



**Mersey and West Lancashire
Teaching Hospitals**
NHS Trust

Ormskirk Maternity Unit

Pre-Booking Information



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Congratulations on your pregnancy

1. INTRODUCTION

Thank you for choosing to have your baby with us at Southport & Ormskirk Hospital. We understand that you will have lots of questions regarding your pregnancy. The aim of this booklet is to prepare you for your booking appointment and to give information that is relevant to early pregnancy. Further information will be made available to you at relevant times throughout your pregnancy and after the birth of your baby.

It might be helpful to you to use the space below to note any questions that you wish to ask your Midwife during your booking appointment:

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.

2. USEFUL TELEPHONE NUMBERS

DEPARTMENT	TELEPHONE NUMBER
Early Pregnancy Assessment Unit	01695 656064
Antenatal Clinic Midwives	01695 656949 (Out of hours emergency 18 weeks gestation or below ring 01695 656901)
Community Midwives	01695 656668 Contact between 0900-1000 and 1600-1700
Maternity Assessment Unit	01695 656507
Triage	01695 656604
Delivery Suite	01695 656919 / 6091
Maternity Ward	01695 656947 / 6920
Antenatal Records Office appointments/ultrasound scan appointments	01695 656924

3. SOCIAL MEDIA

You can find us on:

Facebook - Ormskirk Maternity

Instagram - ormskirkmaternity

4. 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 - 1000 or 1600 - 1700.

For other areas please telephone the Antenatal Records Office.

5. SCREENING TESTS

Prior to attending your booking appointment please access "Screening tests for you and your baby" via the link www.gov.uk/government/publications/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.

6. 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 Hospital and Antenatal Clinic at Southport 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 Hospital.

- **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.

7. PLACE OF BIRTH CHOICES

<https://assets.nhs.uk/prod/documents/Birth-option-baby-before.pdf>

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 within the Delivery Suite at Ormskirk Hospital**

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

These rooms are designed to aid mobilisation and normality in labour. One of the rooms has a fixed pool and the others are designed to accommodate an inflatable pool should you wish to use them.

- **Consultant Unit at Ormskirk Hospital**

If you choose to have your baby in hospital and are under the care of the Consultant Obstetrician. You will be advised to have your baby on the Delivery Suite which is situated on level 4 of Ormskirk Hospital.

8. 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. We also have a designated Smoking cessation Midwife who will be available to support you in your journey to reducing or stopping smoking. You can also contact NHS Smokefree helpline in useful contacts and links.

9. USEFUL CONTACTS AND LINKS

Infant Feeding Coordinator (Southport and Ormskirk Hospital)	01695 656502	
Alcohol Concern	0300 123 1110	https://www.alcoholconcern.org.uk
Antenatal results and choices (ARC)	0207 713 7486	https://www.arc-uk.org
Citizens Advice Bureau	03444 111 444	https://www.citizensadvice.org.uk
Frank about drugs	0300 123 6600	https://www.talktofrank.com
Group B Strep Support Group		https://gbss.org.uk
La Leche League National Breastfeeding	0845 120 2918	https://www.laleche.org.uk
Maternity Action Advice Line	0845 600 8533	https://maternityaction.org.uk

MIND – for better mental health	0300 123 3393	https://www.mind.org.uk
Miscarriage Association	01924 200 799	https://www.miscarriageassociation.org.uk
National Breastfeeding Helpline	0300 100 0212	https://www.nationalbreastfeedinghelpline.org.uk
National Childbirth Trust (NCT)	0300 330 0700	https://www.nct.org.uk
National Domestic Violence Helpline	0808 200 0247	https://nationaldomesticviolencehelpline.org.uk
NHS 111		
NHS Choices		https://www.nhs.uk-conditions-pregnancy-and-baby
NHS Information Service for Parents	0808 200 0247	https://www.nhs.uk/informationforparents
NHS Pregnancy Smoking Helpline	0300 123 1044	https://www.nhs.uk/livewell/quitsmoking
NSPCC's FGM Helpline	0800 028 3550	https://fgmhelp@nspcc.org.uk
Samaritans	08457 909090	
Stillbirth & Neonatal Death Charity (SANDS)	0207 436 5881 Freephone 0808 1643332	https://helpline@sands.org.uk

Tommy's Pregnancy Line	0800 0147 800	https://www.tommys.org
Working Families (Rights & Benefits)	0300 012 0312	https://www.workingfamilies.org.uk
Stop Smoking Helpline (Sefton)	0300 100 1000	https://smokefreesefton.co.uk
Stop Smoking Helpline (West Lancashire)	0800 328 6297	
Best Beginnings - Baby Buddy;		https://www.bestbeginnings.org.uk/baby-buddy
Lincus Maternity—Your online pregnancy record		https://lincus.rescontechologies.com/maternity.php
Pregnancy book online		https://www.publichealth.hscni.net/publications/pregnancy-book-

10 . REFERENCES

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

<https://www.nice.org.uk/guidance/qs105>





