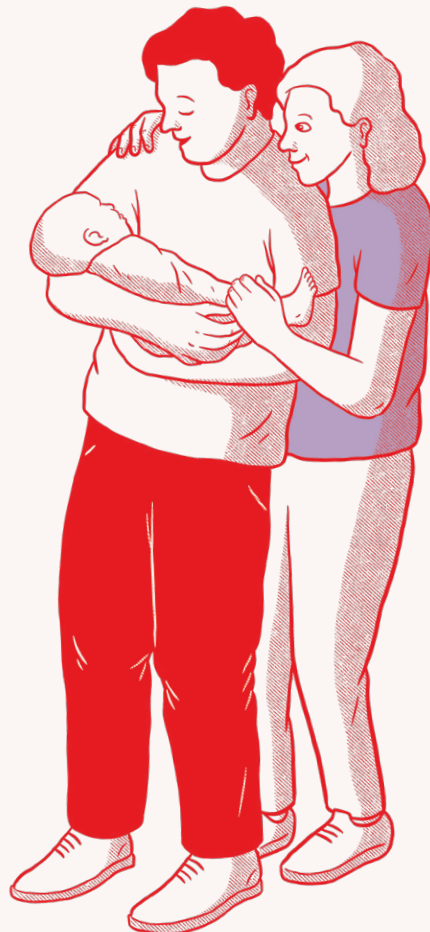
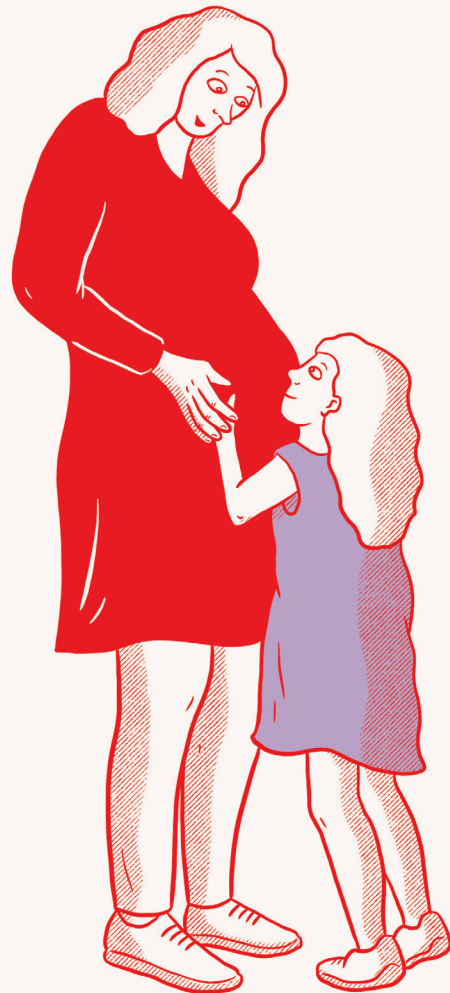
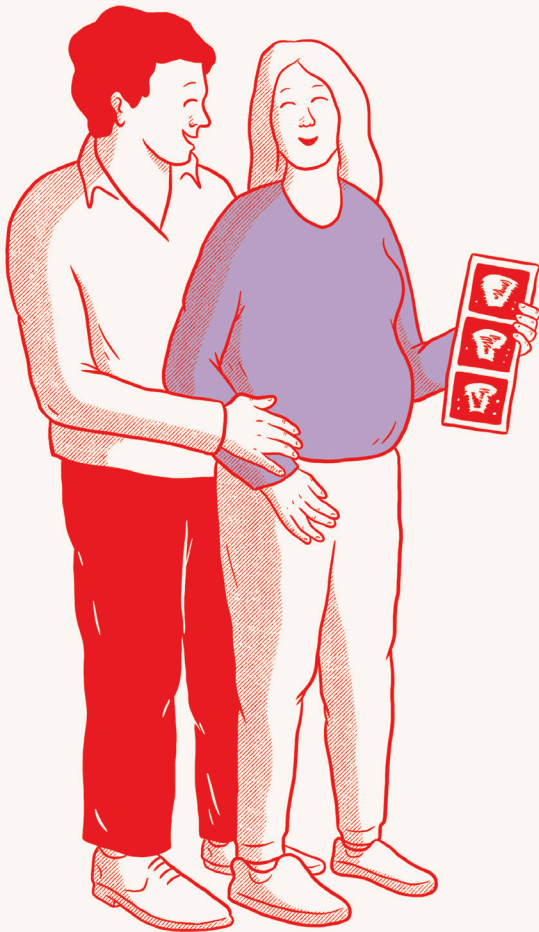


Scan the QR code for more information about maternity care in Iceland.

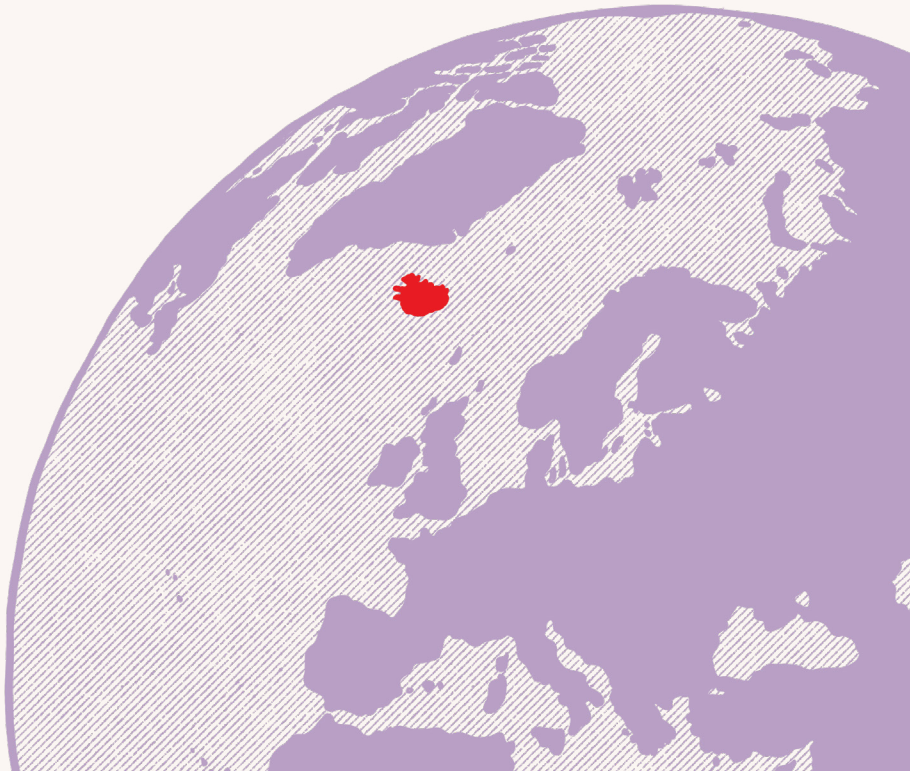


All families deserve a positive experience of maternity care

Iceland has excellent maternal and neonatal outcomes largely due to the education and training of the Icelandic midwives, with a focus on professional collaboration with obstetricians and doctors when needed.

FÆÐINGARHEIMILI
REYKJAVÍKUR

í samvinnu við Ljósmæðrafélag Íslands, Kvennadeildir Landspítala, Þróunarmiðstöð íslenskrar heilsugæslu, Fjölmenningarsetur og W.O.M.E.N. Verkefnið var styrkt af Heilbrigðisráðuneyti Íslands



Communication and Service

All healthcare professionals working in maternity care make an effort to show respect when communicating.



Informed decision-making is important during pregnancy, childbirth and the postpartum period so that you can make the right choice for you.

An interpreter can be helpful to make sure that your needs are heard and to receive information from healthcare professionals. It is not recommended to have family members interpret.



Icelandic Health Insurance pays for maternity care if you have been living in a registered residence for at least 6 months or come from a country within the EEA.

Most work unions reimburse courses for childbirth preparation and breastfeeding which are available in English.



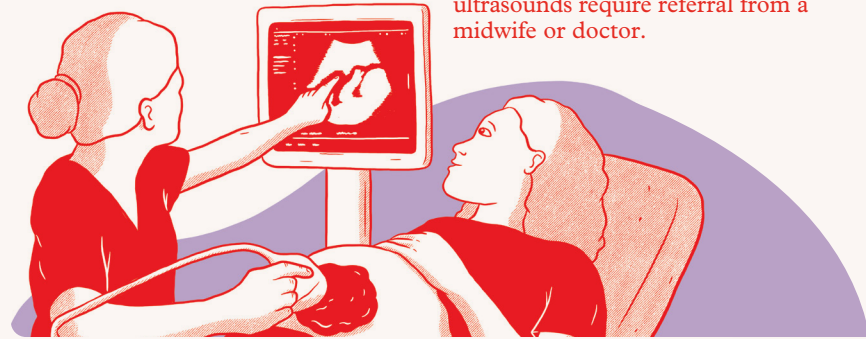
Pregnancy

When you have confirmed your pregnancy with a pregnancy test, it is recommended to contact a midwife at your health center.

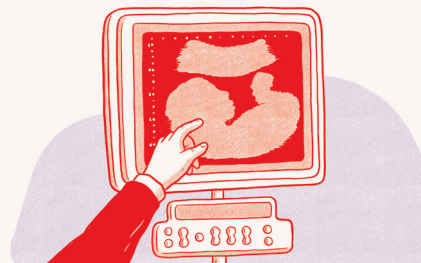


You meet a midwife at your local health center for 7–10 visits starting from 10–12 weeks of pregnancy.

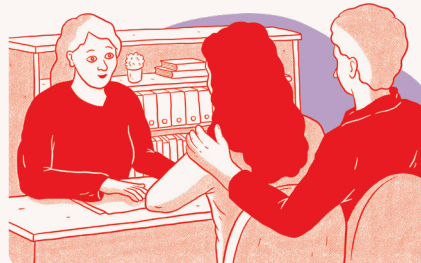
You are offered ultrasound scans at 19–20 weeks to screen for physical conditions and more. This is the only routine ultrasound that is done. Other ultrasounds require referral from a midwife or doctor.



Combined screening is carried out at 11–13 weeks, but you are required to pay. Your midwife can give you information about the advantages and disadvantages of these ultrasound scans and blood tests.

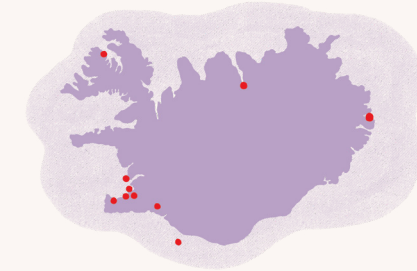


Your birth supporter is welcome to attend the maternity care visits with you.



Birth and the first weeks

In Iceland there are eleven birth places around the country. Some choose to give birth in their own home. These birth places have different levels of services. Talk to your midwife about what option might be best for you.



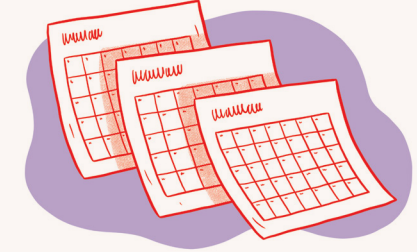
In the first ten days after birth, a midwife will visit you in your home 5–8 times to assist with breastfeeding and to provide information and support. You can request which midwife visits you.



Within the second week, a nurse or midwife from the health clinic will continue the well-baby care. You'll get important information about your baby's development and well-being.



If you have difficulties breastfeeding, you can contact your midwife or nurse at the health clinic. If there is a need for it, they refer you to see a lactation consultant. You can see her three times in the first six months after birth - for free.



Emergencies and illness

If you are worried about your baby's movements or notice any vaginal bleeding...



If you suspect amniotic fluid leaking or have symptoms of infection (e.g. fever, vaginal secretion) or experience great distress or pain...



Then you can call 1700 (24 hours) or contact your healthcare provider (8:00-16:00).



In case of an emergency, accident or heavy bleeding call 112.

