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**Congratulations
on your
pregnancy**

Hello

Name:

Now that you are pregnant it is more important than ever to be as healthy as possible.

As a maternity department we're here to help keep you and your baby safe and healthy by providing you with information and services that will support you to live a healthy lifestyle.

This leaflet looks at some of the important aspects of your health and well-being that we can support you with. It also explains why we may ask some of the questions we ask during your pregnancy.

Don't forget, we are here to support you. While we may ask you questions, we also aim to create a safe, confidential and non-judgemental space where you can ask any further questions you may have about your health and the health of your baby.

You can also visit
ctmuhb.nhs.wales/maternitysupport
for more information

Contact Details:



What we expect and why.

We will ask you about your height and weight.

We use these measurements to measure your BMI. This is done at the dating scan and is used to plan your care and determine which professionals need to be involved.

Depending on your results we may refer you to one of our Healthy Lifestyle clinics to help you feel physically and mentally prepared for the birth. This includes programmes like Bump start or community Bump Start.

We will ask you about smoking and whether you or people around you smoke.

Smoking is the main cause of CO (Carbon Monoxide) exposure. Stopping smoking can improve the outcome of your pregnancy and health of your baby.

By asking questions about smoking we can offer you the right support to protect both you and baby. Help Me Quit for Baby also supports people who would like to stop vaping or using e-cigarettes.

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We will ask you about alcohol.

There is no known safe time or amount of alcohol to drink during pregnancy.

We may ask you questions about your previous and current drinking habits. This will help us find the right information and resources you may want or need.

We will ask you about drug use.

Misuse of drugs is not safe at any time and especially during pregnancy, this can be harmful and affect both you and the baby.

If you are addicted to drugs, help is available to support you to give them up. It is always best to be honest about all the drugs you have taken.

We will ask you about Vaccination status for Covid, Pertussis (whooping cough) and flu

Vaccination is one of the most effective ways to protect both you and baby from preventable diseases.

We will ask you about this regularly which is a great opportunity for you to raise any questions you may have about vaccination.

We will offer to check your CO levels.

CO monitoring will be encouraged throughout your pregnancy as part of your antenatal check regardless of your smoking status.

CO (Carbon Monoxide) is a highly toxic, dangerous gas which is colourless and odourless. We will talk you through ways you may be exposed to CO and how to reduce the risks.

Steps to keeping you and baby well.

Smoking in Pregnancy

There are over **4,000 chemicals in cigarettes**. Many of these are poisonous and harm you and your unborn baby.

The good news is that if you stop smoking:

- Your baby will benefit straight away
- You are more likely to have a healthier pregnancy and a healthier baby
- You will reduce the risk of stillbirth and sudden infant death syndrome (cot death)
- Your baby is less likely to be born early
- Your baby is more likely to be born at a healthy weight and be fully developed
- Quitting smoking will also save you money. A 20 a day smoker could save over £3,500 per year

Support is available for your partner, friend or family member who may also want to quit smoking.

Eating well

Eat plenty of good healthy food but eat for one, not two. Putting on too much weight, or trying to lose weight in pregnancy can be harmful.

Eating well doesn't have to be expensive, difficult or dull! Try these tips:

- Eat a wide range of different foods
- Make meals colourful with lots of different vegetables and fruit
- Cook food from basic ingredients where you can. It is cheaper, tastier and you will know what went into it
- Try and make meals that everyone in the family can enjoy

Alcohol and substance misuse

Drinking alcohol during pregnancy can affect your baby's growth and development and may cause long-term harm. Drinking heavily during pregnancy, can cause your baby to develop foetal alcohol syndrome (FAS).

This is a serious condition, in which children have:

- Restricted growth
- Facial abnormalities
- Learning and behavioural disorders

For support and guidance contact:

For support and guidance contact Dan 24/7 Wales Drug and Alcohol Helpline

www.dan247.org.uk
Free-phone: 0808 808 2234
or text DAN to: 81066



Keep yourself active

Keep up with your normal daily physical activity for as long as you feel comfortable, like walking to work or the shops, playing sport, running, dancing, or going to exercise classes. If you have any worries check with your midwife whether it is safe to continue.

If you haven't been very physically active now is a great time to start. It will be much easier to start now than when you have a baby to care for and you can build activity into your routine.

Taking care of your mental health

- Pregnancy is an emotional time. It can be quite challenging and stressful. It can also feel like another pressure on top of everyday things, like money worries, your job, family or relationship problems. If you are struggling, getting help and support early on is really important. Some tips which may help:
- Talk about how you feel with your partner, friends or family members, it can help you feel positive and cope with stress
- Relaxation exercises are one way to manage stress, it's a great idea to learn some now
- Keep active. Exercise helps our bodies deal with stress and improves our mood
- Share your worries and concerns with your midwife or GP. They will provide a sympathetic ear and can put you in touch with local support if you need it

Taking medication

Any medicine or drug that you take may affect you or your baby at any time during your pregnancy.

Remember when collecting prescriptions or buying medicines over the counter you should:

- Check with the pharmacist if it's okay to take it when you're pregnant.
- Check the label for yourself as well. If you have any questions
- Ask the pharmacist, your midwife or your doctor if you have any questions

Pregnancy vitamins

Take a folic acid supplement and a vitamin D supplement or a Healthy Start vitamin if you're eligible for the Healthy Start scheme. But avoid supplements containing vitamin A



Scan for more information about your pregnancy journey, you can also use the Bump, Baby and Beyond resource that has been produced by and for parents



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