

There are certain exercises you should avoid in pregnancy, for more details please visit:  
<https://www.nhs.uk/conditions/pregnancy-and-baby/pregnancy-exercise/>

### Sex in pregnancy

Having sex in pregnancy is completely safe.

Later during pregnancy you may find that having an orgasm or sex may set off uterine tightenings, known as Braxton hicks, this is normal.

There are certain occasions where you will need to avoid sex, such as if you are bleeding, if your waters have broken, or if your placenta is low lying.

### Travel in pregnancy

It is safe to travel in pregnancy. However; during the final stages of pregnancy it may become uncomfortable and some airlines will not let you fly over 28 weeks, whereas others say 36 weeks.

Its also important to bear in mind, that with any travel over 5 hours this is a small risk of blood clots, so it is important that you drink lots of water and try move around at least every 30 minutes.

### Calderdale Maternity Advice Line

Advice line open for you to call and speak to a member of the maternity team about any concerns and questions you may have about your pregnancy.

Call on **01422 261364**

Advice line open Monday-Friday (excluding bank holidays). 8.30AM—16.30PM

### For more information

Read more about the antenatal and newborn screening offered on the following links:

<https://www.cht.nhs.uk/services/clinical-services/maternity-services/antenatal-and-newborn-screening/antenatal-screening/>



<https://www.nhs.uk/conditions/pregnancy-and-baby/screening-tests-in-pregnancy/>



Maternity courses for parents to be, book online on <http://www.cht.nhs.uk>, under services. Or contact Jill Palmer on 07717517563

Also, check out the Facebook page for **Better Births at Calderdale and Huddersfield** to find out more information and to see other people sharing their birth and pregnancy stories.



# Stainland Road Medical Centre

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## Pregnancy Advice



Midwife Appointment

Date: \_\_\_\_\_

Time: \_\_\_\_\_



## **Congratulations on your pregnancy!**

We've put this information sheet together to give you a few top tips for your pregnancy.

### **Common symptoms of Pregnancy**

Every woman is different and may experience varying symptoms, some of the common ones are listed below:

- Nausea and vomiting
- Tiredness
- Urinary frequency
- Backache
- Cramping
- Cravings
- Mood swings
- Sore breasts
- Constipation or bloating

If you find that your symptoms are not manageable, or suffering with abdominal pain, vaginal bleeding or increased nausea and vomiting, then please see the GP or local Emergency Department in an emergency situation.

### **Emergency scans in Pregnancy**

If you develop any concerning symptoms associated with your pregnancy such as the following:

- Pain not relieved by simple analgesia
- Bleeding in early pregnancy, requiring more than 1 sanitary towel per hour
- Experience collapsing or fainting episodes

It is best that you are assessed at the Emergency Department, as you may require an appointment on EPAU (Early Pregnancy Assessment Unit) at Calderdale for further assessment and probably an ultrasound scan to assess the pregnancy further.

### **Vitamins and supplements in Pregnancy**

#### **Folic acid**

- You should take 400 micrograms of folic acid every day whilst you are trying to get pregnant and up until you are at least 12 weeks pregnant
- This is important as it can help to prevent birth defects known as neural tube defects, including spina bifida

#### **Vitamin D**

- You should take 10 micrograms of vitamin D a day
- Vitamin D can also be found in oily fish, eggs and red meat
- This is needed to keep bones, teeth and muscles healthy.

You can purchase the above over the counter from your local pharmacy.

### **Smoking & Alcohol**

#### **Smoking**

It can be difficult to stop smoking, but it's important to understand that smoking when you are pregnant can harm your unborn baby. It can increase the risks and complications in pregnancy and during birth.

Why not book an appointment at our smoking cessation clinic offered at Stainland Road Medical Centre, book an appointment on the phone or at reception.

#### **Alcohol**

Alcohol can pass through the placenta to your baby. It can lead to long-term harm and have an impact on your baby's brain development, growth and also increase your risk of stillbirth and premature labour.

### **Diet & Exercise**

Eating a healthy, well balanced diet in pregnancy is important so that you and your baby get the vitamins and minerals you need. Some foods to avoid or take care with when you are pregnancy include:

- Some types of cheeses
- Caffeine
- Raw or partially cooked eggs
- Raw shellfish
- Sushi
- Some types of fish
- Liver
- Fish oil supplements
- Pate
- Cold cured meats

For more details please visit:

<https://www.nhs.uk/conditions/pregnancy-and-baby/foods-to-avoid-pregnant/>

The more active and fit you are, the easier it will be to adapt to your changing shape and weight during pregnancy. It is important you keep up your normal physical activity for as long as you feel comfortable.