

Useful Contacts:

- **Elmhurst Practice**
Tel: 020 8491 3310
- **Community Midwives**
0208 491 3333

Local Hospitals :

- **Whipps Cross Hospital**
Tel: 0208 539 5522
www.whippsx.nhs.uk
- **Queens Hospital Romford**
01708 435 000
www.bhrhospitals.nhs.uk
- **Royal London Hospital**
Tel: 0207 377 7000
www.bartshealth.nhs.uk/our-services/services-a-z/m/maternity/
- **Homerton University Hospital**
Tel: 0208 510 5555
www.homerton.nhs.uk

Useful Contacts:

- NHS Direct – 0845 4647
- Refuge (support for domestic violence) - 0808 2000 247
- Drug and Advisory Service - 0800 652 5898 (over 18 years only)
- National Childbirth Trust - 0300 330 0772
- British Pregnancy Advisory Service - 0845 730 4030
- Family Planning Association - 0845 122 8690
- London Rape Crisis Support - 08451 221331

Useful Websites:

- NHS Choices - www.nhs.uk/Conditions/pregnancy-and-baby/
- Pregnancy Book & Birth to Five Book (Dept. of Health) : <http://www.nelm.nhs.uk/en/NeLM-Area/News/2009---October/30/Department-of-Health-launches-updated-Pregnancy-and-Birth-to-Five-books/>

The Elmhurst Practice

Tel: 020 8491 3310

www.elmhurstpractice.co.uk

Pregnancy Leaflet

Congratulations on your pregnancy!

This booklet aims to guide you through what to expect in the first few weeks of your pregnancy.

This booklet contains:

- *Information on booking appointments*
- *Guide to local maternity services*
- *Dietary advice*
- *Guide to maternity rights and benefits*



Booking Appointments

At your first GP appointment:

- you will discuss your pregnancy
- work out your estimated due date of delivery
- receive advice on diet & supplements
- choose the hospital at which you wish to have your baby

An important part of early pregnancy care is getting information that will help you make informed choices about your pregnancy.

You can contact the Hospitals maternity department direct to request information on their open days to view the maternity department.

Local Choices for Maternity Services:

- Whipps Cross Hospital
- Royal London Hospital
- Queens Hospital Romford
- Homerton Hospital Hackney

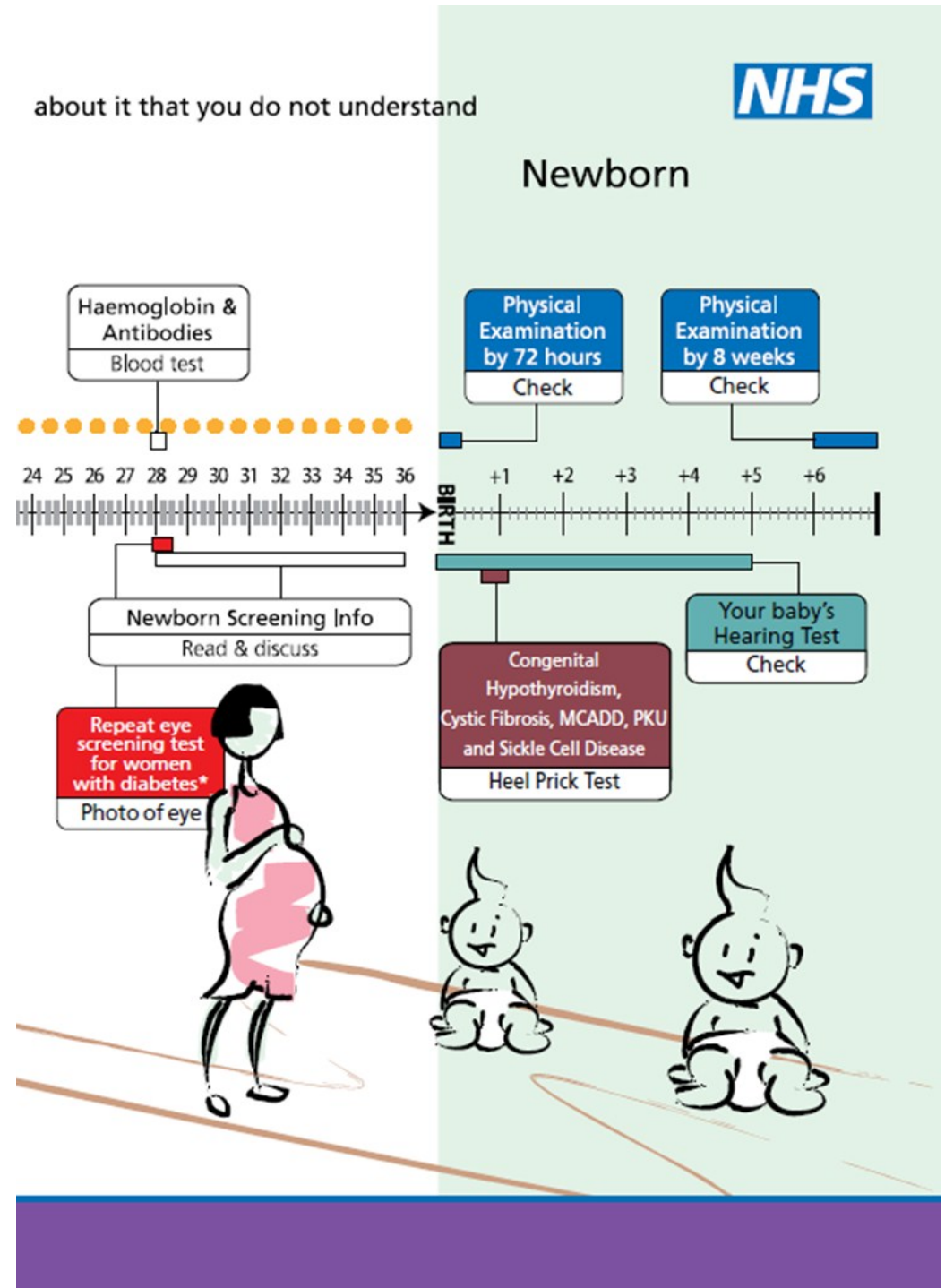
Once you have been referred by your GP to your chosen hospital, you will be sent an appointment, around 8 - 12 weeks of pregnancy, with the midwife (which will be at South Woodford Health Centre if you book at the Local hospitals) and you will receive an appointment for your first (dating) ultrasound scan.

Midwife appointments:

The midwife will check your blood pressure, urine and inform you of your antenatal appointments. If you have any problems during your pregnancy you can contact us at the GP surgery or your midwife.

Don't forget to ask about:

- **FLU Vaccine** at any time during the pregnancy
- **Whooping Cough Vaccine** after 28 weeks gestation

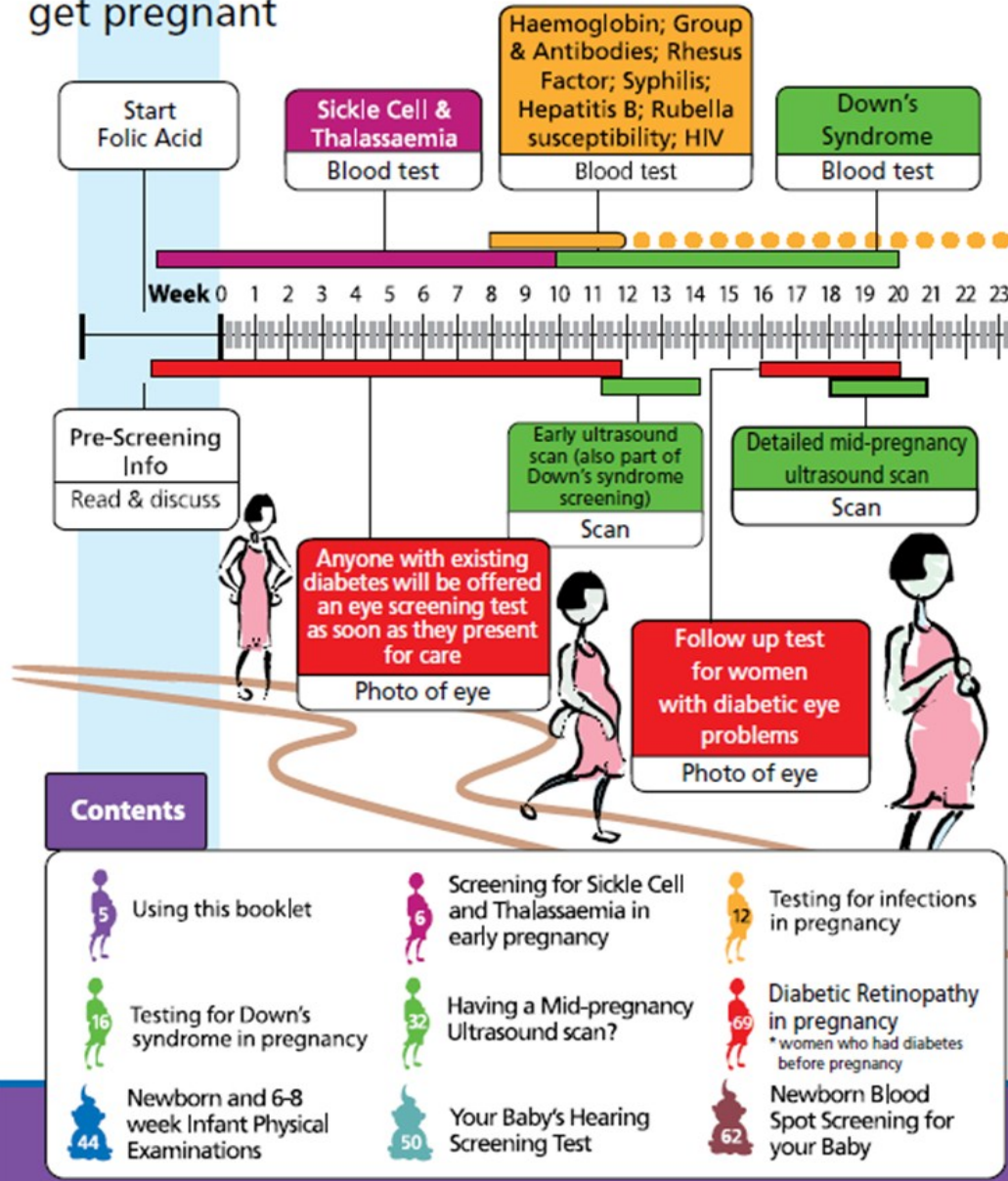


Screening and Pregnancy

Being screened is entirely your choice. Please ask if there is anything

Before you get pregnant

Antenatal



Diet & Lifestyle

A healthy diet and lifestyle can help you to keep well during pregnancy and give your baby the best possible start in life.



Eating well:

A health diet is very important, make sure you eat a variety of foods in order to achieve the right balance.

A healthy diet is an important part of a healthy lifestyle at any time, but especially vital if you're pregnant or planning a pregnancy.

For more information visit:

- **NHS Choices** (www.nhs.uk/livewell/healthy-eating)

Eating a healthy, varied diet in pregnancy will help you to get all the vitamins and minerals you need. There are some vitamins and minerals that are especially important.

Supplements:

It is best to get vitamins and minerals from the food you eat, but when you are pregnant you will need to take some supplements as well.

- **Vitamin D** (10 micrograms) each day throughout your pregnancy during the time you breastfeed – breastfed babies whose mother did not take vitamin D during pregnancy should also have 10 micrograms (400 iU) daily as a supplement from 4 weeks. All babies from 6 months to 5 years should take daily supplements of Vitamin D (7-8.5mcg per day).
- **Folic Acid** (400 micrograms) each day – ideally you should take this from before you are pregnant until you are 12 weeks pregnant.

You may buy supplements suitable for pregnancy & lactation from pharmacies and supermarkets.

If you have a special or restricted diet you may need additional supplements, speak to your midwife or GP.

Take care with some food

The NHS Choices website will give you further information—this is only a brief summary of a few foods/food groups you need to be aware of.

<http://www.nhs.uk/conditions/pregnancy-and-baby/pages/foods-to-avoid-pregnant.aspx#types>

There are some foods you should not eat when you're pregnant because they might make you ill or harm your baby. Make sure you know the important facts about which foods you should avoid or take extra care with when you're pregnant.



Foods to Avoid:

- **Certain types of cheeses :**
 - **Mould-ripened soft cheeses**
 - **Soft blue-veined cheeses**
e.g. Danish Blue or Gorgonzola.

These may contain listeria, a bacteria that can harm your unborn baby.

Other foods to avoid:

- Raw or undercooked meat or eggs, Pâte, Liver
- **Some types of fish** - Sushi, Raw Shellfish (may contain harmful bacteria), Limit Tuna to only two tuna you eat.
- **Peanuts** - you can choose to eat peanuts however, avoid if allergic.
- **Unpasteurised milk** - only drink pasturised or UHT (ultra heat treated) milk.
- **High amounts of Caffeine** can lead to babies with low birth weights and increase risk of health problems in later life.
- When preparing food, take care to **remove soil**, which can contain harmful bacteria.
- **Alcohol & smoking** should be avoided.
- Supplements containing **high dose Vitamin A** or fish liver supplements should not be taken.
- **Caffeine**— You don't need to cut out caffeine completely but don't have more than 200mg a day (eg one mug of instant coffee: 100mg)



Guide to Maternity Rights & Benefits

A number of organization can help you with advice regarding all the benefits and rights you are entitled to:

- Local Jobcentre Plus
- Citizens Advice Bureaux
- Local Authority
- Voluntary organisations (e.g. Acas and One Parent Families)

Prescriptions and NHS dental treatment are free while you are pregnant and for 12 months after you have given birth. Children also get free prescriptions until they are 16.

To claim **free prescriptions**, ask your doctor or midwife for **FW8 form** and send it to your health authority. You will be sent an Exemption Certificate that lasts for a year after your due date.

Visit the NHS choices website for more information :

<http://www.nhs.uk/conditions/pregnancy-and-baby/pages/maternity-paternity-leave-benefits.aspx>

You can also speak to your midwife regarding any queries regarding benefits or grants available to you.

Healthy Start Scheme:

If you are pregnant or have a child under four you can could get vouchers to get some basic foods. You qualify if you receive:

- Income Support, or
- Income-based Jobseeker's Allowance, or
- Income-related Employment and Support Allowance, or
- Child Tax Credit (but not Working Tax Credit)

For more information visit www.healthystart.nhs.uk

Visit the NHS choices website for more information on all benefits/allowances :
<http://www.nhs.uk/conditions/pregnancy-and-baby/pages/maternity-paternity-leave-benefits.aspx>

You can also speak to your midwife regarding any queries regarding benefits or grants available to you.