

## FIRST APPOINTMENT

Please contact our central booking team to begin your maternity care.

To do this go to the web address below to complete the self-referral form. Alternatively, you can phone the number below to speak to one of our central booking team.

Your midwife will then contact you to arrange your initial appointment. Where possible these appointments will be before 10 weeks of pregnancy.

The information you submit will be treated in confidence and in order to provide appropriate care for you and your baby we may need to share information with the wider care team. We will take your referral as an agreement to share your information.

## Useful Contact Numbers

### Dundee

Community Midwives	01382 740204
Midwife Unit	01382 740312
Triage	01382 632075
Ultrasound Department	01382 632019
Antenatal Clinic	01382 632557

### Perth

Midwife Unit	01738 473425
Maternity Day Care	01738 473557
Antenatal Clinic/ Ultrasound	01738 473270

### Angus

Midwife Unit	01241 822537
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## NEWLY PREGNANT?



## Looking for advice?

Finding out you are pregnant can raise all sorts of emotions, you may have planned this, or you may not have. The important thing is that you have choice and support.

You can find information on the support available at:

[www.sexualhealthtayside.org](http://www.sexualhealthtayside.org)



Online Self-Referral

[www.pregnotes.net/selfreferral](http://www.pregnotes.net/selfreferral)



Dundee 01382 632866

Perth 01738 473494

Angus 01241 822536

(Mon - Fri 10am-2pm)

## YOUR ELECTRONIC MATERNITY RECORD

A patient information guide

## WHAT IS MATERNITY NOTES?

Your community midwife will offer you access to your record at your first booking appointment. The maternity notes tool will allow you to see your maternity record from your own device e.g. Smartphone, PC or Tablet. It will not be the full record but a summary of your care.

The tool has the ability for you to record information yourself, but does not allow your midwife to communicate back to you electronically. Anything you add to this can be discussed at your next appointment with your midwife.



### Frequently Asked Questions

#### 1 Is it safe?

All information is held securely and cannot be accessed without appropriate login details (similar to internet banking).

Maternity Notes uses the same secure platform used by the healthcare professionals involved in your maternity care.

#### 2

#### How do I access my notes on a PC or tablet?

To access Maternity Notes, simply follow the 5 steps below:

1. Your midwife will ask you for a security phrase and your contact details, including your mobile phone number.
2. You can login to the Maternity Notes website by navigating to the following URL in your web browser: [www.pregnotes.net](http://www.pregnotes.net)
3. After entering your email address and security phrase, the system will ask for a confirmation code. This will be texted to you.
4. If using a tablet device, after entering your confirmation code you will need to set a PIN code.
5. You are ready to view your records.

#### 3

#### How do I access my notes on a smart phone?

To access the service on your smartphone, please download the BadgerNet Maternity Notes app from the relevant App Store.

Once opened, please follow the steps above; however rather than navigate to the URL (step 2),

please open the Maternity Notes app to continue.

For added security we recommend that you set a lock-screen password on your device if this is not already present.

#### 4

#### What are the benefits?

- Information can be shared with you directly from the maternity system in real time.
- You can add information such as preferences for labour and birth.
- Scheduled appointments can be viewed including reminders from your midwife.
- Access to leaflets and local information.
- Records can be easily updated at each maternity visit.

#### 5

#### Any problems?

For issues such as accessing your record or amending incorrect details please contact your community midwife.

