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# Your choices in pregnancy

Easy Read resource

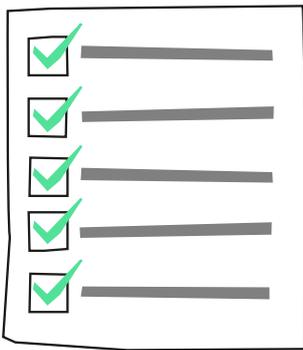
This resource is available  
in multiple languages.  
Ask your midwife for  
more information.



# Your choices in pregnancy



You can choose what happens when you are pregnant and when you give birth.



A birth plan can help you get ready to give birth.

It can include:

- How you want to give birth
- Where you want to give birth
- When you want to give birth
- What you choose to help you cope with pain
- Who you want with you when you give birth.

# Your choices in pregnancy



Your midwife will read through your birth plan with you.

This can help them understand what you need.



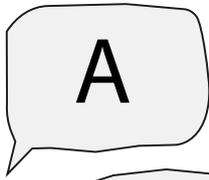
If you want someone with you when you give birth, they might need advice.

Ask them to click the link below. If you do not have internet, ask your midwife to print you a copy.

You can choose who you want with you when you give birth.

[sussexlmns.org/partners-and-families/tips-for-your-birth-partner](https://sussexlmns.org/partners-and-families/tips-for-your-birth-partner)

# Your choices in pregnancy



If you do not speak English you have the right to ask for someone to help you understand what is happening.

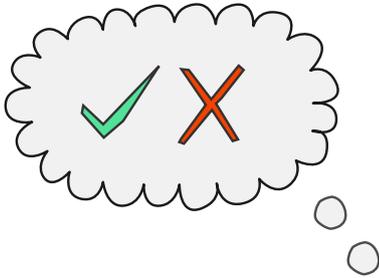
You can ask for an interpreter when you call the hospital to let them know you are in labour.



You might need help to give birth.

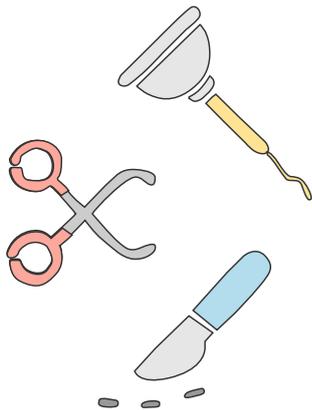
Your midwife will talk to you about how the baby will come out.

# Your choices in pregnancy



Your midwife will ask you to agree to things before they are done. This includes:

- Assisted delivery
- Induction
- Having contractions increased.

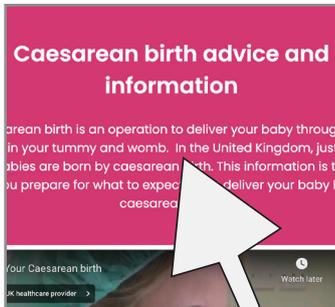


There are three types of assisted delivery. These can help your baby to be born.

They include:

- Forceps delivery
- Ventouse delivery
- Caesarean section.

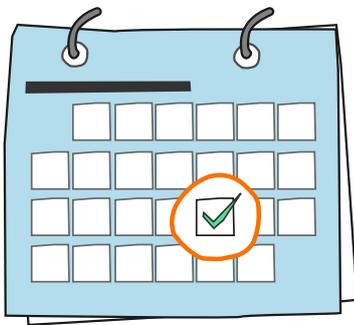
# Your choices in pregnancy



You might hear a caesarean section called a C-section. Click on the link below to find out more.

If you do not have internet ask your midwife to print you a copy.

[labourpains.org/caesarean-birth/  
caesarean-birth-advice-and-information](https://labourpains.org/caesarean-birth/caesarean-birth-advice-and-information)



An induction is when your care team helps you start to give birth.

You can choose to have this if your baby is late or your pregnancy is dangerous for you or your baby.

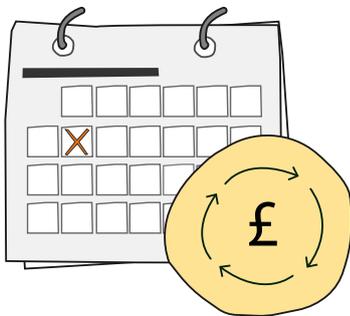
# Your choices in pregnancy



Click on the link below to find out more about induction.

If you do not have internet ask your midwife to print you a copy.

[sussexlmns.org/labour-and-birth/inducing-labour](https://sussexlmns.org/labour-and-birth/inducing-labour)



You might have to pay for maternity care if:

- You have only lived in the UK for a short time
- You are only planning on staying in the UK for a short time.

You do not have to pay when you receive care. You can set up a payment plan.

You still have a right to care when you need it even if you cannot pay upfront.

# Your choices in pregnancy



Contact Maternity Action for advice on paying for maternity care.

Call freephone 0808 800 0041 and leave a voicemail.



Email

[maternitycareaccess@maternityaction.org.uk](mailto:maternitycareaccess@maternityaction.org.uk)

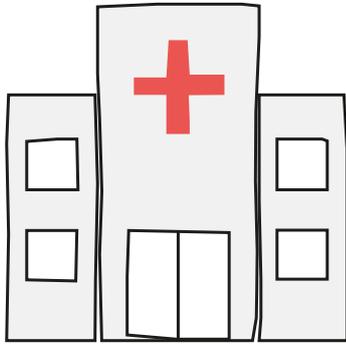


Click on the link below to get more advice on paying for care.

If you do not have internet, ask your midwife to print it for you.

[maternityaction.org.uk/advice/dealing-with-debts-owed-to-the-nhs-for-maternity-care](https://maternityaction.org.uk/advice/dealing-with-debts-owed-to-the-nhs-for-maternity-care)

# Your choices in pregnancy



You can get help and support by calling one of the numbers below. Ask your midwife if you are unsure which number to call.

- Conquest Hospital, St Leonards  
0300 131 4500
- Eastbourne District General Hospital  
0300 131 4500
- Royal Sussex County Hospital, Brighton  
01273 696955
- Princess Royal Hospital, Haywards Heath  
01444 441881
- St Richard's Hospital, Chichester  
01243 788122
- Worthing Hospital  
01903 205111
- East Surrey Hospital  
01737 768511

# Your choices in pregnancy

**For more information to support you to prepare for your birth and early days with your baby, please see:**

Pack your bag for labour NHS UK

[nhs.uk/pregnancy/labour-and-birth/preparing-for-the-birth/pack-your-bag-for-labour](https://www.nhs.uk/pregnancy/labour-and-birth/preparing-for-the-birth/pack-your-bag-for-labour)

Breastfeeding - Sussex LMNS

[sussexlmns.org/after-the-birth/breastfeeding](https://sussexlmns.org/after-the-birth/breastfeeding)

After the Birth | What happens after the birth of your baby?

[sussexlmns.org/after-the-birth](https://sussexlmns.org/after-the-birth)

Tips for new parents

[sussexlmns.org/partners-and-families/tips-for-new-parents](https://sussexlmns.org/partners-and-families/tips-for-new-parents)

Lullaby Trust publications – The Lullaby Trust

[lullabytrust.org.uk/professionals/publications](https://lullabytrust.org.uk/professionals/publications)

Sussex Registering the Birth

[sussexlmns.org/partners-and-families/registering-the-birth](https://sussexlmns.org/partners-and-families/registering-the-birth)

Pregnancy information – Tommy's

[tommys.org/pregnancy-information](https://tommys.org/pregnancy-information)

Midwives Helpline for Black and Black Mixed-Heritage women – Tommy's

[tommys.org/pregnancy-information/about-tommys-pregnancy-information/video-call-service](https://tommys.org/pregnancy-information/about-tommys-pregnancy-information/video-call-service)

If you do not have the internet you can ask your midwife to print you information from any of the links above.