

My Pregnancy Notes

Information for patients



www.mypregnancynotes.com



*The new way to
Interact with your
Maternity notes online*

Calderdale and Huddersfield NHS Foundation Trust

Maternity Care

This information leaflet will assist you in registering and accessing your digital maternity notes 'My Pregnancy Notes'

Why are we upgrading our online notes?

At Calderdale and Huddersfield NHS Foundation Trust we are upgrading our maternity notes online. My Pregnancy Notes is a safe and secure website you can use to access your notes online and allows you to communicate better with your clinician.

My Pregnancy Notes will allow you to be more involved in your care and provide your clinicians with more information than ever about your pregnancy. It will enable you to access up to date information about your care and the leaflets and information you need, whenever you need it.

Your clinician may also discuss the need for at home monitoring as part of your care (blood pressure, blood glucose etc). If this is the case, they will discuss this with you, and you will be able to enter these observations straight into your notes, which can be seen in real time by your clinician.

Please complete the registration form once you have found out you are pregnant and allow 72 hours for one of our staff to contact you with your booking appointment.

If you are unable to access the My Pregnancy Notes online please call 01422 261351/01484355731

Remember to fill in as many details as you can on your online form and tick the box to share your data so that we receive your application.

Please remember you do not have to live in the Calderdale and Huddersfield area to birth at our trust, if you live outside of this area please register the same way.

Please allow up to 72 hours for your application to be accepted.

What can I do on My Pregnancy Notes?

My Notes:

- Welcome page with advice on when to call your midwife courtesy of MAMA Academy.
- Add information to your notes including questions, notifications and maternity certificates. (Please note the questions are not monitored by your midwife and are there to aid discussion about you and your care).
- Providing Third Party Access.

Welcome

Please remember to call your Maternity Unit immediately if you have:



Obvious swelling of your hands and face, or upper body



Severe pain just below the ribs in the middle of your tummy



Vaginal bleeding or leaking fluid (clear or any colour)



Noticed your baby's movements* slow down, change or stop



Problems with vision (blurring, flashing lights or spots, difficulty focusing)



A persistent headache



A high temperature

Call within 24 hours if you have:

- Itching (particularly hands or feet)
- Abnormal vaginal discharge

*It is NOT true that babies move less at the end of pregnancy. If you think your baby's movements have changed, call your maternity unit straight away, no matter how many times this happens. You should be asked in for assessment.

Advice kindly supplied by the [MAMA Academy](#). MAMA Academy (Mums And Midwives Awareness Academy) is a charity dedicated to helping babies arrive safely. Please visit their website by clicking the link or logo below:



My Health:

- Add observations if you have been asked to by your clinician.
- Record a private diary.
- Record feeds for your baby.

Introduction My Diary Mood Diary **Blood Glucose** Insulin Administration Blood Pressure Urine Protein Temperature Food Diary My Baby's Movements My Baby's Feeds

Monitored
Your data is monitored, but not continually. If you are worried please contact your midwifery service as soon as possible.

Add New Blood Glucose Scout
Add New Action

Advice Notes
PwR

Blood Glucose Chart (mmol/l)	Blood Glucose History												
	<table border="1"><thead><tr><th>Date</th><th>Value</th><th>Notes</th></tr></thead><tbody><tr><td>Wednesday 29 July 2020</td><td>5.5 mmol/l</td><td>recorded by Clinician at 1239 Comments: ip</td></tr><tr><td>29 July 2020</td><td></td><td>Called to discuss result - Advice only recorded by Clinician at 1305.</td></tr><tr><td>26 July 2020</td><td>3.5 mmol/l</td><td>recorded by Me at 22:49 Before Meal <small>(Publicly Monitored Process)</small></td></tr></tbody></table>	Date	Value	Notes	Wednesday 29 July 2020	5.5 mmol/l	recorded by Clinician at 1239 Comments: ip	29 July 2020		Called to discuss result - Advice only recorded by Clinician at 1305.	26 July 2020	3.5 mmol/l	recorded by Me at 22:49 Before Meal <small>(Publicly Monitored Process)</small>
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My Preferences/Information and Settings:

- Add in preferences for your pregnancy.
- Access information leaflets and links.
- Take control of some of the things you see in your notes.

[In this section you are able to find out more information and record My Pregnancy Preferences. If you want to see more information then please click here.](#)

My Antenatal Appointments [Edit](#)

You can bring your partner, a family member, your friend, a social worker or anyone else who you feel will support you. Preferably only one person as often the rooms that are used are quite small. You can also go on your own. If you decide to bring someone with you, the midwife will ask to see you on your own at least once in case there is anything you want to tell her that you don't want to say in front of the other person. If you already have a child, you can bring them in too.

Are you bringing anyone with you? I will not be bringing anyone with me

Who are you bringing with you? No Comments Added

Whilst you are pregnant you will see a midwife or a doctor (depending on your management plan) for your antenatal care. These antenatal checks can take place in a variety of places including at home, GP surgery, health centre, hospital or children's centre your midwife will let you know which options are available.

Do you have any preferences about where you would like your antenatal appointments to take place? at home

Please let us know of any special requirements that we need to be aware of when planning your antenatal visits such as days to avoid, access issues etc.

Do you have any special requirements you think we should know about for your antenatal appointments? no

The NHS offers free antenatal classes that can help you and your birth partner prepare for your baby's birth, the chance to meet other people having babies and an opportunity to meet some of your maternity team. These classes are not restricted to first time parents at all and some classes are held in different languages (your midwife will be able to give you further information).

Are you interested in attending antenatal classes? I am interested in attending antenatal classes

What classes are you interested in attending? pain relief in labour

[Link to further information about antenatal classes.](#)

Registering for My Pregnancy Notes

You will only ever need to register for My Pregnancy Notes once.

If you ever get pregnant again and wish to have your care with Calderdale and Huddersfield NHS Foundation Trust, you will be able to create a new pregnancy linked to your account.

- Open web browser on PC/Tablet/Phone
- launch www.mypregnancynotes.com

Welcome

Email Address

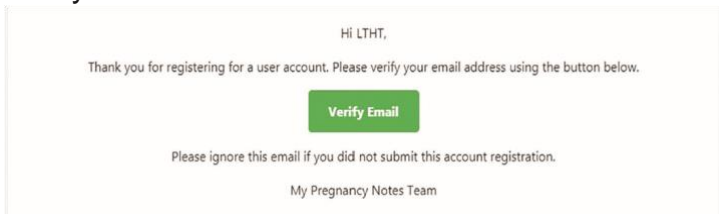
Password

[Forgot Password?](#)

[Access Token](#)

-  Access your Pregnancy Notes
-  Notify your hospital that you are pregnant
-  See a summary of your pregnancy
-  View dates and times of appointments
- Complete your preferences throughout pregnancy
-  View leaflets and other information

- Click Register
- Click I am a pregnant woman
- Complete registration details
- Your email will become your username
- Click Verify Email



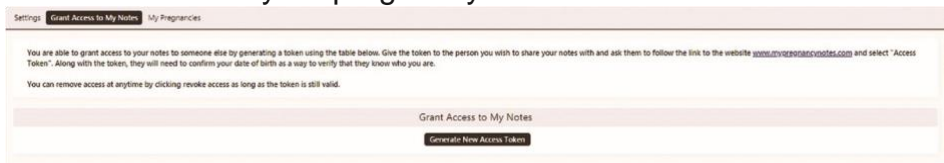
- Go to your emails
- Open email
- Click Verify Email
- Create Password
- Click Complete Registration
- You will be asked to complete a registration form for this pregnancy

- Click Complete Registration
- Complete form
- Select the hospital you are booked at to have your baby.
- Complete data sharing consent – this has to be done to allow us to see your registration form.
- Click Submit

Providing Third Party Access

My Pregnancy Notes provides the ability for you to share your records with other health care professionals involved in your maternity care. This can be done under the “grant access to my notes” section under settings.


Please ensure you are only providing access to health care professionals involved in your care, as this is confidential information about your pregnancy.



Add My Pregnancy Notes to your phone home screen


- Open web browser
- Launch www.mypregnancynotes.com

iOS (Safari)

- Select the action button 
- Scroll down and select add to home screen

- Click add

Android (Chrome)

- select the action button 
- Scroll down and select add to home screen
- Click add

What if I need help?

If you need help with registering your pregnancy leave a message for someone to call you back on 01422 261351/01484 355731. Please allow up to 72 hours for us to return your call.

Below is a link to a guide to help you with the use of My Pregnancy Notes.

<https://help.k2ms.com/portal/en/kb/my-pregnancy-notes-phr>

Contact us

Please allow up to 72 hours for your account to be linked to the hospital once you have registered. If you require any support please call 01422 261351/01484 355731

Further information can be found on the Calderdale and Huddersfield NHS Foundation trust web:

<https://www.cht.nhs.uk/services/clinical-services/maternity-services>



Calderdale and Huddersfield
NHS Foundation Trust