



# Maternity Passport



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Hywel Dda  
University Health Board



I like to be known as:



My preferred language is:



How to communicate with me:

Person with me:



Person who needs to be with me for appointments:

My Health needs:



Medications I take:

How I show if I am in pain or unwell:



What to do if I'm anxious:

## Reasonable adjustments (Please circle the adjustments you would like)

Longer appointment slots



Partner to stay with me at all times



No medical words



Videos or easy to read leaflets



Write all information down in an easy read format



Check that I have understood



Talk slowly



Low lighting in appointments



Please find a quiet place to talk



Other reasonable adjustments

Midwife to sign and date:





# Pasbort Mamolaeth



**Hoffwn i chi fy ngalw yn:**



**Fy newis iaith yw:**



**Sut i gyfathrebu â fi:**

**Pwy sydd gyda fi:**



**Y person sydd angen bod gyda fi mewn apwyntiadau:**

**Fy anghenion iechyd:**



**Fy meddyginiaethau:**

**Sut rwy'n dangos os ydw i mewn poen neu'n sâl:**



**Beth i'w wneud os ydw i'n bryderus:**

## Newidiadau rhesymol (rhowch gylch am y newidiadau y byddech yn hoffi)

Slotiau apwyntiad hirach



Fideos neu daflenni hawdd eu deall



Siarad yn arafach



Partner i aros gyda mi bob amser



Ysgrifennu'r holl wybodaeth mewn ffordd hawdd ei ddeall



Golau isel mewn apwyntiadau



Dim geiriau meddygol



Gwneud yn siŵr fy mod wedi deall



Mynd i le tawel i siarad



**Newidiadau rhesymol arall**

**Bydwraig i lofnodi a rhoi'r dyddiad:**

