

Maternity Care

If you have a positive pregnancy test, have no medical problems and are confident in your dates, you may not need to see the GP. You may like to contact the midwives directly to discuss your antenatal care. They usually like to see ladies by the 10th week of pregnancy. If you are uncertain of your dates or have a complicated medical history, such as thyroid problems or diabetes, or are on any long-term medication, please book an appointment with a GP as soon as pregnancy is confirmed. If you experience any bleeding or pain please make an urgent appointment with your GP who may arrange for you to be seen in the Early Pregnancy Assessment Clinic.

The midwives work in demographic teams:

- If you live in Clifton, Hotwells or Redland, please contact Hampton House on 0117 330 2583.
- If you live in Westbury-on-Trym, Sneyd Park, Stoke Bishop, Coombe Dingle, Sea Mills or Bishopston, please contact Horfield Health Centre on 0117 373 7117, who will inform you of the location of your midwife team.

All pregnant ladies are recommended to have a flu vaccine during the winter months. A whooping cough vaccine is given from 20 weeks. These can be obtained from the Practice nursing team.

Folic acid 400mcg once per day is also recommended and can be bought over the counter on its own or in combination with other useful multivitamins (preg-a-day/pregnacare).

Vitamin D 10mcg a day supplementation is also now recommended in pregnancy.

For dietary advice during pregnancy please see NHS Choices' website.

Pregnant ladies are entitled to free prescriptions. Please ask your midwife about this.

At 6 weeks after delivery, we like to see you for a postnatal check and would be delighted to meet your new baby . You will be sent an appointment for this by the surgery.

For more information, please see <http://www.nhs.uk/conditions/pregnancy-and-baby>