

What signs of premature labour do you need to look out for?

**Not all of the signs
are obvious.**

Visit the Tommys website
for more information



Follow us for information and updates:



Mid and South Essex Maternity and Neonatal Units



@MSEMaternity

Need quick advice from a midwife?

Use our Patient Knows Best
(PKB) maternity chat service for
non-urgent queries.

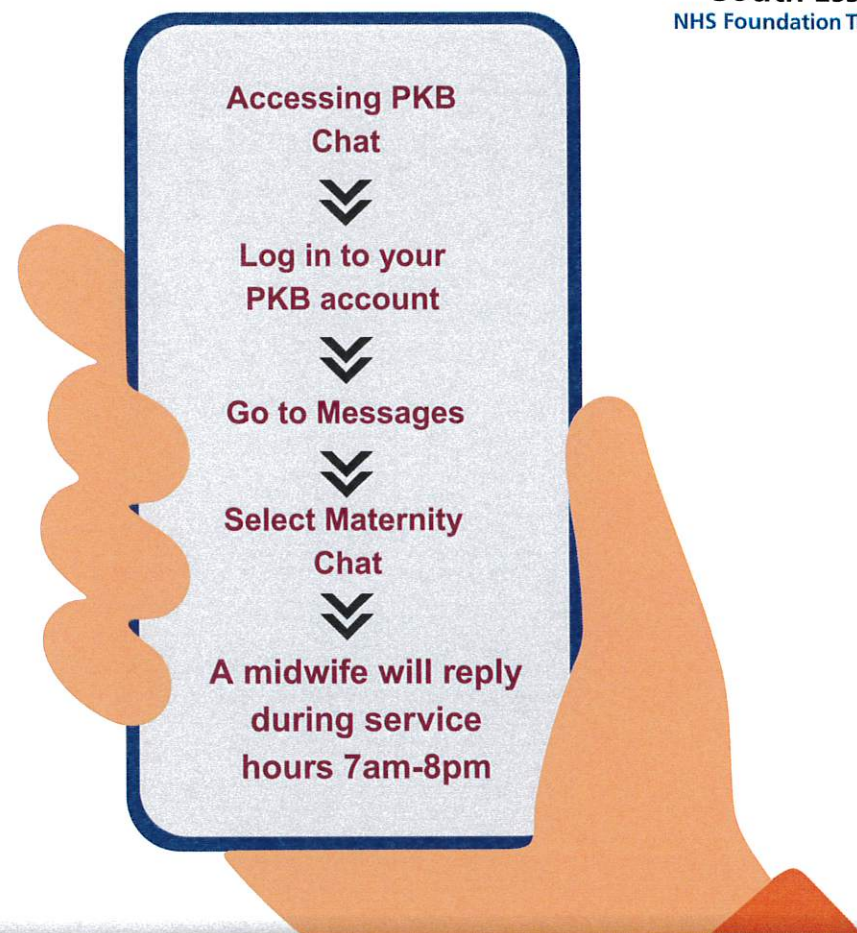
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Thinking about a home birth?



Watch our short
video to find out if
homebirth is right
for you.



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Just found out you're pregnant?



**Self-refer before 10
weeks – don't delay.**

**Visit our website for
more information.**



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Worried about yourself or your baby?

Contact maternity triage on
0300 443 5555

We are here 24/7 - If something feels wrong, don't wait to seek help and advice

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Worried about your baby's movements?

If your baby's movements start to feel weaker, lessen, or stop, **call maternity triage immediately:**

0300 443 5555

This could be a sign that your baby is unwell.

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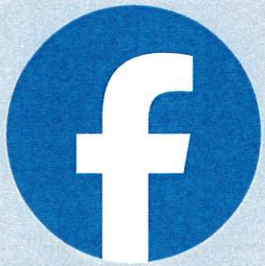


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Follow us for information and stories from the units



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Maternity and Neonatal units**



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