

My Pregnancy Notes Information Leaflet

The new way to view and interact with your maternity notes online

www.mypregnancynotes.com

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 us, you will be able to create a new pregnancy linked to your account.

- Open web browser on PC/Tablet/Phone
- launch www.mypregnancynotes.com

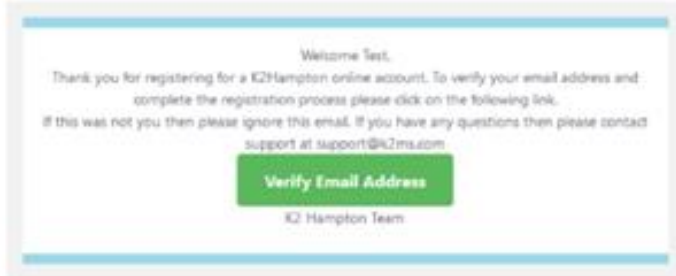


- Click Register
- Click I am a pregnant woman
- Complete registration Details
 - Your email will become your username
- Click Verify Email
- Navigate to your email
- Open email
- Click Verify Email

My Pregnancy Notes
phvdemo@k2zms.com

Date:
9-12-2019 11:4:23

Subject: K2 Hampton – Email Verification



- Create Password
- Click Complete Registration
- You will be asked to complete a registration form for this pregnancy
- Click Complete Registration
- Complete form
- Select Liverpool Women's 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

What can I do on My Pregnancy Notes?

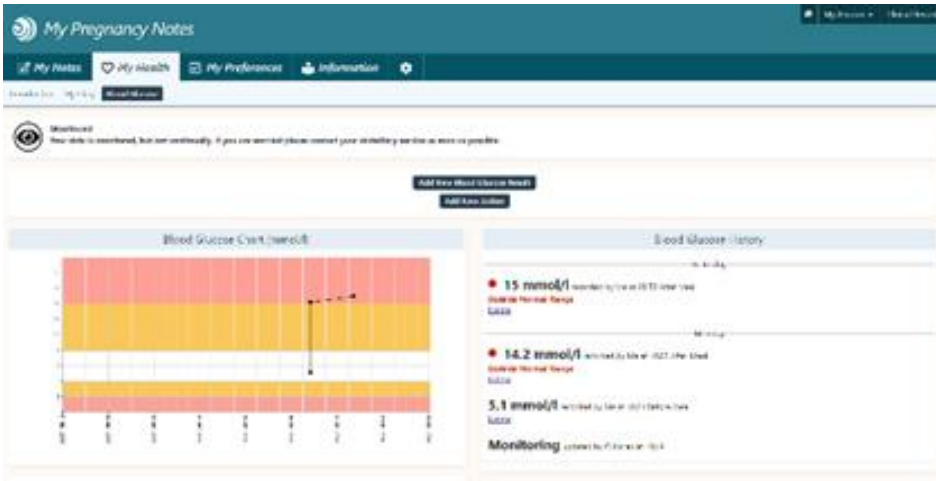
My Notes:

- Welcome page with advice on when to call your midwife courtesy of MAMA Academy.
- Add information to your notes including questions or maternity certificates.



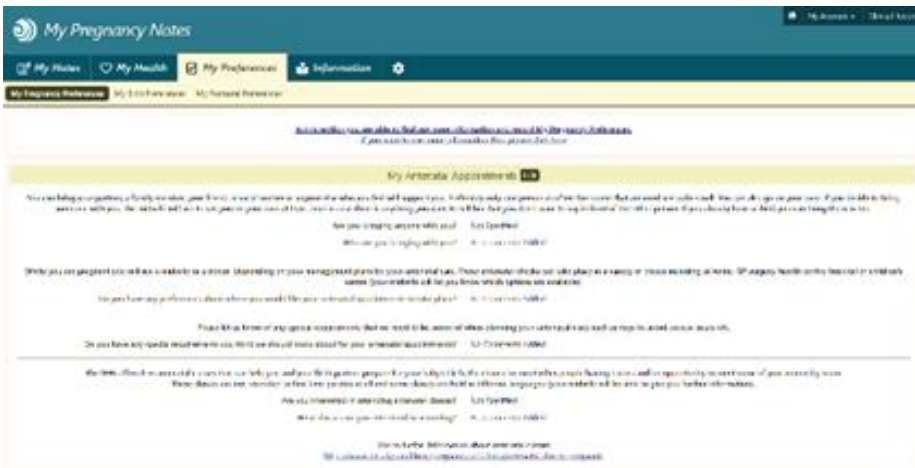
My Health:

- Record a private diary and
- Add observations if you have been asked to by your clinician.



My Preferences/information and Settings:

- Add in preferences for your pregnancy and birth.
- Access information leaflets and links.
- Take control of some of the things you see in your notes.



Why should I use My Pregnancy Notes?

We have been working very with hard other hospitals to produce a tool which you can use to access your notes wherever and whenever you wish and communicate better with your clinicians.

My Pregnancy Notes will allow you to be more involved in your care and provide your clinicians with more information than ever about you preferences. It will enable you access to 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 to monitor a 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.

What if I need help?

If you need help, the first person to contact should always be your midwife or doctor giving your care. However below there are links to help guides to help you with the use of My Pregnancy Notes.

User Guides

<https://help.k2ms.com/portal/kb/hampton-blood-pressure-mo>



Patient Information

<https://help.k2ms.com/portal/kb/hampton-blood-pressure-monitoring/general/patient-informationhy>



Add My Pregnancy Notes to your phone home screen

- Open web browser
- Launch www.mypregnancynotes.com

iOS (Safari)

Select the action button highlighted in green below



- Scroll down and select add to home screen

Add to Home Screen



- Click add

Android (Chrome)

- select the action button highlighted in green below



- Scroll down and select add to home screen

Add to Home screen

- Click add

Contact Us

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[@LiverpoolWomens](#)

[LiverpoolWomens](#)



This leaflet can be made available in different formats on request. If you would like to make any suggestions or comments about the content of this leaflet, then please contact the Patient Experience Team on 0151 702 4353 or by email at pals@lwh.nhs.uk

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