

Patient information

New pregnancy information

Congratulations on your pregnancy! To register for care with one of our midwifery teams please use the online self-referral form, found on the hospital website www.wsh.nhs.uk/pregnancy.

For general enquiries or concerns, you can contact the **Community Midwives Hub** by email on wsh-tr.communitymidwives@nhs.net or by phone on **01284 713755**.

Did you know you can choose where you go for your maternity services? For information on your pregnancy and birth choices please visit the below website: <https://www.westsuffolkccg.nhs.uk/local-health-services/are-you-pregnant/>

The below QR code will also take you directly to the website, if you take a photo of it on a smart phone.



Enclosed in this pack is a screening information booklet. Please read this prior to your first appointment as it will be discussed with you in further detail at your booking appointment. You will need to keep this booklet as it covers all aspects of antenatal and postnatal screening.

The usual time for your first appointment with your midwife is when you are approximately 7 - 9 weeks pregnant. However this is dependent on when your pregnancy referral is received and the availability of booking appointments.

There are things you can do to keep you and your baby as healthy as possible in pregnancy, including:

- Not smoking - when you smoke tobacco the toxic chemicals cross the placenta directly into the baby's blood stream – so the baby smokes when you do. The sooner you stop smoking the better. Your GP or midwife will arrange a referral for you for smoking cessation support.
- Not drinking alcohol or using recreational drugs
- Getting some exercise that's safe in pregnancy
- Having a healthy pregnancy diet
- Knowing which foods to avoid in pregnancy
 - Mould-ripened cheeses (such as brie and camembert) and blue-veined cheeses
 - Eggs if they **DO NOT** have a Lion Mark (including products made from them)
 - Unpasteurised milk
 - All types of pâté (including vegetarian)
 - Raw or undercooked meat (including cold cured meats such as salami, prosciutto and chorizo)
 - Liver or liver products or any supplements containing Vitamin A
 - Some types of fish: avoid shark, marlin, swordfish and raw shellfish
 - Do not eat more than two tuna steaks or four medium tins of tuna per week, and no more than two portions of oily fish such as salmon, mackerel, sardines or trout
 - Limit your caffeine during pregnancy to 200mg (1 mug of instant coffee = 100mg)
- Knowing how to avoid infections that may harm your unborn baby, and symptoms to look out for
- Having the flu vaccination
- Knowing how to cope with feelings, worries and relationships in pregnancy

To find out more please visit www.nhs.uk/conditions/pregnancy-and-baby/nhs-pregnancy-journey

You should be taking Folic Acid (400mcg) and Vitamin D (10mcg) daily. Women with diabetes, epilepsy, coeliac disease or a body mass index of over 30 require a higher dose of Folic Acid (5mg). You will need to ask your GP to prescribe the higher dose.

If you are taking any prescription medication, please check with your GP that it is safe to continue with this now you are pregnant. Please note that it can be detrimental to your health (and your baby's) to suddenly discontinue some medications, so it is always best to check with your doctor.

If you take Thyroxine you must inform your GP as soon as you know you are pregnant. Early pregnancy is a very important time for your developing baby and your dose may need to be altered. It is very important that you have a blood test to check your thyroid function levels early in pregnancy – please ask your GP or midwife. If you are unable to take your Thyroxine medication due to sickness or vomiting you must seek medical attention immediately.

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.nsh.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 (the new name for DisabledGo) <https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>



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