

**Congratulations on your pregnancy. Please contact the midwifery booking service to arrange a midwife appointment on:**

**Email:** [bookings.midwifery@nbt.nhs.uk](mailto:bookings.midwifery@nbt.nhs.uk)

**Telephone:** 0117 4146743

We would encourage you to take pregnancy vitamins (any that are specific for pregnancy) and at the very least you should be taking **400mcg of Folic Acid and 10mcg of Vitamin D daily**. Some women are entitled to these for free, please check with your health centre reception. They are also available to buy from any chemist or supermarket. Please speak with a pharmacist if you require further advice about vitamins.

You do **not need to book a consultation with your GP unless you are concerned** or you have any of the issues listed below. If you do need to consult a GP then please book a telephone consultation via reception.

- You are uncertain if you wish to continue with this pregnancy.
- You have a raised BMI (Body Mass Index) of over 30, to do this calculation you will need to use a calculator and enter your weight in kilos (e.g. 72) and then divide it by your height in metres (e.g. 1.65) and then divide by your height again. For example:

$$72 \div 1.65 \div 1.65 = 26.4, \text{ this means your BMI would be } 26$$

- You are taking any regular prescription medications.
- You, your partner or your (existing) child have a history of spina bifida or other neural tube defects.
- You have previously had an ectopic pregnancy.
- If you have current mental health concerns, for example anxiety or depression.
- You are bleeding or have severe abdominal pain (request an urgent GP consultation).

We look forward to meeting you.