

Congratulations on your pregnancy

Here is your antenatal pack, for your convenience, you will find enclosed;

- Maternity Exemption Form (FW8)
- Routine Appointments Schedule
- Urine Pots

It is recommended you start folic acid and Vitamin D as soon as you discover you are pregnant, and continue this throughout pregnancy.

A whooping cough vaccination can be booked once you reach 20 weeks.

You are also entitled to a flu vaccine if pregnant during flu season.

Please find more information about pregnancy at www.nhs.uk/mypregnancy

During your pregnancy you will be cared for by a team of midwives at Ashford & St Peters Hospital NHS Trust (ASPH) under the Topaz Suite/Ashford Hub, Located on the Ground Floor of Ashford Hospital.

Midwives are fully trained professionals who provide total care for healthy pregnant women.

If you have any medical condition such as Thyroid Disease, Diabetes, Hypertension, Depression or Epilepsy, or if you take regular medications please make a telephone appointment to speak to your GP.

Booking your Midwife appointment:

Please register your pregnancy with the hospital using their self-referral form at

<http://www.asph.nhs.uk/self-referral-service>

You can then contact your midwife, Helen Croxon, directly on **07901 009 185**, to make your first (booking in) appointment.

If she does not answer please leave a message with your contact number and she will get back to you.

In the event Helen is away on holiday, or if you need to contact the midwifery team, please call the Topaz Suite on **01784 884181**.

More information can be found on their website at: <http://www.asph.nhs.uk/your-pregnancy>

Your booking-in appointment will take around 1 hour 20 minutes and usually takes place when you are between 8 and 12 weeks pregnant.

At this appointment the midwife will ask you questions about your current and past health and this is used to plan your antenatal care.

The midwife will also take blood samples.

You should bring a sample of urine to the appointment and you can also bring a partner or friend with you.

A scan appointment will be sent to you directly via St Peters Hospital Antenatal Department – confirmation of this appointment is not confirmation of your midwife appointment.

Other Useful Contact Numbers:

Early Pregnancy Unit – St Peters Hospital: **01932 722662** (up to 12 weeks- open 9-3pm)

24hr Pregnancy Advice Line – **0300 123 5473** (for any concerns in pregnancy)

Alternative Hospitals:

You can choose to have your baby at another hospital, please contact them directly through their self-referral form:

Kingston Hospital

<https://www.kingstonmaternity.org.uk/> **020 8546 7711**

West Middlesex Hospital

<http://www.westmidmaternity.org.uk/> **020 8321 5007** or **020 8321 6420**

Frimley Hospital

<https://www.fhft.nhs.uk/services/maternity/> **01276 604154**

Royal Surrey

<https://www.royalsurrey.nhs.uk/maternity/> **01483 464 004**