

Pregnant?

What to do next...



Happy to be pregnant?

Many women put off seeing their doctor and miss out on free health checks and valuable advice.

If you think you are pregnant, it is vital that you contact a healthcare professional straight away. You can choose to contact a midwife directly or a GP to make a free appointment.

The first 12 weeks of your pregnancy are the most important time for your baby's development. The earlier you are seen by a midwife or doctor the sooner they can check that everything is alright with both of you.

If you have an existing health problem (for example, diabetes, epilepsy or mental health issues) or if you experienced any complications in a previous pregnancy or birth, this will be even more important for you.

Your midwife or GP will talk confidentially with you about your pregnancy and give you a check up. You should also take this opportunity to ask your healthcare professional about any screening tests you will need, particularly before you are 10 weeks pregnant. They will then discuss your choices for screening and pregnancy care and make sure you are referred to the right people and organisations.

You should receive your first antenatal appointment within two weeks of informing your GP or midwife that you are pregnant. If you do not receive an appointment within two weeks, please make sure you phone your GP or midwife.

As a Wandsworth resident many women choose to have their baby locally at St George's Hospital, however you can also book with any of the following neighbouring hospitals.

Don't delay, call your GP today or contact a midwife directly and make arrangements for your appointment now:

St George's Hospital Antenatal Clinic:	020 8725 2712
Chelsea & Westminster Hospital Antenatal Clinic:	020 8846 7915/7916
Kingston Hospital Antenatal Clinic:	020 8934 2435/2437
St Thomas's Hospital Maternity Helpline:	020 7188 8760

Important things to know

Eating fruit, vegetables and foods that contain iron, calcium, folic acid and vitamins are essential for your pregnancy; a growing baby needs these nutrients right from the start.

Folic acid is important in the first 12 weeks of pregnancy – it helps reduce the risk of conditions such as spina bifida. Talk to your GP or midwife about taking a folic acid supplement.

Things to start doing now



Eat plenty of green vegetables, brown rice, wholegrain and fortified cereals, for **folic acid** and **essential vitamins**.



Eat pulses, red meat, dried fruit, green vegetables and fortified cereals; these are great sources of **iron**.



Add dairy products, such as milk, cheese and yoghurt, to help maintain your **calcium**.



Make sure you tell your GP or pharmacist about any medication you are taking.



Wash your hands, especially after gardening, handling raw meats, cats or kittens. Wear gloves when gardening or handling animal droppings, which can carry harmful bacteria.

Find out about **free healthy start vouchers**. You may be able to use these for fresh food and vitamin supplements. Visit www.healthystart.nhs.uk to find out more.

For more pregnancy advice visit www.wandsworthlittlefeet.nhs.uk
Our new pregnancy and baby website has been especially developed with help from local mums to make sure it contains all the latest information you need for your pregnancy, birth and baby.

Things to do less or stop



Reduce your vitamin A intake. Avoid eating liver and don't take cod liver oil or vitamin A tablets.



Avoid eating raw or undercooked meat, eggs or fish, unpasteurised dairy products, soft cheeses or patés.



Avoid eating shark, marlin and swordfish as they can contain mercury. Don't eat too much tuna (not more than six sandwiches per week).



Don't eat peanuts if you or your family are allergic or have a history of eczema, hayfever or asthma.



Don't have too much caffeine. Drinks like tea, coffee, high-energy drinks and cola contain caffeine. You should have less than three cups of brewed coffee (or four cups of instant coffee), or six cups of tea per day. Altogether have no more than 300mg of caffeine a day.

Alcohol and drugs

Your GP or midwife can give you help and advice on ways to change your lifestyle for you and your baby's health.

Smoking: The health and growth of your baby can be affected if you smoke – you are strongly advised to stop completely.

Drinking alcohol: The best advice is to avoid drinking alcohol when you are pregnant.

Drugs: All drugs can harm your baby. Tell your GP or midwife as soon as possible about any drugs you are taking, including over-the-counter or prescribed medications, or street drugs.

If you would like help quitting smoking, improving your diet, managing your weight, or getting some extra social support, you can join the NHS Wandsworth Prenatal Plus Programme. Call 020 8812 7794 or send a text message with your name and number to 077 2369 5825 to register with the programme.

Unhappy to be pregnant?

There are a number of options available to pregnant women. If you are concerned about continuing with your pregnancy or need more advice deciding what is right for you, then family planning services or your GP can help you. All discussions are confidential and with health professionals that will support you in whatever you decide:

Wandsworth Reproductive Sexual Health Services (Family Planning)

Tel: 020 8700 0423 (Mon-Fri 9-5)

Out of hours message for next available clinic times

Find-a-doctor helpline

Tel: 020 8335 1399

Call this number to register with a GP if you don't have one. If you live in Wandsworth and need a GP out of hours call 0845 602 6292.

fpa (The Family Planning Association) National Helpline

Tel: 0845 122 8690

Contraception

There are many methods of contraception in the UK. The most commonly known are the pill and condoms. For some people who have problems remembering to take the pill, another option is Long-acting Reversible Contraception (LARC) including implants, injections and intrauterine devices and systems (coils). These are all available free on the NHS. For further information about all methods of contraception, contact Reproductive Sexual Health (Family Planning) on 020 8700 0423, or speak to your GP, or call one of the numbers listed on the back of this leaflet.

Useful numbers and websites

Pregnancy advice

NHS guide to pregnancy	www.nhs.uk/pregnancy
National Childbirth Trust	Tel: 0300 33 00 772
NHS Wandsworth maternity website	www.wandsworthlittlefeet.nhs.uk

Confidential advice and support on family planning

Wandsworth Reproductive Sexual Health Services (Family Planning)	Tel: 020 8700 0423
Marie Stopes	Tel: 0845 300 8090
British Pregnancy Advisory Service	Tel: 0845 730 4030
fpa (Family Planning Association)	Tel: 0845 122 8690
Brook Clinic (under 25 yrs old)	Tel (free): 0808 802 1234

Sexual health

Courtyard Clinic, Tooting	Tel: 020 8725 3353 / 3354
Roehampton Clinic	Tel: 020 8487 6861 / 6862
The Point, Battersea (young people)	Tel: 020 7441 0700
www.gettingiton.org.uk	

General

NHS Direct	Tel: 0845 4647
Samaritans	Tel: 0845 790 9090

Stopping smoking

Wandsworth Stop Smoking Service	www.smokefreewandsworth.nhs.uk Tel: 020 8812 7794 Mon to Fri 9am - 5pm
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Domestic violence and rape

Rape and Sexual Abuse Support Centre	Tel (free): 0808 802 9999
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Substance misuse

FRANK	Tel (free): 0800 77 6600
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Stress and depression

MIND	Tel: 0845 766 0163
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Information on benefits

Citizen Advice Bureau	www.citizenadvice.org.uk
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