

Pregnancy



If you think you might be pregnant, you should carry out a pregnancy test as soon as possible. This is usually best done on the first day of a missed period. However, if your periods are not regular, the earliest time you can do a pregnancy test is 21 days from the last time you had unprotected sex.

You can buy a pregnancy test from a supermarket or pharmacy. Free pregnancy tests are available from your GP surgery, NHS walk-in centres, Reflect and/or your local sexual health clinic.

The test is positive – what next?

Whether planned or unplanned, you may not know what to do next and it is normal to feel a wide range of emotions. If you feel you would like to continue with your pregnancy you must contact your GP surgery so you can begin your antenatal care with an assigned midwife. If you are unsure about continuing with the pregnancy, you should discuss your options with a healthcare professional, for example your GP, or someone who you trust. Gather accurate information and speak to other people, but ultimately the decision is yours to make.

Adjusting your study programme

It is a good idea to speak to your Head of Programme and Academic tutor as soon as you have made a decision. They will be able to explain your options, such as deferring modules or even taking time out from study. Your circumstances and the time of year your baby is due will play a part in this.

Whether you choose to defer or continue to study, a risk assessment should be completed by you and your Head of Programme. This is to highlight any areas of support you may require throughout your pregnancy and once the baby is born.

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Support

Contact the following:

- Your GP
- Student Health Centre T:01904 724775
Out of Hours: 03301 230938
- Welfare Adviser, Holgate Student Centre.
Access the Student Advice Team in Holgate Student Centre. T: 01904 876477 or
E: studentadviceteam@yorks.ac.uk
- Reflect (York-based) T: 01904 676710
E. enquiry@reflectyork.co.uk
- Care Confidential, pregnancy and post-abortion support. T: 0300 4000 9994
- Miscarriage Association T: 01924 200 799.

Student funding and entitlements

Once you have discussed the most suitable study option, it is essential you seek advice from the Student Funding Advice Team in Holgate. They will explain any implications regarding your student funding. The Student Funding Advice Team will also be able to discuss any additional funds you may be entitled to as well as welfare or benefit entitlements. To make an appointment please speak to the Student Advice Team in Holgate or Tel. 01904 876477. E. fundingadvice@yorks.ac.uk

International students

International students with valid Tier 4 visas may be able to access NHS maternity services, but it depends on how long they have been in the UK. Your best option might be to return home to have your baby, unless you have sufficient funds to stay in the UK and pay for necessary medical care. Please remember that most airlines will only allow expectant mothers to travel before they are seven months pregnant. You will need to check this with your airline.

For more information about NHS entitlements or if you have questions about what you can do and how it will affect your visa, please contact: visa@yorks.ac.uk

After the birth of your baby

It is a good idea to keep in touch with your Head of Programme/Academic Tutor to reassess your situation once the baby is born. This is so that your return to study can be planned in advance.

Your rights

As a pregnant student or new mother, you have the right not to be discriminated against because of the pregnancy or maternity. If you think that you may have been, please speak to your Head of Programme or Academic Tutor.

Feeding your baby on campus

We welcome breastfeeding mothers on campus. If you would like somewhere more private to feed your baby, you can use our Parent and Baby Room in Holgate Student Centre (HG037). To access this room ask for the swipe card at the Student Advice Desk. The room contains baby changing facilities, a kettle, a microwave, a fridge available for storing milk and food, a sink and an easy chair. The swipe card must be returned to the Student Advice Team after using.

Please label clearly your milk/food left in the fridge and remember to pick it up between the hours of 8.30am and 6pm Monday to Friday.