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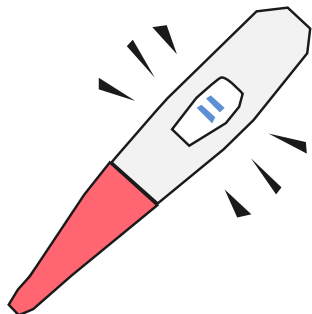
Tell us you are pregnant

Easy Read resource

This resource is available
in multiple languages.
Ask your midwife for
more information.



Tell us you are pregnant



As soon as you are pregnant let your local maternity team know.

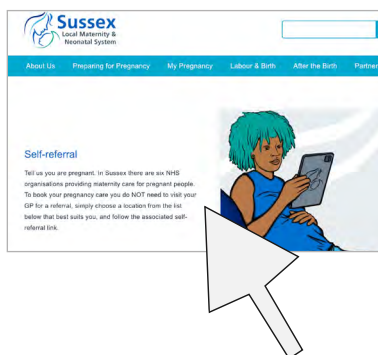
This will make sure you get the help you need to keep you and your baby healthy and safe.

Self-refer



There are two ways to let us know you are pregnant.

You can self refer online or call us. More information on how to do both is below and on the next page.

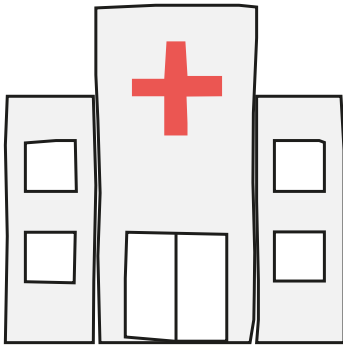


To self refer online click on the website link below.

sussexlmns.org/my-pregnancy/self-referral

You will see seven hospitals in a list. Pick the one that works best for you. We suggest a hospital which is close to you.

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If you do not have the internet you can call one of the phone numbers below.

- Conquest Hospital, St Leonards
0300 131 4500
- Eastbourne District General Hospital
0300 131 4500
- Royal Sussex County Hospital, Brighton
01273 696955
- Princess Royal Hospital, Haywards Heath
01444 441881
- St Richard's Hospital, Chichester
01243 788122
- Worthing Hospital
01903 205111
- East Surrey Hospital
01737 768511

Tell us you are pregnant



After you let us know you are pregnant a team of people will care for you.

This can include midwives, nurses, doctors and other healthcare professionals.



You will have a booking appointment. This will be your first visit.

Your midwife will ask you questions about your health. This is a chance to let them know if you need extra support.



You can take someone with you to your booking appointment to support you. You can choose who you want this to be.

You can also ask for an interpreter.

Tell us you are pregnant



Here is a guide to what your care will look like.

INSERT TIMELINE LINK

If you do not have the internet please ask your midwife to print a copy of the guide for you.



Here are guides in different languages to help you stay healthy during your pregnancy.

southeastclinicalnetworks.nhs.uk/readyforpregnancy

Tell us you are pregnant

For further information to support you during pregnancy, please see:

Your pregnancy to do list – NHS

[nhs.uk/pregnancy/finding-out/your-pregnancy-to-do-list](https://www.nhs.uk/pregnancy/finding-out/your-pregnancy-to-do-list)

Vitamins and supplements in pregnancy – NHS

[nhs.uk/start-for-life/pregnancy/vitamins-and-supplements-in-pregnancy](https://www.nhs.uk/start-for-life/pregnancy/vitamins-and-supplements-in-pregnancy)

Maternity and paternity benefits and leave – NHS

[nhs.uk/pregnancy/finding-out/maternity-and-paternity-benefits-and-leave](https://www.nhs.uk/pregnancy/finding-out/maternity-and-paternity-benefits-and-leave)

National FGM support clinics – NHS

[nhs.uk/conditions/female-genital-mutilation-fgm/national-fgm-support-clinics](https://www.nhs.uk/conditions/female-genital-mutilation-fgm/national-fgm-support-clinics)

Have a healthy diet in pregnancy – NHS

[nhs.uk/pregnancy/keeping-well/have-a-healthy-diet](https://www.nhs.uk/pregnancy/keeping-well/have-a-healthy-diet)

Pregnancy information – Tommy's

[tommys.org/pregnancy-information](https://www.tommys.org/pregnancy-information)

Pregnancy complications – Tommy's

[tommys.org/pregnancy-information/complications](https://www.tommys.org/pregnancy-information/complications)

Financial support – Sussex Local Maternity and Neonatal System

[sussexlmns.org/partners-and-families/financial-support](https://www.sussexlmns.org/partners-and-families/financial-support)

Domestic abuse support – Safe in Sussex

[safeinsussex.co.uk](https://www.safeinsussex.co.uk)

If you do not have the internet you can ask your midwife to print you information from any of the links above.