**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.

We wanted to inform you that **the antenatal care has now been transferred to St Helier Hospital.**

You will need to book your first appointment either calling to St Helier’s antenatal phone number 020 8296 2542 or filling in the self-referral form online in the following link: <https://www.epsom-sthelier.nhs.uk/antenatal-care>. You will have the option to self-refer to Epsom or St Helier hospitals.

However, **if you are on regular medication** (high blood pressure, diabetes etc) or **your BMI is 30 or more**, we will love to **see you at the GP surgery too**; even more if your appointment with the midwife is not close in time. Book a routine appointment with us OR a phone consultation if possible.

If you wanted to be seen in a different hospital you will need to self-refer to the hospital of your choice. Please read the following leaflet that contains information for each of the hospitals.

 <https://www.swlondon.nhs.uk/ourwork/my-maternity-journey/>

It is extremely important that you self-refer at any point during your pregnancy but it is highly advisable for you to book the appointment **as soon as possible** (ideally before the 10th week of pregnancy) as there will be tests that will need to be done in specific weeks early in the pregnancy.

At the appointment you will have blood tests and have a thorough consultation with the midwife to assess the risks of your pregnancy and to give you recommendations for you to follow. This should all be done at around 12-14 weeks into the pregnancy. They will help you to download the new app “Maternity Notes” as all the information of your antenatal care will be saved there even after you give birth.

You should also receive an appointment for your first US scan. This will be sent by post to your home address. 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**](http://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))
* **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:** if you are on any regular medications you will need to seek advice from your GP on whether it needs adjusting to your pregnancy. 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 affect 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 contact the Early pregnancy unit **St Helier** Tel: 020 8296 2882 or **Epsom** Tel: 01372 735155 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.

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

**Dr Rodriguez Benito, March 2020.**