

**MOTHER
FIT**

MIND BODY SOUL

What questions will I get asked by my midwife?

MOTHER FIT RESOURCE



Your midwife will ask questions to make sure you get the care that's right for you.

They may ask about:

- where you live and who you live with
- the baby's father
- any other pregnancies or children
- smoking, alcohol and drug use
- your physical and mental health, and any issues or treatment you've had
- any health issues in your family
- domestic abuse
- female genital mutilation (FGM)
- your job, if you have one
- whether you have people around to help and support you, for example a partner or family members

The first appointment is a chance to tell your midwife if you need help or are worried about anything that might affect your pregnancy. This could include domestic abuse or violence, sexual abuse, or female genital mutilation (FGM).

FGM can cause problems during labour and birth. It's important you tell your midwife or doctor if this has happened to you.

Tests at your first appointment

Your midwife will ask if they can:

- measure your height and weight, and work out your body mass index (BMI)
- measure your blood pressure and test your urine for signs of pre-eclampsia
- take a blood test to see if you have HIV, syphilis or hepatitis B
- They'll also offer you a blood test for sickle cell and thalassaemia (blood disorders that can be passed on to the baby) if they think there's a high chance you might have them. They'll work out your chance by asking some questions.



Things your midwife may discuss and give you information about:

- how the baby develops during pregnancy
- a healthy pregnancy diet and foods to avoid in pregnancy
- pregnancy exercise and pelvic floor exercises
- your NHS pregnancy (antenatal) care
- breastfeeding
- antenatal classes
- benefits you can get when you're pregnant, such as free prescriptions and free dental care
- your options for where to have your baby
- the tests and scans you'll be offered in pregnancy
- Ask questions if you want to know more or do not understand something.

Your maternity notes

At the end of the first appointment, your midwife will give you your maternity notes in a book or a folder.

These notes are a record of your health, appointments and test results in pregnancy. They also have useful phone numbers, for example your maternity unit or midwife team.

You should carry these notes with you all the time until you have your baby. This is so health care staff can read about your pregnancy health if you need urgent medical care.

Source :

<https://www.nhs.uk/pregnancy/finding-out/your-nhs-pregnancy-journey/>

