

## Congratulations on your pregnancy!

You have visited your GP to inform them of your pregnancy. Please email **TopazMidwiferyPractice@swft.nhs.uk** with the below information, to book your maternity care at South Warwickshire NHS Foundation Trust.

Please copy your email to your GP practice, to enable your records to be updated. The email address for your GP practice is:

Castlemc.reception@nhs.net

Once you have sent us an email, we will be in touch **within 5 working days** to arrange a booking appointment for when you are between 8 and 10 weeks pregnant. An ultrasound scan will be offered to you at around 12 weeks to ascertain when your baby is due.

If you are unable to contact us by email or have any difficulties answering the questions, please contact the Bluebell Birth Centre, our base at Warwick Hospital, on **01926 495321 ext 6977** and we will assist you.

### Please let us know:

- Your name
- Your home address and phone number
- Your date of birth
- GP and surgery name
- NHS number (if you are aware of this)
- Whether you require an interpreter and if so, what is your preferred language
- The first day of your last period
- Whether this is your first baby
- Any significant medical history or issues with a previous pregnancy (if applicable)
- Whether you smoke

### Keeping Well in Pregnancy

In the meantime, it's recommended that you take **folic acid tablets (400 micrograms)** until your first scan at around 12 weeks. This is widely available from pharmacies and supermarkets. If you want to get your folic acid from a multivitamin, make sure that it is suitable to take during pregnancy and the tablet doesn't contain vitamin A (retinol). If you have a family history of spina bifida or any neural tube defects, cleft lip/palate or if you are over 40 years of age, please see your GP to be prescribed a higher dose of folic acid.

The Department of Health also advises you to consider taking a vitamin D supplement.

You may be eligible for free vitamins through the Healthy Start scheme, for more information visit <https://www.healthystart.nhs.uk/healthy-start-vouchers/healthy-start-vitamins/>

The NHS website has lots of other good advice for keeping well in pregnancy, to find out more, visit <https://www.nhs.uk/conditions/pregnancy-and-baby/>

If you have any concerns, please contact the Bluebell Birth Centre on **01926 495321 ext 6977**.

We look forward to meeting you. Thank you from the Topaz Midwifery Team.