

## Community Midwives



If you have become pregnant you can self-refer to the community midwives by;

Tel: **01323 417400** and ask to be put through to the community midwives

Online: [www.esht.nhs.uk/service/maternity](http://www.esht.nhs.uk/service/maternity)

- Where they can fill in the online referral form
- Find out more information about pregnancy services
- Access information to help support you through your pregnancy.

The Reception Team have been advised by the GP to ask you a couple of questions relating to your pregnancy in order to keep our records up to date, and to see if you will need to see a GP prior to a midwife appointment. Please do give them as much information as you can as this will help us to process your information quickly and efficiently.

PLEASE NOTE THAT YOU ARE WELCOME TO SEE YOUR GP IF YOU WISH TO DO SO, AS SOON AS YOU KNOW YOU ARE PREGNANT.

**SELF-REFERRAL IS SUITABLE FOR WOMEN IN THE EARLY STAGES OF PREGNANCY WHO ARE GENERALLY WELL WITH NO SIGNIFICANT HEALTH PROBLEMS, WHO ARE NOT TAKING ANY MEDICATION AND WHO HAVE NO HISTORY OF PREGNANCY RELATED PROBLEMS.**

IF YOU DO HAVE SIGNIFICANT MENTAL OR PHYSICAL HEALTH ISSUES, ARE TAKING ANY MEDICATION OR HAVE A HISTORY OF PREGNANCY RELATED HEALTH PROBLEMS, YOU ARE ADVISED TO SEE YOUR GP AS SOON AS YOU KNOW YOU ARE PREGNANT.

IF YOU EXPERIENCE SIGNIFICANT ABDOMINAL PAIN OR VAGINAL BLEEDING AT ANY STAGE OF PREGNANCY, IT IS VITAL THAT YOU SEEK MEDICAL ADVICE ON THE SAME DAY.

PLEASE BE ADVISED THAT ALL WOMEN ARE ADVISED TO TAKE **FOLIC ACID** FROM 3 MONTHS PRIOR TO PREGNANCY UP TO THE 12<sup>TH</sup> WEEK OF PREGNANCY TO MINIMISE THE RISK OF SPINA BIFIDA AND OTHER NEURAL TUBE DEFECTS. THESE CAN BE PURCHASED FROM ANY PHARMACY. THE NHS ALSO RECOMMENDS **VITAMIN D** SUPPLEMENTS THROUGHOUT PREGNANCY. PLEASE SEE: <https://www.nhs.uk/conditions/pregnancy-and-baby/vitamins-minerals-supplements-pregnant/> FOR MORE INFORMATION.