



Humber and North Yorkshire
Health and Care Partnership

Local Maternity and Neonatal System

A guide to pregnancy

Mfumo wa Uzazi na Mtoto wa
Karibu

Mwongozo wa ujauzito

The NHS provides maternity care — including antenatal, birth, and postnatal care — free of charge to women who fall within the following categories:

Ordinarily resident in the UK: requires a person to live within the UK lawfully, voluntarily, and with the purpose of settling.

EEA nationals insured by another European state.

Those exempt from charges: including refugees, asylum seekers, legal residents for at least 12 months, workers employed by a UK organization, and self-employed persons.

NHS hutoa huduma ya uzazi - ikiwa ni pamoja na utunzaji katika ujauzito, kuzaliwa, na baada ya kuzaa - bila malipo kwa wanawake walio katika makundi yafuatayo:

Mkazi wa kawaida nchini Uingereza: inahitaji mtu kuishi ndani ya Uingereza kihalali, kwa hiari, na kwa madhumuni ya kutulia.

Raia wa EEA waliowekewa bima na jimbo lingine la Ulaya.

Wale ambao hawajatozwa ada: ikiwa ni pamoja na wakimbizi, wanaotafuta hifadhi, wakazi halali kwa angalau miezi 12, wafanyakazi walioajiriwa na shirika la Uingereza, na watu walioajiri.

To book for maternity care please contact:

Ili kuweka nafasi ya utunzaji wa uzazi tafadhali wasiliana na:

Hull Women and Children's Hospital

Please contact the direct access midwives on 01482 605304 text 07825 280822 or email hyp-tr.direct.access@nhs.net. They will arrange your first appointment to see a midwife.

Hospitali ya Wanawake na Watoto ya Hull

Tafadhali wasiliana na wakunga wa ufikiaji wa moja kwa moja kwa 01482 605304 tuma ujumbe 07825 280822 au barua pepe hyp-tr.direct.access@nhs.net. Watapanga miadi yako ya kwanza kuona mkunga.

Grimsby's Diana Princess of Wales Hospital

Please call the North East Lincolnshire midwifery base on 03033 305232 or for Louth Hospital 01507 631210.

Grimsby's Diana Princess wa Hospitali ya Wales

Tafadhali piga simu kwa kituo cha wakunga cha North East Lincolnshire kwa 03033 305232 au kwa Hospitali ya Louth 01507 631210.

Scunthorpe General Hospital and Goole and District Hospital

Please call the appropriate midwifery base as detailed below.

Goole - 03033 304079, Brigg - 03033 30686, Barton/Winterton - 01652 6600520, Cottage Beck - 03033 303295, Isle Team - 01724 712925.

Hospitali Kuu ya Scunthorpe na Hospitali ya Goole na Wilaya

Tafadhali pigia simu kituo kinachofaa cha wakunga kama ilivyoelezwa hapa chini.
Goole - 03033 304079, Brigg - 03033 30686, Barton/Winterton - 01652 6600520,
Cottage Beck - 03033 303295, Isle Team - 01724 712925.

York Hospital and Scarborough General Hospitals

Please access the self-referral process through BadgerNotes.

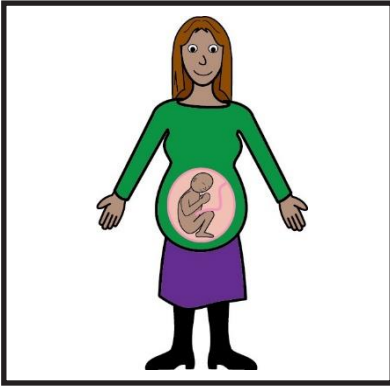
Hospitali ya York na Hospitali Kuu za Scarborough

Tafadhali fikia mchakato wa kujielekeza kupitia BadgerNotes.



If you do not speak English you may need to have someone with you to help with a telephone call, the person you have called will call you back with an interpreter.

Ikiwa huzungumzi Kiingereza unaweza kuhitaji kuwa na mtu pamoja nawe ili kukusaidia kukupigia simu, mtu ambaye umempigia atakupigia tena na mkalimani.



When you are pregnant you will have regular appointments with a midwife. It is advisable to have your first appointment before 12 weeks.

Unapokuwa mjamzito utakuwa na miadi ya mara kwa mara na mkunga. Inashauriwa kufanya miadi yako ya kwanza kabla ya wiki 12.



A midwife cares for women and their families during pregnancy, birth and after the birth.

Mkunga hutunza wanawake na familia zao wakati wa ujauzito, kuzaliwa na baada ya kujifungua.



Some women also need to see a doctor as well as a midwife, when they are pregnant.

Your midwife will arrange this.

Baadhi ya wanawake pia wanahitaji kumuona daktari pamoja na mkunga wanapokuwa wajawazito. Mkunga wako atapanga hili.



Your midwife appointments might be at a Doctors surgery, a Children's Centre or another clinic.

Miadi yako ya mkunga inaweza kuwa kwenye upasuaji wa Madaktari, Kituo cha Watoto au kliniki nyingine.



My Midwife's name is:

Jina la Mkunga wangu ni:



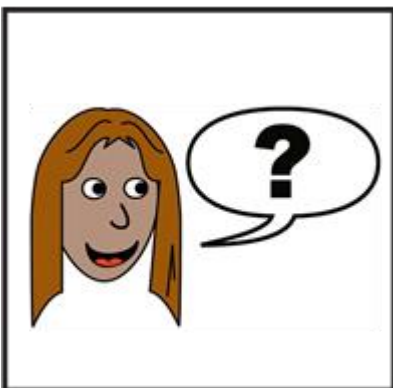
Telephone number:

Nambari ya simu:



My clinic is:

Kliniki yangu ni:



At the first appointment, your midwife will give you your maternity notes. You will take these notes to every appointment during your pregnancy.

The midwife will make you an appointment for an ultrasound scan at this appointment.

Katika miadi ya kwanza, mkunga wako atakupa maelezo yako ya uzazi. Utachukua maelezo haya kwa kila miadi wakati wa ujauzito wako.

Mkunga atakuwekea miadi ya uchunguzi wa ultrasound katika miadi hii.



You can bring a friend or relative with you to the appointments. The midwife will use an interpreter if you do not speak English.

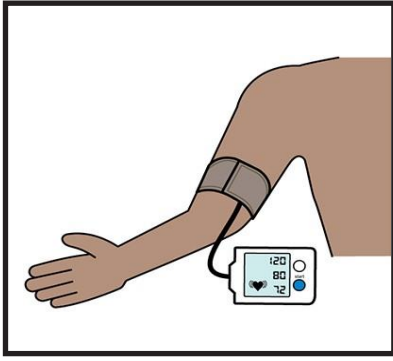
Unaweza kuleta rafiki au jamaa pamoja nawe kwenye miadi. Mkunga atatumia mkalimani ikiwa huzungumzi Kiingereza.



If you're expecting your first child, you'll have up to 10 antenatal appointments.

If you have had a baby before, you will have around 7 appointments, but sometimes you may have more – for example, if you develop a medical condition.

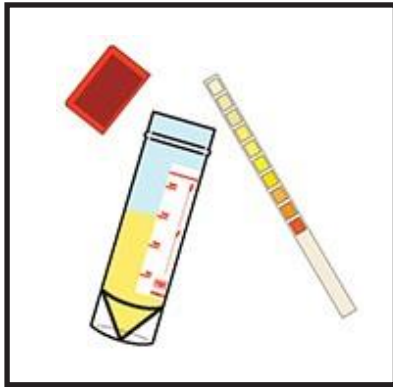
Ikiwa unatarajia mtoto wako wa kwanza, utakuwa na hadi miadi 10 ya ujauzito. Ikiwa umepata mtoto hapo awali, utakuwa na karibu miadi 7, lakini wakati mwingine unaweza kuwa na zaidi - kwa mfano, ikiwa unapata hali ya matibabu.



Every time you see your midwife they will:

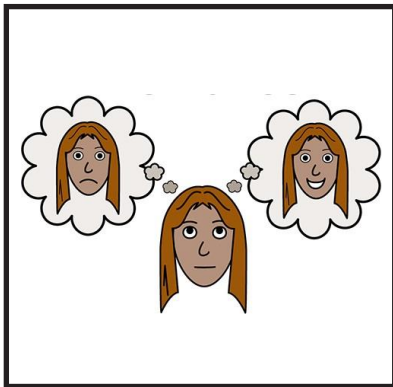
Take your blood pressure.

Kila wakati unapomwona mkunga wako watafanya:
Chukua shinikizo la damu yako.



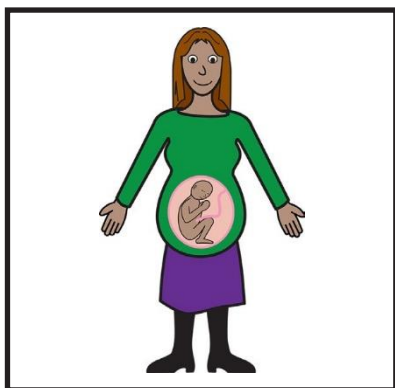
Test your urine.

Jaribu mkojo wako.



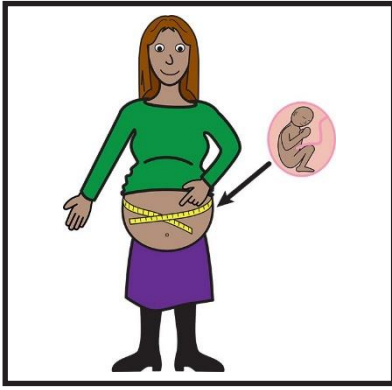
Talk to you about how you are feeling emotionally and can refer you for extra support.

Zungumza nawe kuhusu jinsi unavyohisi kihisia na anaweza kukuelekeza kwa usaidizi wa ziada.



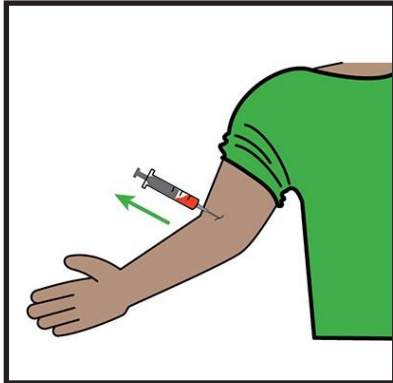
Talk to you about your baby's movements.

Zungumza nawe kuhusu mienendo ya mtoto wako.



As your baby grows, your midwife will measure your bump with a tape measure and plot your baby's growth in your maternity notes.

Mtoto wako anapokua, mkunga wako atapima uvimbe wako kwa kipimo cha mkanda na kupanga ukuaji wa mtoto wako katika noti zako za uzazi.



Your midwife will offer you some blood tests at the first appointment and at the 28 week appointment. These check for your blood group, an iron count and infection screen.

Mkunga wako atakufanyia vipimo vya damu katika miadi ya kwanza na katika miadi ya wiki 28. Hizi huangalia kundi lako la damu, hesabu ya chuma na skrini ya maambukizi.

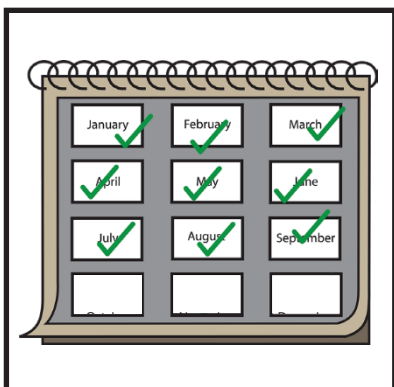


Scans are done at the hospital. These are routinely performed at approximately 12 weeks and 20 weeks.

Some women will need extra scans.

Uchunguzi unafanywa hospitalini. Haya hufanywa mara kwa mara katika takriban wiki 12 na wiki 20.

Wanawake wengine watahitaji uchunguzi wa ziada.



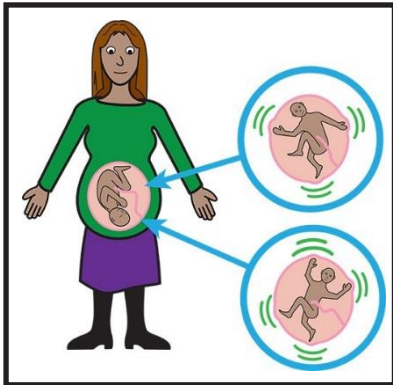
Pregnancy lasts 9 months or 40 weeks.

Mimba huchukua miezi 9 au wiki 40.



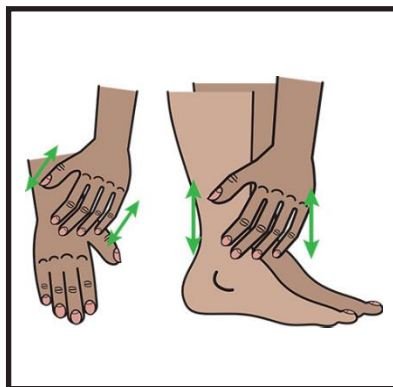
Call a midwife on:
York Maternity Triage -
01904 725924
Scarborough Maternity
Triage - 01723 342124
if you find any of the
following:

Mpigie mkunga kwa:
.....
.....
ukipata yoyote kati ya
yafuatayo:



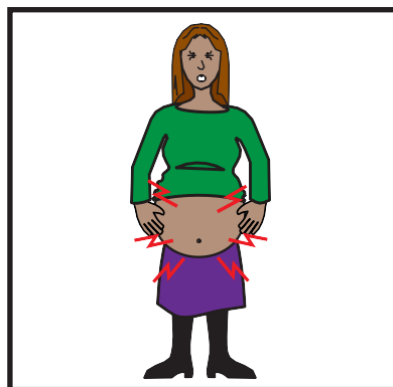
Change in baby's
movements.

Badilisha katika harakati
za mtoto.



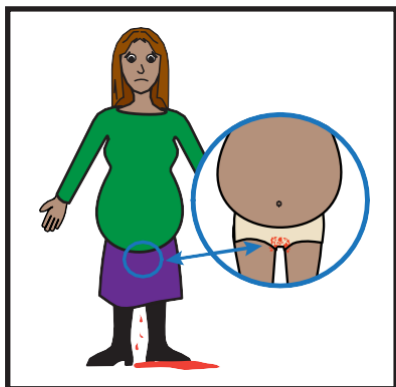
Itching hands or feet.

Kuwasha mikono au
miguu



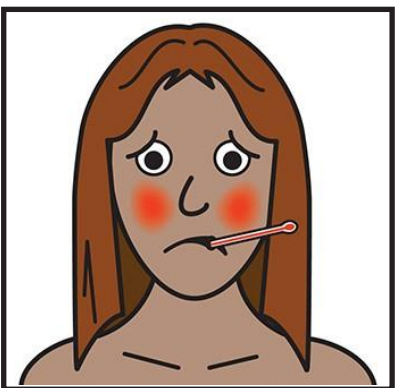
Contractions or pain in
the stomach which is
getting worse.

Mkazo au maumivu
ndani ya tumbo ambayo
yanazidi kuwa mbaya.



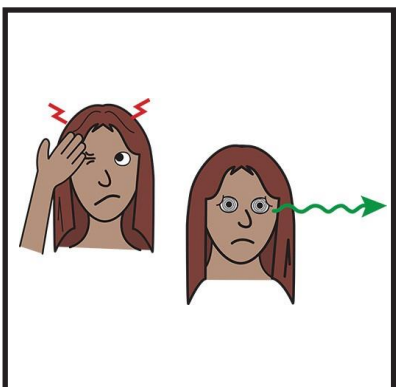
Spotting or bleeding.

Kutokwa na damu au
kutokwa na damu.



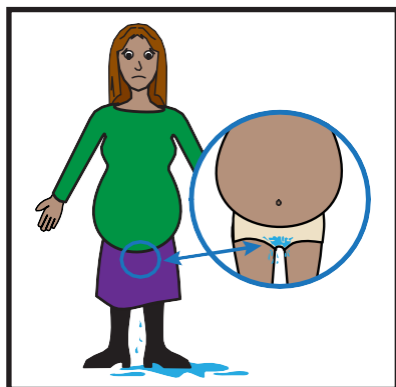
High temperature.

Joto la juu.



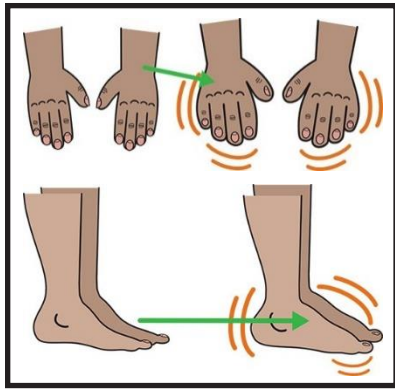
Severe headache or
blurred vision.

Maumivu makali ya
kichwa au kuona
kizunguzungu.



Leaking fluid.

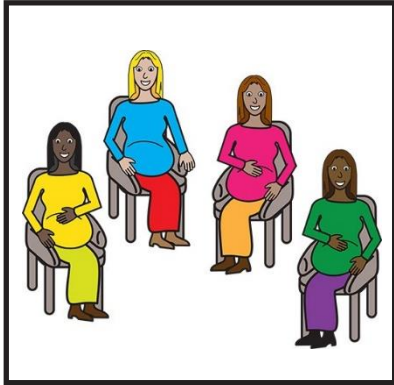
Kioevu kinachovuja.



Swollen hands or feet.

This can be normal if you do not have any other symptoms, but if you are worried, please contact your hospital.

Mikono au miguu iliyovimba. Hii inaweza kuwa ya kawaida ikiwa huna dalili nyingine yoyote, lakini ikiwa una wasiwasi, tafadhali wasiliana na hospitali yako.



It is good to go to some classes to learn about what is happening to your body and to learn about your baby.

Ni vizuri kwenda kwa baadhi ya madarasa ili kujifunza kuhusu kile kinachotokea kwa mwili wako na kujifunza kuhusu mtoto wako.

The NHS provides maternity care — including antenatal, birth, and postnatal care — free of charge to women who fall within the following categories:

Ordinarily resident in the UK: requires a person to live within the UK lawfully, voluntarily, and with the purpose of settling.

EEA nationals insured by another European state.

Those exempt from charges: including refugees, asylum seekers, legal residents for at least 12 months, workers employed by a UK organisation, and self-employed persons.

NHS hutoa huduma ya uzazi - ikiwa ni pamoja na utunzaji katika ujauzito, kuzaliwa, na baada ya kuzaa - bila malipo kwa wanawake walio katika makundi yafuatayo:

Mkazi wa kawaida nchini Uingereza: inahitaji mtu kuishi ndani ya Uingereza kihalali, kwa hiari, na kwa madhumuni ya kutulia.

Raia wa EEA waliowekewa bima na jimbo lingine la Ulaya.

Wale ambao hawajatozwa ada: wakiwemo wakimbizi, wanaotafuta hifadhi, wakazi halali kwa angalau miezi 12, wafanyakazi walioajiriwa na shirika la Uingereza, na watu waliojajiri.



The LMNS has an Ask the Midwife service which is run over social media or by emailing hny.lms@nhs.net. To find out more please go to:

<https://www.humberandnorthyorkshirematernity.org.uk/support1/ask-a-midwife/>

Access <https://www.humberandnorthyorkshirematernity.org.uk/> for more information to support people who are thinking of having children, who are already pregnant or who have recently had a baby.

LMNS ina huduma ya Uliza Mkunga ambayo inaendeshwa kupitia mitandao ya kijamii au kwa barua pepe hny.lms@nhs.net. Ili kujua zaidi tafadhali nenda kwa: <https://www.humberandnorthyorkshirematernity.org.uk/support1/ask-a-midwife/>

Fikia <https://www.humberandnorthyorkshirematernity.org.uk/> kwa habari zaidi kusaidia watu wanaofikiria kupata watoto, ambao tayari ni wajawazito au ambao wamepata mtoto hivi karibuni.