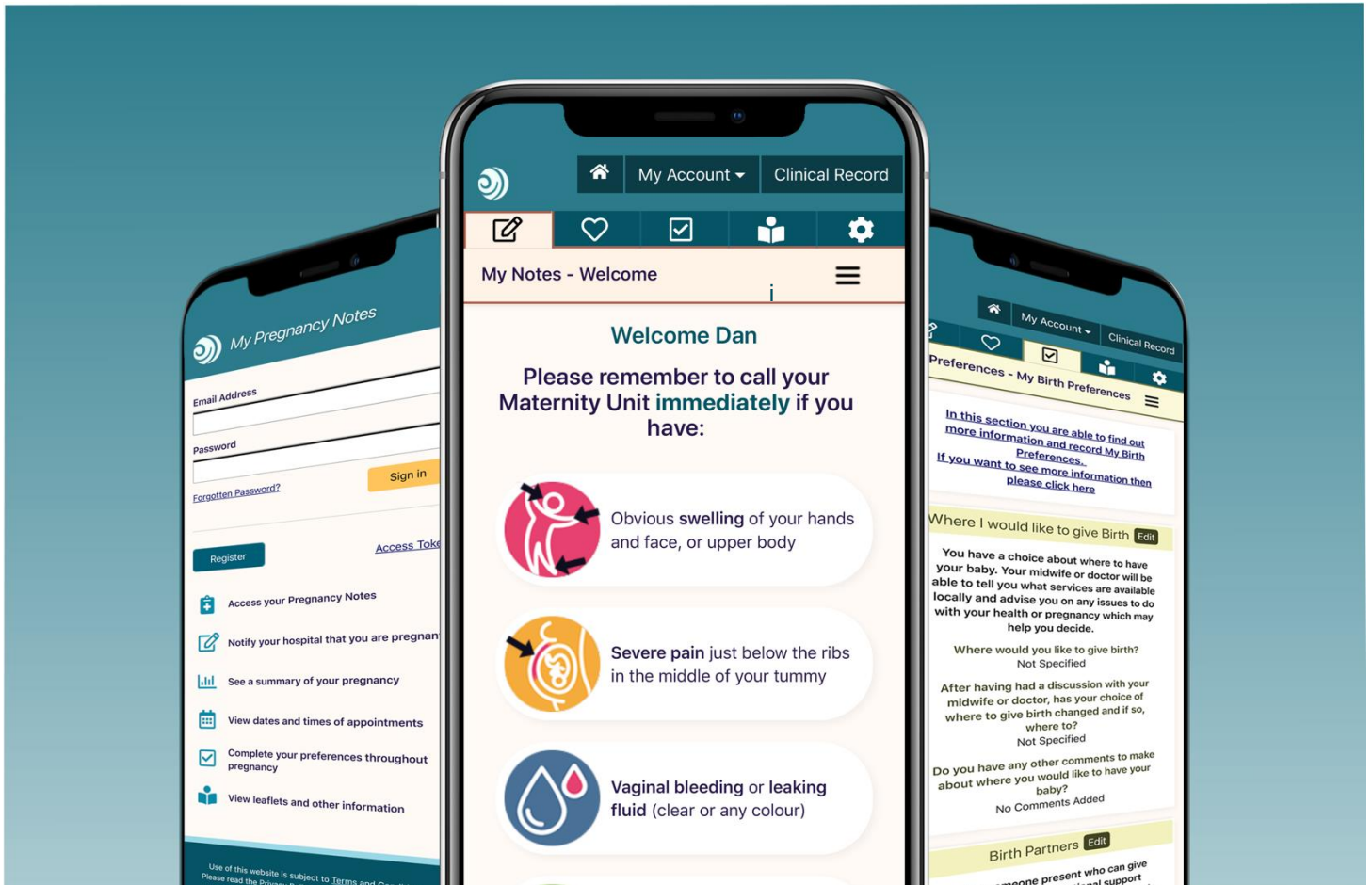


My Pregnancy Notes



<https://www.mypregnancynotes.com/>

The new way to interact with your notes online

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

At North West Anglia NHS Foundation Trust we are using My Pregnancy Notes which is a safe and secure website you can use to access your notes and enables you to communicate better with your clinician.

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



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

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 to bring to your next appointment, 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

My Notes:

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

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

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.

For a new self-referral – please allow two weeks to hear from a Community Midwife.

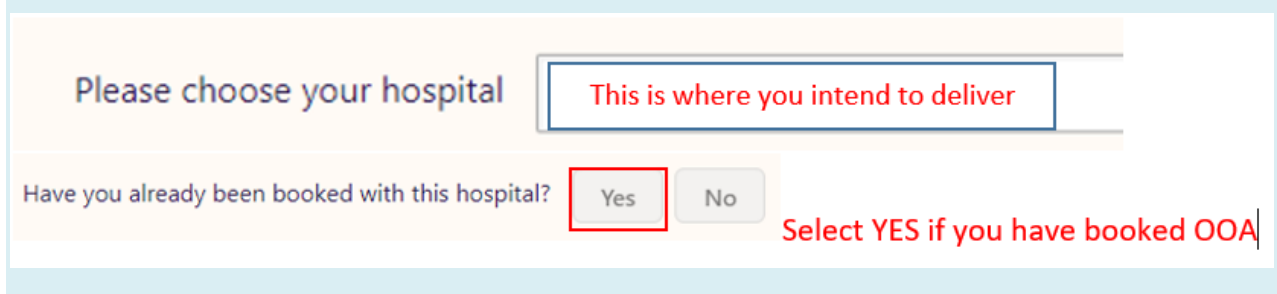
If you're already booked with access to your online maternity notes, you can register for My Pregnancy Notes and you will receive an email when your registration has been processed.

If you live out of area (OOA) and have your antenatal care by a different Trust but plan to deliver at either Peterborough City or Hinchingsbrooke Hospital you can register for My Pregnancy Notes (MPN). Unfortunately My Pregnancy Notes

is only available to bookings which occurred after 1 July 2020.

Please **ONLY** register for MPN after you have been booked as we need to have received your referral from your local midwife.

To prevent any delays in your registration, please note the guidance below to help you complete your registration:



The screenshot shows a registration form with the following elements:

- A text input field with the label "Please choose your hospital" and a red text prompt "This is where you intend to deliver".
- A question "Have you already been booked with this hospital?" with two radio button options: "Yes" (highlighted with a red box) and "No".
- A red text instruction: "Select YES if you have booked OOA".

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 North West Anglia NHS Foundation Trust, you will be able to create a new pregnancy linked to your account.


- Open web browser on PC/Tablet/Phone
- Launch <https://www.mypregnancynotes.com/>
- Click register
- Click I am a pregnant woman
- Complete registration details
- **Your email will become your username**
- Click submit, you will be sent an email
- Go to your emails, Open email, Click verify email link
- Create password
- Click complete registration. You will be asked to complete a registration form for this pregnancy

- Complete form
- Select the hospital you wish to book/deliver at. If you are having a homebirth select either hospital.
- Complete data sharing consent (you need to select yes if we are to receive your referral)
- Click submit


Add My Pregnancy Notes to your phone home screen

- Open your web browser
- Launch <https://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, you can manage access issue via the website with the option forgot password. If issues persist, contact your community midwife.

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

[Please click here to see the guide.](#)

Contact us

<https://www.nwangliaft.nhs.uk/about-us/trust-news/trust-launches-my-pregnancy-notes/>