

## Patient information

# Early Pregnancy Assessment Unit: ongoing pregnancy advice

You have today attended the Early Pregnancy Assessment Unit and congratulations, we have confirmed you have a viable pregnancy. This is only representative of today's scan and final confirmation with dates will be given to you at your 12-week dating scan.

If you have had bleeding, it is common to continue to get some spotting or brown discharge for several days. Try not to worry too much about this however if you experience new, heavy bleeding, please contact us.

**If you have any bleeding from 13 weeks gestation** and you know that your blood group type is rhesus negative, please contact us as you may need an anti-D injection. Or if you are unsure of your blood group type, please contact us and we can check this for you.

### Booking

Please ensure you have completed your booking with the community midwives, this can be made by:

- Self-referral link: [www.wsh.nhs.uk/pregnancy](http://www.wsh.nhs.uk/pregnancy)
- Communication hub number: 01284 713755
- Email: [communitymidwives@wsh.nhs.uk](mailto:communitymidwives@wsh.nhs.uk)

### Contact us

If you need to contact the Early Pregnancy Assessment Unit again, we can be contacted Monday to Friday 9.00am to 4.00pm on 01284 713143.

Outside of these hours please contact Ward F14 on 01284 713235, nurses here are also trained in early pregnancy.

## General information

During pregnancy there are things you can do, and things you can avoid, to keep you and your baby as healthy as possible. Please look at the NHS website: Health things you should know in early pregnancy, which is available at [www.nhs.uk/pregnancy/finding-out/health-things-you-should-know-in-pregnancy/](http://www.nhs.uk/pregnancy/finding-out/health-things-you-should-know-in-pregnancy/)

## Vitamins

When you're newly pregnant, it's important you take a folic acid supplement to prevent neural tube defects e.g. spina bifida. The recommended dose is 400 micrograms of folic acid, (women with a BMI over 30 will need 5 mgs of folic acid) every day until you're 12 weeks pregnant.

It is also recommended that you take a daily vitamin D supplement.

Thank you for reading this leaflet, should you wish to provide us with feedback on any part of your experience please email [EPAUserfeedback@wsh.nhs.uk](mailto:EPAUserfeedback@wsh.nhs.uk).

Please note this email is NO REPLY and is not checked regularly. Should you have a medical emergency please seek alternative medical advice or attend A&E if required.

West Suffolk NHS Foundation Trust is actively involved in clinical research. Your doctor, clinical team or the research and development department may contact you regarding specific clinical research studies that you might be interested in participating in. If you do not wish to be contacted for these purposes, please email [info.gov@wsh.nhs.uk](mailto:info.gov@wsh.nhs.uk). This will in no way affect the care or treatment you receive.

*If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (formerly DisabledGo)*  
<https://www.accessable.co.uk>



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