

Pregnancy and birth



The Health Care Institution of East Iceland, HSA, has seven midwives that work in prenatal, antenatal and postnatal care.

When you find out you are pregnant you can have a phone interview with a midwife that will guide you through e.g. pregnancy friendly diet, how to make appointments, prenatal screenings and more. Your midwife can make an appointment for sonography if needed.

For appointments you can call:

Djúpavogur s. 470 3090

Reyðarfjörður s. 470 1420

Eskifjörður s. 470 1430

Neskaupstaður s. 470 1450

Egilsstaðir s. 470 3000

Seyðisfjörður s. 470 3060

Ultrasound is performed in:

Neskaupstaður

Egilsstaðir

Seyðisfjörður

Please be advised that you need a referral from a doctor or a midwife for sonograms.

HSA birthing department is in [Umdæmissjúkrahús Austurlands í](#)

[Neskaupstað](#). As well as delivering children of healthy mothers, the midwives there help women with complications during pregnancy, and after birth and in emergencies, they consult doctors from the bigger hospitals in Reykjavík and Akureyri.

For a consult with the HSA midwives you can make an appointment during day time hours in **470 1450** but out of day time hours and in case of emergency you can contact a midwife in **860 6841**.