

Sections of Interest

Birth Preferences

On page b3 of your pregnancy health record, you are encouraged to record preferences for the birth. You should note that while these are your stated preferences you can change your mind or circumstances may prevent your preference being met. Generally your preferences will be discussed when you have reached week 36 of your pregnancy.

Best Contact Person

On page b1 you can fill in the details of your contact person.

Important Information

On page b2 important information is listed about when you should go to hospital or to see your doctor.

Recommended Minimum Antenatal Schedule Checklist

On page a9–10, this section details the recommended minimum schedule to your health care provider during your pregnancy. Please discuss any questions or concerns with your health care professional.

Tobacco Screening Tool

Smoking during pregnancy may harm you and your baby. If you are interested in or want support to quit smoking during your pregnancy please let your health care provider know. There is a section on page a15 that is used to support you to quit smoking.

Feeding Your Baby

Breastfeeding is important for the health of you and your baby. A health care professional will advise you as to the benefits and support available to assist you to breastfeed your baby. Further information on feeding your baby is available on pages b4 and b5.

Glossary of Terms

On page b7 there is a glossary that defines terms within the pregnancy health record that may not be familiar to you.

Woman's Notes / Your Questions

On pages b5 and b6 there is space for you to write down any questions or thoughts that you want to ask your health care provider.



About the Pregnancy Health Record

Congratulations on Your Pregnancy

The pregnancy health record is your personal health record of your pregnancy

You must bring the Pregnancy Health Record when you visit any health care professional or hospital



**Queensland
Government**

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What is a Pregnancy Health Record?

The pregnancy health record is your personal record of your pregnancy. It will include written information about your past and present health, previous pregnancies and babies, information about this pregnancy and any test results.

It also enables you to list your birth plan preferences and any questions that you may have about your pregnancy and/or care throughout your pregnancy.

Who uses the Pregnancy Health Record?

Your pregnancy health record will be used by health care professionals you see for a check-up and antenatal care during your pregnancy. Every time you have an antenatal check-up, notes will be written in your pregnancy health record.

You may have to remind your health care provider that you have a pregnancy health record that you want them to use.

The pregnancy health record is yours, so you can write notes or questions in various sections within the document. You may show your pregnancy health record to other people, such as your partner, family and friends or other support people during your pregnancy.

Why is your Pregnancy Health Record Important?

Your pregnancy health record is important because wherever you go, you will have all the information that the doctor, midwife or other health care professional will need to know about your pregnancy.

This means:

- The doctor or midwife will know what tests have been done, so tests are not missed or repeated;
- Your pregnancy health record may be the only record of some tests and measurements;
- You won't have to keep repeating details of your pregnancy to health care professionals;
- You will be able to read and see all the information about your pregnancy and ask questions about your care;
- You are able to promote your own health and your baby's health by having this information and being able to be involved in care decisions.

What happens to my Pregnancy Health Record after the birth of my baby?

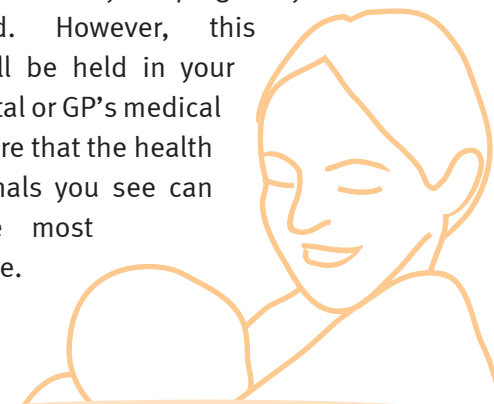
The hospital will keep your pregnancy health record after your baby is born as an official record. You are encouraged to ask for a photocopy of it to keep as your own record.

Please bring your pregnancy health record with you when you go to hospital for the birth of your child.

What if I have details that I want to keep private, even from my partner?

It is important that you tell your health care professional any information that they will need to know to provide the best care for you and your unborn baby, especially during labour or an emergency.

If you want to keep some information private, please tell your health care professional and they will not include it in your pregnancy health record. However, this information will be held in your separate hospital or GP's medical records to ensure that the health care professionals you see can give you the most appropriate care.



13 HEALTH
(13 43 25 84)



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Breastfeeding Helpline
1800 mum 2 mum
1800 686 268