Information leaflet about your Pregnancy Record
We feel it is important that all women can communicate with their maternity care team during their pregnancy, so please let your midwife know if you need an interpreter to be at your appointments.

This is your pregnancy record. This is the record of your health and your baby’s health and the care you receive during your pregnancy. You will be asked to carry your record during your pregnancy.

**Why do I need to carry my record?**

The reason we ask you to carry the record is because it helps different health professionals caring for you communicate with each other and to understand any problems you have had. This means that you should not need to be asked the same questions over and over again.

**When should I carry my record?**

You will be asked to take your record to all your appointments with any different health professionals you see during your pregnancy. For example, whenever you see your midwife, doctor, physiotherapist, obstetrician or when you go for an ultrasound scan.

Nearer the time when your baby is due, it is wise to carry your pregnancy record when you go out and about and certainly if you go away overnight.

**What if I do not want to carry my record?**

If you feel concerned that you may not be able to keep the record safe for the whole of your pregnancy or remember to bring it to all your appointments, please tell your midwife and she can arrange to look after it for you between appointments.
What if I lose my record?

If you lose your record, please contact your midwife or maternity unit as soon as possible.

What happens with my record once my maternity care has ended?

At the end of your maternity care your pregnancy record will be returned to the NHS Board where it will be stored safely. If you would like a copy of your completed record, please speak to your midwife.

Who has access to the information in my record?

Your information will be stored securely. Only those health professionals involved in your care will be able to look at your record. Please ask your midwife for patient information leaflets about confidentiality of your personal health information in other languages and formats, or go to www.hris.org.uk/?o=1001

You can write in your pregnancy record where you see this symbol: ☐

There are pages at the end of the record where you can write in any questions you have between appointments so they can be discussed when you meet your health professionals.
This leaflet is available on our website in the following languages:

- English
- Arabic
- Bengali
- Chinese (traditional)
- Lithuanian
- French
- Hindi
- Polish
- Russian
- Urdu

It is also available, if you ask:

- in audio format
- in Braille
- in large print
- in other community languages

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