td>
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<tr>
<td>Maternity Ward</td>
<td>01695 656947/6920</td>
</tr>
<tr>
<td>Antenatal Records Office for appointments</td>
<td>01695 656924</td>
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<tr>
<td>ultrasound scan appointments</td>
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</tbody>
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Find out more about our Service at:

http://www.southportandormskirk.nhs.uk/Maternity/

Facebook – Ormskirk Maternity
Your booking appointment

The letter enclosed details the information about your booking appointment.

It is important that a midwife sees you in early pregnancy to take a detailed history, discuss your future care and offer some blood tests. Therefore, this appointment will take approximately one hour 15 minutes. Please note that you will be seen alone for the first 15 minutes of your booking appointment.

For a change to your booking appointment (for West Lancashire, Southport and Formby and the Out of Area Team) contact the Community Midwives directly between 0900 and 1000 or 1600 and 1700.

For other areas please telephone the Antenatal Records Office.

Screening tests

Please see the enclosed Information leaflet “Screening tests for you and your baby”. It is important that you read this booklet before you attend for your appointments to give you time to consider the tests which will be offered by the midwife. There will be opportunity to discuss screening tests further when you attend your booking appointment.

Choices for care

When your midwife books you in for care, she will discuss your options with you. We aim to help you to make an informed choice and take into account your wishes, to make your experience as pleasant and rewarding as possible.
Your options include:

• **Midwife Led Care**

This will be offered if you have no medical problems and your previous pregnancies and births have been straightforward.

The midwife will provide total care during pregnancy and childbirth and afterwards up until your baby is 28 days old. Your care during pregnancy will be by the community midwives.

Ultrasound scanning and screening is available at the Maternity Unit at Ormskirk & District General Hospital and Antenatal Clinic at Southport & Formby District General Hospital and is offered to all women accessing Maternity Services.

Should any problems arise where you require medical care, you will be referred to your GP or the Obstetrician at the hospital, depending on your needs.

If you choose to have your baby in Hospital, care during labour will be provided by the midwives on the Delivery Suite at Ormskirk & District General Hospital. During labour, your baby’s wellbeing will be checked regularly by the use of a sonicaid or pinard stethoscope which will allow us to hear your baby’s heartbeat. We will not routinely monitor you electronically unless there are any concerns.
• **Consultant Led Care**

This will be offered if you have had previous medical problems or complications in this or a previous pregnancy, where you may need specialist care from the Obstetricians. Your care during pregnancy will be shared by the Obstetricians and the Midwives and you will have more visits to the hospital.

**Place of birth**

The following options are available to you:

• **Home birth**

If you have chosen midwife-led care and your pregnancy remains straightforward, then home birth may be the choice for you. You will be cared for by the Community Midwives who will be on call for the birth of your baby at home.

When considering safety in choosing home birth, there is no evidence to suggest that it is safer to give birth in hospital, when everything is straight-forward. Your midwife will discuss this further with you.

• **Midwife Led Rooms designated within the Delivery Suite at Ormskirk & District General Hospital**

If you choose to have your baby in hospital and are under the care of the Midwives.

• **Consultant Unit at Ormskirk & District General Hospital**

If you choose to have your baby in hospital and are under the care of the Consultant Obstetrician. The Delivery Suite is based at Ormskirk & District General Hospital.
Stop smoking services

Please be advised that the hospital buildings and grounds are smoke free.

If you or a member of your family smoke there is help and advice available via your local Stop Smoking Services. Your Midwife will be able to refer you to local services at your booking appointment.
You can also contact NHS Smokefree helpline on 0300 123 1044

Useful contact numbers

National Childbirth Trust
Telephone: 0870-4448707 or www.nct.org.uk
Association for Improvement of Maternity Services (AIMS)
Telephone: 0870 765 1433 or www.aims.org.uk

Useful Apps

Best Beginnings - Baby Buddy
app.bestbeginnings.org.uk/web
RCM - Pregnancy and Birth Information
pregnapp.rcm.org.uk/app
Lincus Maternity - Pregnancy and Postnatal Support
Register at: www.lincus.eu Activation code - improving18

References

NICE (2017) Intrapartum care: care of healthy women and their babies during childbirth

www.gov.uk/topic/population-screening-programmes
During your contact with us, it is important that you are happy with your care and treatment. Please speak to a member of staff and/or the ward/department Sister/Senior Midwife if you have any questions or concerns.

**Matron**

A Matron is also available during the hours of 0900 to 1700 Monday to Friday. During these periods, ward/department staff can contact Matron to arrange to meet with you. Out of hours, a Senior Midwife can be contacted via the ward/department to deal with any concerns you may have.

**Infection Control Request**

Preventing infections is a crucial part of our patients’ care. To ensure that our standards remain high our staff have regular infection prevention and control training and their practice is monitored in the workplace. We ask patients and visitors to assist us in preventing infections by cleaning their hands at regular intervals and informing staff of areas within the hospital that appear soiled.

As a patient there may be times that you are unsure whether a staff member has cleaned their hands; if in doubt please ask the staff member and they will be only too happy to put your mind at ease by cleaning their hands so that you can see them.
Contact information if you are worried about your pregnancy/yourself or baby in the postnatal period

Your can contact your own GP
Maternity Unit – contact Triage – see contact numbers on page 1.

Other useful telephone numbers / contacts

NHS 111
Stop Smoking Helpline (Sefton) - 0300 100 1000
Stop Smoking Helpline (West Lancashire) - 0800 328 6297
For appointments please see contact numbers on page 1
Please call 01704 704714 if you need this booklet in an alternative format

Southport and Ormskirk Hospital NHS Trust

Ormskirk & District General Hospital
Wigan Road, Ormskirk, L39 2AZ

Tel: (01695) 577111

Southport & Formby District General Hospital
Town Lane, Kew, Southport, PR8 6PN

Tel: (01704) 547471

FOR APPOINTMENTS
Telephone (01695) 656680
Email soh-tr.appointments@nhs.net

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