

Directorate of Obstetrics & Gynaecology Information Leaflets available in Childbirth

Below is a list of information that will be helpful in your pregnancy and after your baby is born. The Web addresses are indicated for you to read or download the information that you need. Limited paper copies are available; also some copies in different languages. They are listed during the different stages of pregnancy to help you.

Further information on our services can be viewed on :-

www.cardiffandvaleuhb.wales.nhs.uk. On the home page click on 'Our Services' and go to 'M' for Maternity.

If you require a paper copy please speak to your midwife.

Information available in childbirth	Information available via:
ANTENATAL :-	
Administration of medicines (self) : information for patients	Cardiff & Vale hard copy
Antenatal screening for Rubella, Hepatitis B, HIV, Syphilis, Down's syndrome sickle cell and thalassaemia. Also information on blood tests and ultrasound screening (in 16 different languages)	www.antenatalscreening.org
Antenatal Results	www.arc-uk.org (READ ONLY)
Amniocentesis	www.antenatalscreening.org - follow links for "Diagnostic Testing"

Chorionic VilliVillus Sampling (CVS)	www.antenatalscreening.org www.nhsdirect.nhs.uk - follow links for "Diagnostic Testing" Enter "CVS" in search box & follow links
Croeso Welcome TWF	www.mym.co.uk (READ ONLY)
Flu Vaccination	www.wales.gov.uk/immunisation
Gastroschisis & Exomphalos Parent Support	www.geeps.co.uk (READ ONLY)
ECV	EIDO site
Glucose Tolerance	www.cardiffandvaleuhb.wales.nhs.uk - Follow links to Obstetrics & Gynaecology Web site
Group B Streptococcus	www.nhsdirect.nhs.co.uk – Enter "pregnancy & group B streptococcus" in search box (READ ONLY)
Sickle cell and thalassaemia	www.antenatalscreening.org
Hepatitis B Hepatitis C	www.britishlivertrust.org go to 'What can go wrong' www.britishlivertrust.org
HIV – understanding HIV infection	www.tht.org.uk go 'information resources'
Information letter re booking	Cardiff & Vale hard copy

appointment & booking process	
Maternity Allowance	www.dwp.gov.uk - enter "Maternity Allowance" in search box & follow links
Midwife Led/Consultant Led Care	www.cardiffandvaleuhb.wales.nhs.uk - Follow links to Obstetrics & Gynaecology Web site
Parent craft Information	www.cardiffandvaleuhb.wales.nhs.uk - Follow links to Obstetrics & Gynaecology Web site
Parvovirus	www.cardiffandvaleuhb.wales.nhs.uk - Follow links to Obstetrics & Gynaecology Web site
Passive smoking	http://new.wales.gov.uk - Follow links to "Topics, Health & Social Care, Public Health Improvement – Second Hand Smoking" (READ ONLY)
Pregnancy Information (green hand held notes)	www.preg.info
Pregnancy book – given out at booking appointment	Hard copy
REACH – for children with hand or arm deficiency information only	www.reach.org.uk (READ ONLY)
Rhesus Factor & Anti D immunoglobulin 'You, Your baby and Rhesus factor'	www.bpl.co.uk go to 'support literature'
Routine antenatal care for healthy pregnant women	www.nice.org.uk CG6 Antenatal Care: Information for the Public
Smoking cessation advice	www.stopsmokingwales.com
Spina Bifida/Hydrocephalus	www.asbah.org
Symphysis Pubis Dysfunction/Pelvic Girdle Pain	www.acpwh.org.uk - Follow links for leaflets – PGP or www.pelvicpartnership.org.uk
Toxoplasmosis	Page 18 of "Routine antenatal care for healthy pregnant women" provided in Antenatal areas - NICE Guidelines for members of the public www.cardiffandvaleuhb.wales.nhs.uk - Follow links to Obstetrics & Gynaecology Web site
Twins & Multiple Births Association	www.tamba.org.uk web site for information & support (READ ONLY)
Twin to Twin Transfusion	www.twin2twin.org web site for information & support (READ ONLY)
Vitamin D	www.cardiffandvaleuhb.wales.nhs.uk - Follow links to Obstetrics & Gynaecology Web site
LABOUR:-	
Early Labour – A quick guide on how to cope	www.cardiffandvale.wales.nhs.uk - Follow links to Obstetrics & Gynaecology Web site
Induction of Labour	www.cardiffandvaleuhb.wales.nhs.uk - Follow links to Obstetrics & Gynaecology Web site
Caesarean Section	www.cardiffandvaleuhb.wales.nhs.uk - Follow links to Obstetrics & Gynaecology Web site
Pain Relief in labour	www.oaa-anaes.ac.uk go to 'information for women'

Pathway through labour	Welsh Assembly Government standard issue; C& V
POSTNATAL :-	
Back to Normal after delivery & post natal Caesarean Section	www.acpwh.org.uk - Follow the links for leaflets which are READ ONLY
Breastfeeding Bottle feeding	www.babyfriendly.org.uk > go to Parents tab www.breastfeedingnetwork.org.uk www.laleche.org.uk
Cot Death – how to reduce the risk	www.fsid.org.uk go to 'Looking after your baby', go to Reduce the risk of cot death
Cystic Fibrosis	www.screening.nhs.uk/public
Down's Syndrome Association	www.downs-syndrome.org.uk (READ ONLY)
Hearing test for baby	www.screeningservices.org.uk/nbhs
Meningitis	www.meningitis.org (READ ONLY)
My Wish List - information on infant feeding	www.cardiffandvaleuhb.wales.nhs.uk - Follow links to Obstetrics & Gynaecology Web site
Newborn Screening Tests	www.screening.nhs.uk/anpublications
Pelvic Floor exercises/ 3 rd & 4 th degree tear	www.acpwh.org.uk - Follow links for leaflets
Perineal Wound Care	www.cardiffandvaleuhb.wales.nhs.uk - Follow links to Obstetrics & Gynaecology Web site
Post natal guidelines: 6 – 8 weeks after birth	www.nice.org.uk/CG037
Protect Your Baby – information for women, visitors & staff	www.cardiffandvaleuhb.wales.nhs.uk - Follow links to Obstetrics & Gynaecology Web site
Registering a birth	www.cardiff.gov.uk - C2C
Sharing a bed with your baby	www.babyfriendly.org.uk
Sterilising baby equipment	www.babyfriendly.org.uk
Stillbirth	www.tommys.org (READ ONLY)
Vitamin K	www.cardiffandvaleuhb.wales.nhs.uk - Follow links to Obstetrics & Gynaecology Web site

<http://wales.gov.uk/topics/health/improvement/pregnancy/?lang=en>.