

In English!

You are welcome to our midwives at Sinnligt! Here you will meet a midwife in a calm and relaxed environment, to talk to and get help regarding pregnancy, contraceptive and others regarding womens healthcare. You will meet either Mia, Malin, Jennie, Lotta, Johanna or our nurseassistant Annika.

Our midwives are up to date with existing maternitycare and delivery and will provide you with the best care!

Our openinghours are flexible, we are for example open at some evenings every week. As a patient, you will be able to get an appointment most often the same week that you are calling. Since we are financed from the county council, most appointments are for free. That is if you have a swedish citizenship, or are seeking asylum, or if you are from a country within EU and you have an EU-card with you. If you aren't included in above mentioned, there will be a cost that will be charged for each visit.

At Sinnligt, we offer you:

Healthcare during pregnancy, starting at approximately pregnancyweek 10 and althrough the pregnancy (we follow Swedish national guidelines).

Acupuncture for hyperemesis (sickness/vomiting during pregnancy) (80 SEK each treatment, approximately 5 treatments).

Courses in parenting and preparing for birth, with much focus on both theory and practice (breathingtechniques och relaxation).

Help you in contact with doctor, dietist, physiotherapist and psychologist, during your pregnancy.

Courses in babymassage (600 SEK/1 child + 2 adults, 5 classes x 1,5 hour).

Contraceptive-counselling, give you prescription for contraceptive (pills, inter-uterine devices, vaginal devices, implant).

Testing for chlamydia, a sexual transmitted infection.

Pregnancytest (70 SEK).

Abortion counselling.

Smearstest (140 SEK).

Our openinghours you can find under (reception= mottagning) "Mottagning Uppsala or Mottagning Knivsta"

We have dropin at monday 18:30-20:00 . During dropin you are welcome to renew a precription for contraceptive, take smearstest and test for chlamydia.

If you need an interpreter, just let us know!

Contact us: Uppsala 018-60 01 86 / Knivsta 018-34 91 01

