**Pregnancy Information Sheet**

**Shotfield Medical Practice, Jubilee Health Centre, Wallington**

Congratulations on your pregnancy. Whether this is your first or you are expecting again, there is some information we thought you might like to have as it can all seem a little overwhelming at the start.

The antenatal appointment with the GP which you have had today is the first of a number of appointments + health checks for you and your baby.

You will be referred to the local hospital of your choice, and then receive paperwork through the post with details about your 1st scan and a booking appointment with the midwife.

At the appointment you will have blood tests and receive your green maternity notes which will contain lots of helpful information and act as a log of all your contacts with the midwife for the duration of the pregnancy. This should all be done at around 12-14 weeks into the pregnancy.

If you do not receive any letters in the post, please contact the hospital antenatal clinic.

**For the moment it is important to do the following:**

* **Vitamins** : ensure you are taking a daily pregnancy multi-supplement with 400mcg folic acid + 10mcg Vitamin D (These can be obtained for free if you are entitled to benefits so please have a look at the website: **www.healthystart.nhs.uk/healthy-start-vouchers/how-to-apply/online-application-form)**
* **Diet**: ensure you are eating a balanced diet and avoid certain foods such as uncooked meat, pate, raw fish etc. (more details can be found on the NHS website [**http://www.nhs.uk/conditions/pregnancy-and-baby**](http://www.nhs.uk/conditions/pregnancy-and-baby) or in **Emma’s Diary** which you should be given a copy of at your GP appointment).
* **Minimise risks:**

**Smoking cessation:** now is a good time to quit smoking as it can be a risk for early miscarriage and stillbirth + cause low birth weight in your baby – visit [**https://www.nhs.uk/smokefree**](https://www.nhs.uk/smokefree)to find local services

**Alcohol:** The Department of Health recommends that there is no safe level of alcohol in pregnancy

**Tablets/medications:** your GP will check if you are on any regular medications and advice about these whilst pregnant. You may wonder if you can take Paracetamol (yes) and other tablets like antihistamines if it is hay fever season – if in doubt, ask the GP or your local pharmacist for advice.

**Speak to your manager at work:** the law states that your employer must provide a risk assessment to ensure the environment you work in is safe for you and your baby.

**Caffeine:** try to limit consumption of caffeine to 200mg per day (2 cups instant coffee or 2 cups tea per day). Remember caffeine is also contained in soft drinks such as Coca cola, energy drinks + chocolate.

**Vaccinations:** it is recommended that you have the Flu vaccine + whooping cough vaccine (book these at reception) – you can discuss this with your midwife or GP if you have any concerns

* **Exercise:** if you are already exercising, then that’s great, and provided it is not a contact sport or sport which is high risk, this should be safe to continue. If you do not exercise, then certain activities like swimming, walking, cycling + yoga can all be beneficial. Speak to your midwife for further information if you are unsure.
* **Pregnancy sickness:** this can affects up to 80% of pregnancies – try to ensure you remain hydrated, eat little and often, rest as much as possible and see your GP if you are unable to keep food or fluids down or feel unwell – there are medications that can be issued on a prescription if necessary

**Early Pregnancy Units**

If you have any sudden acute abdominal pain or unexpected bleeding during the first trimester, it is important that you call your GP surgery to arrange a review. The hospitals have a dedicated clinic where they can arrange an appointment to see you and perform an Ultrasound to check the pregnancy.

**You will need an appointment so please call the GP first. We have a call back system every morning and afternoon so please call us if you are worried (Tel: 0208 6697612)**

**If it is out of hours and we are closed, you can contact 111 for information + advice or if unwell, attend A+E.**