

How pregnant am I?

To calculate how many weeks pregnant you are, you need the date of your last period. You can then work out a rough due date using this calculator:

<https://www.nhs.uk/conditions/pregnancy-and-baby/due-date-calculator/>

Who do I call if I have a problem?

Your midwife will normally be your first point of contact for pregnancy advice. She can be contacted via the hub on 01782 672181. However, if you experience tummy pain (particularly if you haven't had a scan yet), vaginal bleeding or severe morning sickness, please call the surgery for an appointment with a GP or nurse practitioner.

Where can I get more information?

There is a lot of information on the NHS website. The link is:

<https://www.nhs.uk/conditions/pregnancy-and-baby/>

When is my first scan?

Your first scan will be at approximately 12 weeks. This is to enable us to 'date' the pregnancy and give you a more accurate estimated delivery date.



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Pregnancy Leaflet

This leaflet offers some advice about what to do now you are pregnant, and has some useful places for information for any questions that you may have.

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How do I know that I am pregnant?

If you have a delayed period, or symptoms of pregnancy such as sickness, sore breasts or tiredness, you should do a pregnancy test. These can be bought from a chemist or most major supermarkets.

It is positive! What do I do now?

You need an appointment with the community midwife to have a booking appointment. At this appointment the midwife will ask you about your medical history, previous pregnancies, take blood samples, give you lots of advice for the pregnancy and plan your care throughout the pregnancy. You should have this at about 6-10 weeks pregnant, but it is a good idea to book this as soon as possible. To do this, call the hub on 01782 672181.

Do I need to see the GP?

Not always. Once you have booked your midwife appointment, the GP will look at your medical background, and if an appointment is needed, the surgery will contact you. If you have had certain problems in the past, or are on certain medications, they may need to discuss the impact this may have on the pregnancy.

Is there anything else I need to do now?

There are a few things that you can do in the meantime, to ensure that you are as healthy as possible during pregnancy for you and your baby.

Healthy Eating

Whilst pregnant, it is important that you eat a balanced diet to help the development of the baby. Unfortunately, this doesn't mean eating for 2!

More information can be found here:

<https://www.nhs.uk/conditions/pregnancy-and-baby/healthy-pregnancy-diet/>.

Vitamins and minerals

Although a healthy diet is important all the time, it is particularly important during pregnancy. This will mean that you get all the vitamins and minerals that you and baby need. However, there are two vitamins that are particularly important that you have:

- Folic acid- this is needed until 12 weeks and reduces the change of the baby developing something called a neural tube defect, such as spina bifida.
- Vitamin D

You will struggle to get enough of these vitamins through diet alone, so you need to take extra of these. They can be bought from a supermarket or chemist. Most multivitamins for pregnancy (such as pregnacare) will contain these, but it is best to check on the label.

Smoking

Smoking affects the blood flow through the placenta to the baby and can cause complications in the pregnancy. In order to reduce the risk as much as possible during you pregnancy, it is best to stop smoking. If you need help with this you can call the national helpline on 0300 123 1044.

Alcohol

We are unsure if small amounts of alcohol affect the baby through a pregnancy, so we advise that the safest amount is no alcohol whilst you are pregnant.

Flu vaccine

Whilst pregnant, your immune system can be a bit weaker than before and so you could become more poorly with common illnesses. This means that you will be offered the flu vaccine if you are pregnant during the flu season (normally October to April). You can book this at any stage of your pregnancy.