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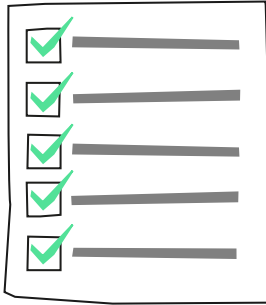
# Regular checks

Easy Read resource

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



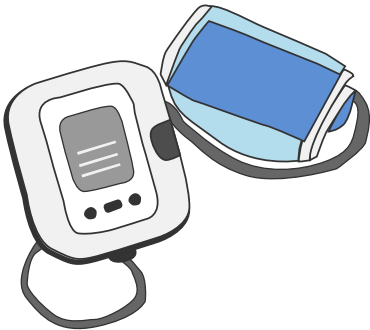
# Regular checks



Checks keep you and your baby healthy.

You will start to have checks from when you tell us you are pregnant.

These will normally be carried out by your midwife. Your midwife is there to care for you and your baby.

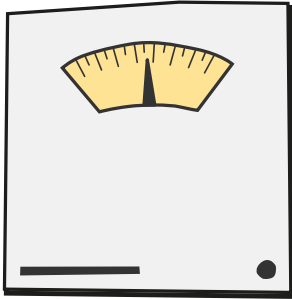


There are some checks you will have every time you see your midwife.

These check:

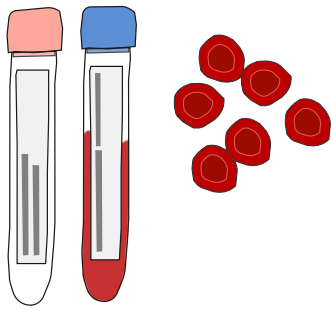
- Your blood pressure
- Your pee
- How much your baby is growing.

# Regular checks



Your midwife will also ask to check your weight. This helps to make sure you stay healthy.

You can say no.



You will also have blood tests.

Talk to your midwife if you are worried about this.



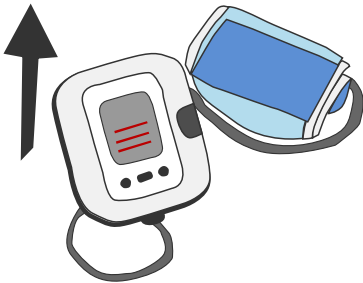
Tests can help to check for things like:

- Pre-eclampsia
- Gestational diabetes
- Anaemia

# Regular checks



If your tests reveal any conditions you will get extra care and support.

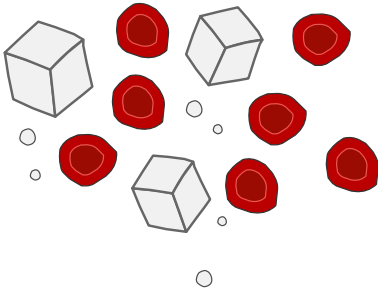


Pre-eclampsia is a health problem that causes high blood pressure.

It can be dangerous for you and your baby. It can happen when you are in the second half of your pregnancy.

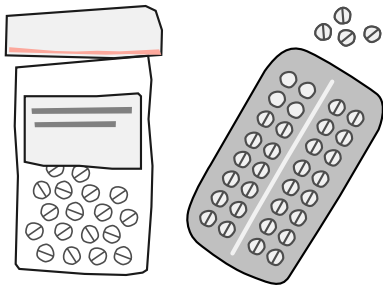
If you have pre-eclampsia you will have extra checks to keep you and your baby safe.

# Regular checks



Gestational diabetes is when you have too much sugar in your blood.

You might need medicines to lower your blood sugar.

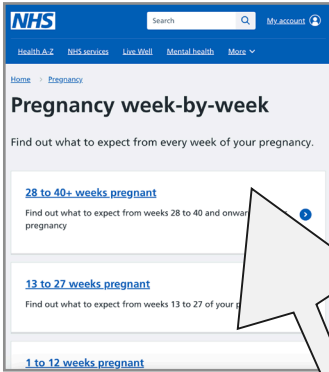


Anaemia is when you do not have enough healthy red blood cells.

This can make you feel tired.

Your doctor might give you iron tablets to help.

# Regular checks

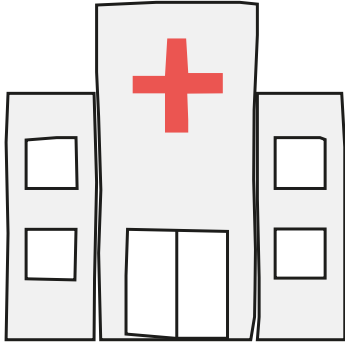


Find out more about how your baby grows and how to keep healthy by clicking on the link below.

If you do not have internet, ask your midwife to print the pages for you.

[nhs.uk/pregnancy/week-by-week](https://www.nhs.uk/pregnancy/week-by-week)

# Regular checks



You can get help and more information by calling one of the numbers below. Ask your midwife which hospital you should call.

- 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

# Regular checks

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

Pre-eclampsia information – NHS  
[nhs.uk/conditions/pre-eclampsia](https://www.nhs.uk/conditions/pre-eclampsia)

Gestational diabetes information – NHS  
[nhs.uk/conditions/gestational-diabetes](https://www.nhs.uk/conditions/gestational-diabetes)

Anaemia information – NHS  
[nhs.uk/conditions/iron-deficiency-anaemia](https://www.nhs.uk/conditions/iron-deficiency-anaemia)

Pregnancy complications – Tommy's  
[tommys.org/pregnancy-information/complications](https://www.tommys.org/pregnancy-information/complications)

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