

PARKBURY HOUSE NEW PREGNANCY INFORMATION SHEET

Congratulations on your pregnancy! The Doctors and Midwives at Parkbury House are happy to support you throughout this special event.

Home pregnancy tests are very sensitive and accurate and there is no need to have one repeated by the surgery. Getting started with antenatal care is very important. Please see below how to refer yourself to the hospital of your choice. For routine antenatal checks after your initial booking visit, we have four midwife run clinics per week on Tues/Wed PM and Thursday AM for Watford and Thursday PM for Lister.

Please click on the link to see the usual schedules of antenatal care

<http://pathways.nice.org.uk/pathways/antenatal-care-for-uncomplicated-pregnancies>

Please note this can vary with individual pregnancies.

Special note:

- If you are taking thyroxine for an underactive thyroid your dose will need to be increased when you are pregnant. Please book a routine telephone call with a doctor for advice about this;
- If you are taking any other regular medication such as antidepressants please also book a routine telephone call;
- If you are diabetic, on medication for epilepsy or on medication for other chronic illness such as rheumatoid arthritis hopefully you will have planned your pregnancy and had your medication assessed pre conception. If by any chance not then please also book a telephone call.

How to self-refer for your antenatal care:

When you discover that you are pregnant and once you are 5-6 weeks pregnant (calculated from the first day of your last period) you need to refer yourself for antenatal care. Our local service is West Herts where you would deliver at Watford General Hospital but where hospital antenatal visits can be done at St Albans City Hospital. The main alternative is East Herts where you would deliver at the Lister Hospital in Stevenage and where some hospital antenatal visits can be done at the QE2 Hospital in Welwyn Garden City. A few patients choose to go to the Luton and Dunstable Hospital.

Please note that bloods and scans are organised by your host hospital i.e. if you choose to book at the Lister, bloods and scans cannot be done at St Albans.

It is a good idea to have a look at the websites of these hospitals to help you decide where you would like to have your baby.

West Herts (Watford General Hospital)

<https://www.westhertshospitals.nhs.uk/maternity/choosingus/selfreferralform.asp>

East Herts (Hospitals- Herford County, Lister, New QEII)

<https://www.enherts-tr.nhs.uk/services/maternity/maternity-unit/>

Luton and Dunstable

<http://www.ldh.nhs.uk/our-services/maternity-obstetrics/>

Self-referral forms

The above mentioned websites have links to their self-referral forms/telephone numbers.

IMPORTANT - When you have been for your booking visit you will be designated consultant led care (higher risk pregnancies), shared care (normal risk pregnancies) or midwife led care (low risk pregnancies). For those ladies having shared or midwife led care you will need to book an appointment to see the midwife at 16 weeks here at the surgery. This applies whichever hospital you have chosen to book at.

PREGNANCY INFORMATION

There are many sources of information about pregnancy. It is a good idea to buy a pregnancy book and read about what to expect. A leaflet is enclosed in this pack about early pregnancy advice on diet, supplements, medication and infections etc. If you are receiving this information by email or looking at our website an online link to this leaflet is here:

<http://patient.info/health/planning-to-become-pregnant>

This leaflet discusses the importance of taking folic acid until 12 weeks of pregnancy and also Vitamin D supplements throughout your pregnancy.

Here is another link to a useful leaflet about the screening tests that you and your baby will be offered:

<https://www.gov.uk/government/publications/screening-tests-for-you-and-your-baby>

You will see that this is available in English but also 12 other languages.

FREE PRESCRIPTIONS

You are entitled to free prescriptions while pregnant and until your baby is one year old. There is a form in this pack (FW8) which you need to complete with your details and return to us. If you are receiving this information by email or are looking at our website then you will need to come into the surgery to collect a form. We can fill in your NHS number for you. You will need to calculate your expected delivery date. There are online calculators available such as:

<http://www.nhs.uk/Conditions/pregnancy-and-baby/pages/due-date-calculator.aspx>

Vaccination against Influenza (Flu)

A flu vaccine is recommended for all pregnant women. Flu vaccines are available in the autumn every year and can be given at any stage of pregnancy. They are available at the surgery.

Please see the following information from NHS Choices:

<https://www.nhs.uk/conditions/pregnancy-and-baby/flu-jab-vaccine-pregnant/>

Problems in early pregnancy

If you experience any bleeding – brown or red spotting - then please do get in touch with us, or an out of hours service if outside surgery hours.

Mild period type pain is common but if you have more severe pain or if it is on one side of your pelvis then again do let us know.

Please look at the following link for further information on common pregnancy problems.

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

We wish you all the very best for your pregnancy.

The team at Parkbury House Surgery