

Advice for newly pregnant mums Jan 2017

Congratulations on your pregnancy! We've put this information sheet together to give you a few top tips for your pregnancy.

- Ideally for the period where you are trying to conceive until you are 12 weeks pregnant, you should be on vitamin d and folic acid supplements which you can buy from any chemist or online. Folic acid is needed for the development of baby's brain and spinal cord.
- You need 0.4mg of folic acid a day, or a higher dose of 5mg a day if you are at an increased risk of having a pregnancy affected by a neural tube defect. High risk groups include: patients with a history of diabetes, epilepsy, being overweight(a BMI more than 30) or if you or your partner has a personal or family history of neural tube defects.
- If you have not taken these vitamins preconceptually don't worry, just start them as soon as you know you are pregnant.
- **Things to avoid in pregnancy-**
- **Foods** at greater risk of causing food poisoning like -uncooked meats, unpasteurised milk, some cheeses, eg mould ripened cheeses like brie, goats' cheese, soft blue veined cheeses, liver, raw eggs/runny eggs, pate, shellfish, limit oily fish like tuna, alcohol should be avoided, caffeine reduced
- **Drugs and vitamins:** Vitamin A – so avoid high dose vitamin supplements, fish liver oils, supplements including vitamin A
- **Drugs:** always check whether you are safe to take medicines with a Dr or chemist in pregnancy. Paracetamol is the safest basic painkiller if you have a pain. Loratadine is the safest antihistamine we think in pregnancy if you need one for hayfever/allergies.
- **Cat litter** – risk of toxoplasmosis which can cause miscarriage/stillbirth/fetal abnormalities

I've done the test it's positive what next?

You need to book your antenatal care at a local hospital. Most of our patients choose to have their babies at either North Middlesex or Barnet General (with some midwifery appointments at Chase Farm) as these are our local hospital. But others might choose UCLH, RFH – particularly if they work in central London. All of these centres allow you to book with them directly – either using an online form or calling them directly. Just put antenatal care and the name of your chosen hospital in a search engine and you will find the up to date details.

The North Middlesex Antenatal Bookings Tel 02088873055

Barnet bookings:

[https://mf.igspectrum.net/\(S\(pf5f2vu20mn1kgdvh2vq4tlg\)\)/maternityservice.aspx?hospid=3626](https://mf.igspectrum.net/(S(pf5f2vu20mn1kgdvh2vq4tlg))/maternityservice.aspx?hospid=3626)

If you struggle with this or have questions about your pregnancy, are on medications, have a longterm condition eg diabetes, depression, epilepsy or have had difficulties in pregnancies in the past, you can self refer but please also do book to come and see a doctor.

You should let us know when you are pregnant either way, so we can give you a form to apply for free prescriptions you are entitled to in pregnancy, can give you a copy of Emma's diary- a good

resource for mums, and so we can inform you of any immunisations you need through your pregnancy.

There are 2 immunisations recommended in pregnancy:

1. **Flu jab** in the flu season, which can be given at any time in pregnancy. During pregnancy your immune system is not as strong and you are more prone to become sicker with nasty infections. The flu jab helps prevent flu. If you get any infections in pregnancy it is always better to book a Gp appointment and get checked out. Book an on the day emergency triage appointment if you need
2. **Pertussis.** The latter you can have from 20wks of pregnancy to help protect your baby from whooping cough in their early months of life. This is needed in first and subsequent pregnancies

Once you are booked at the hospital, you will have appointments scheduled as below with them. However, some hospitals may advise additional appointments- depending on each case and how your pregnancy is progressing. You might have less appointments if this is not your first pregnancy

- **Booking appointment: around 10wks** –A midwife will check all your details, go through your medical and pregnancy history. They will advise on pregnancy, exercise, antenatal screening and the risks and benefits of the tests perform, baseline examinations, blood tests and infection screens and offer an ultrasound to see how far along you are and offer Downs screening.
- **16wks:** they will review and discuss all your tests from the booking apooointment and again do some basic examinations
- **18-20 weeks:** if you choose they can perform an ultrasound scan to detect structural abnormalities. SHOULD ADVISE YOU TO GET YOUR PERTUSSIS IMMUNISATION TO PROTECT YOUR BABY FROMWHOOPING COUGH from the Gp surgery
- **25 weeks:** further review with a midwife. Check of BPand urine check
- **28 weeks:** further review with a midwife to check pregnancy progression. BP and urine check. Offer a screening for anaemia, offer anti D prophylaxis to rhesus negative ladies
- **31 weeks :** midwife review, Bp and urine check, look at results from 28wk appointment
- **34 weeks:** further midwife review, Bp and urine check- preparing you for birth! Offer a second dose of anti D to rhesus negative ladies
- **36 weeks:** midwife review, check BP/urine, check baby position, birth planning
- **38weeks:** midwife review, check BP/urine, check baby position, birth planning
- **40 weeks:** midwife review, check BP/urine, check baby position, birth planning
- **41weeks:** midwife review, check BP/urine, offer a membrane sweep, offer induction of labour
- **Post birth-** you should be seen by a midwife and health visitor at home
- **At 6 weeks post natally you should book a review appointment for you with the GP**

We hope you've found this useful. For more in depth advice please see websites below.

Any specific concerns in pregnancy always talk to a doctor or midwife.

Useful websites

Emma's diary

http://free.emmasdiary.co.uk/4/?gclid=Cj0KEQIAzNfDBRD2xKrO4pSnnOkBEiQAbzzeQWiF61xliskNWxJcgF_GQzKJ-Kdwh-NbZDz1PTB4hHMaAmYJ8P8HAQ

Baby centre: <http://www.babycentre.co.uk/>

Patient uk pregnancy: <http://patient.info/health/diet-and-lifestyle-during-pregnancy>

Nhschoices: <http://www.nhs.uk/conditions/pregnancy-and-baby/pages/pregnancy-and-baby-care.aspx>

Please tell us about your pregnancy, but completing the table below, and handing to reception.

Please remember to book your flu jab now and a pertussis vaccination if you are over 20 wks of pregnancy

Thank you.

<u>Name</u>	
<u>DOB</u>	
<u>1st day of last menstrual period LMP (approx. date if not known)</u>	
<u>Estimated date of delivery if known</u>	
<u>Current stage in pregnancy if known</u>	<u>.....weeks</u>
<u>Number of previous pregnancies</u>	<u>..... Live births</u> <u>.....miscarriages</u> <u>.....abortions</u> <u>.....still births</u>
<u>Have you self referred to a hospital? If so, which one?</u>	