

CONGRATULATIONS

Things to do now you are pregnant

We have prepared this welcome pack to help you organise your maternity care and give you advice and information on a number of health issues.

- Please fill in Bounds Green Maternity booking form and return to our reception desk immediately so we can register you for maternity services and offer you appropriate and timely maternity checks. Screening tests and scans will be offered to you by your booked hospital in line with national standards.
- Start taking **follic acid** if not already doing so. The usual dose is **400mcg daily**. This is available from chemists and supermarkets. A **pregnancy multi-vitamin** is fine.
- Start taking **Vitamin D** – this should be continued throughout your pregnancy and whilst you are breastfeeding. We recommend a supplement containing at least 400 units of Vitamin D.
- We recommend you do not smoke or drink alcohol at all during pregnancy. If you are a smoker we advise you to stop. To achieve this you may like help from our smoking cessation service – please ask our reception for details.
- It is recommended that pregnant women are immunised against influenza and pertussis (whooping cough).
Influenza is a seasonal vaccine and is available at the practice between August and January.
Pertussis (whooping cough) should be given between 28 and 38 weeks of your pregnancy.
Please book an appointment with one of the Practice Nurses in due time.
- Also collect and fill in a **FW8** form. This entitles you to free prescribed medicines and dental care. Avoid taking any medicines unless you have checked with a pharmacist, doctor or midwife. (Paracetamol is safe in pregnancy)
- Collect a copy of Emma's Diary from reception, which includes useful information on life style choices such as smoking, drinking alcohol, exercise and healthy eating, including foods to avoid whilst pregnant.
- **Refer yourself** to any of the maternity hospitals listed below.

You can do this by:

- Go to the hospital's web page → Click on services → locate maternity services → Complete the self referral form

Contact Details

Barnet Hospital www.bcf.nhs.uk

Tel: 020 8367 3581

email: antenatal@bcf.nhs.uk

North Middlesex Hospital www.northmid.nhs.uk

Tel: 020 8887 3055 Open Monday to Friday 9am – 5pm

email: SOM@nmh.nhs.uk

Royal Free Hospital www.royalfree.nhs.uk

Tel: 020 7794 0500 ext 36169

Whittington Hospital www.whittington.nhs.uk

Tel: 020 7288 5586 Open everyday 9am – 5pm

email: whh-tr.maternityreferrals@nhs.net

Elizabeth Garrett Anderson Wing – UCLH – www.uclh.nhs.uk

Tel: 020 3447 9400

No form – just email to 1st.antenatal.appointments@uclh.nhs.uk

Edgware Birth Centre Tel: 020 8732 6669

Edgware Birth Centre is a midwife run unit, just phone direct to make an appointment. For more information google Edgware Birth Centre.