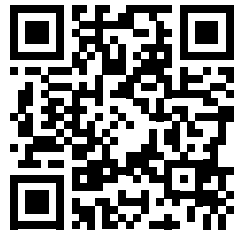




The Leeds  
Teaching Hospitals  
NHS Trust

# My Pregnancy Notes

Information for patients



[www.mypregnancynotes.com](http://www.mypregnancynotes.com)

*The new way to interact with  
your maternity notes online*



Leeds  
Maternity Care

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

## Why are we moving to online notes?

At Leeds Teaching Hospitals we are using My Pregnancy Notes to allow you to access your 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, temperature 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 only complete the registration once you have had your booking appointment with your midwife.

**Please allow up to 48 hours for your record to be linked.**





# 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:

 <p>Obvious swelling of your hands and face, or upper body</p>	 <p>Severe pain just below the ribs in the middle of your tummy</p>
 <p>Vaginal bleeding or leaking fluid (clear or any colour)</p>	 <p>Noticed your baby's movements* slow down, change or stop</p>
 <p>Problems with vision (blurring, flashing lights or spots, difficulty focusing)</p>	 <p>A persistent headache</p>
 <p>A high temperature</p>	<p>Call within <b>24 hours</b> if you have:</p> <ul style="list-style-type: none"><li>• Itching (particularly hands or feet)</li><li>• Abnormal vaginal discharge</li></ul>

\*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:

  
Helping Babies Arrive Safely

## My Health:

- Add observations if you have been asked 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 Result**  
**Add New Action**

Advice Notes  
PHK

**Blood Glucose Chart (mmol/l)**

**Blood Glucose History**

Wednesday

**5.5 mmol/l** recorded by Clinician at 11:59  
Comments: ip

29 July 2020

**Called to discuss result - Advice only** recorded by Clinician at 10:51

25 July 2020

**3.5 mmol/l** recorded by Iife at 22:19 Before 11:59

## 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.

**My Notes** **My Health** **My Preferences** **Information**

**My Pregnancy Preferences** My Birth Preferences My Postnatal Preferences

[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

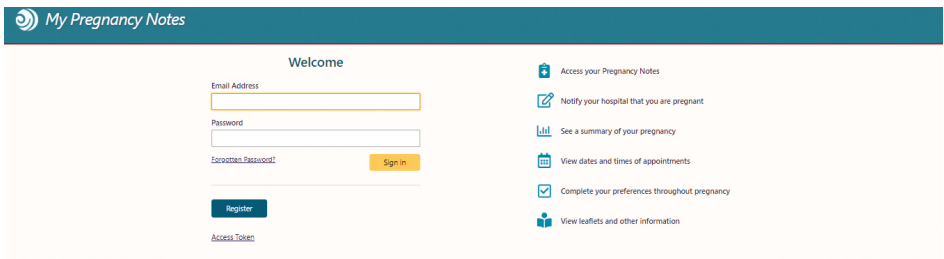
[Link to further information about antenatal classes](#)

# Registering for My Pregnancy Notes

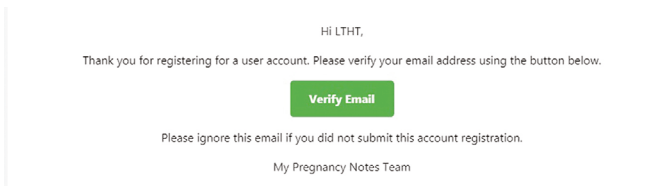
You will only ever need to register for My Pregnancy Notes once.

If you ever get pregnant again and wish to have your care with Leeds Teaching Hospitals NHS 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](http://www.mypregnancynotes.com)



- 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. If you are having a home birth select either hospital.
- Complete data sharing consent (if you do not wish to share data please discuss this with your midwife. What your data is used for will be discussed with you).
- 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.

Settings: **Grant Access to My Notes** My Pregnancies

You are able to grant access to your notes to someone else by generating a token using the table below. Give the token to the person you wish to share your notes with and ask them to follow the link to the website [www.mypregnancynotes.com](http://www.mypregnancynotes.com) and select "Access Token". Along with the token, they will need to confirm your date of birth as a way to verify that they know who you are.

You can remove access at anytime by clicking revoke access as long as the token is still valid.


Grant Access to My Notes

**Generate New Access Token**


## Add My Pregnancy Notes to your phone home screen

- Open web browser
- Launch [www.mypregnancynotes.com](http://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, the first person to contact should always be your community midwife. 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/user-guides>



## Contact us

Please allow up to 48 hours for your account to be linked to the hospital once you have registered.

If you require any support please contact your community midwife on the numbers provided to you.

Further information can be found on the Leeds Teaching Hospitals Trust internet page:



[www.leedsth.nhs.uk/a-z-of-services/leeds-maternity-care](http://www.leedsth.nhs.uk/a-z-of-services/leeds-maternity-care)

**What did you think of your care? Visit [bit.ly/nhsleedsfft](https://bit.ly/nhsleedsfft)**  
***Your views matter***

© The Leeds Teaching Hospitals NHS Trust • 2nd edition (Ver 1)  
Developed by: Laura Walton - Lead Midwife Maternity Strategy  
Produced by: Medical Illustration Services  
MID code: 20230622\_008/EP

LN004915  
Publication date  
06/2023  
Review date  
06/2026