



Where to look for assistance in case of pain or problems during pregnancy?

You can find information about everything you need to know about pregnancy and how to cope with common pregnancy problems like morning sickness, tiredness etc. on various websites. www.nhs.uk is one recommended.

www.heilsugaeslan.is Icelandic website. www.heilsuvera.is Icelandic website.

The telephone number at your Heilsugæslustöð is: _____

Midwives, GP's and registered nurses at the Health Care Clinics (Heilsugæslustöð) offer consultations via telephone. Call at your Heilsugæslustöð and ask when it is scheduled.



Tlf: 1770 Læknavaktin. Every weekday from 17.00-08.00 and 24 hrs at weekends and holidays.

If you get ill, have pain, need advice or you think you should be examined by physician outside working hours you can call or visit.

Tlf.: 543 3049 fæðingarvakt 23B at Landspítali 24 hrs:

When the pregnancy has reached 22 weeks or more and it is bleeding, the water breaks or labour has started you should call the hospital.

112 Neyðarlínan. In case of accidents, emergency or heavy bleeding.