

Pregnant?

What to do next...



Happy to be pregnant?

Many women put off seeing their doctor and miss out on free health checks and valuable advice.

If you think you are pregnant, it is vital that you contact a healthcare professional straight away.

You can choose to contact a midwife directly or a GP to make a free appointment.

The first 12 weeks of your pregnancy are the most important time for your baby's development. The earlier you are seen by a midwife or doctor the sooner they can check that everything is alright with both of you.

If you have an existing health problem (For example, diabetes, epilepsy or mental health issues) or if you experienced any complications in a previous pregnancy or birth, this will be even more important for you.

Your midwife or GP will talk confidentially with you about your pregnancy and give you a check up. You should also take this opportunity to ask your healthcare professional about any screening tests you will need, particularly before you are 10 weeks pregnant. They will then discuss your choices for screening and pregnancy care and make sure you are referred to the right people and organisations.

You should receive your first antenatal appointment within two weeks of informing your GP or midwife that you are pregnant. If you do not receive an appointment within two weeks, please make sure you phone your GP or midwife.

Contact a midwife directly through one of Brent's maternity service providers:

Northwick Park Hospital

Tel: 020 8869 5252

www.nwlh.nhs.uk/maternity

St Mary's Hospital

Tel: 020 3312 6135

www.imperial.nhs.uk/maternity

The Royal Free Hospital

Tel: 020 7794 0500 ext 36169

www.royalfree.nhs.uk

Important things to know

Eating fruit, vegetables and foods that contain iron, calcium, folic acid and vitamins are essential for your pregnancy; a growing baby needs these nutrients right from the start.

Folic acid is important in the first 12 weeks of pregnancy – it helps reduce the risk of conditions such as spina bifida. And **vitamin D** assists your baby's growth, especially for bones and teeth.



Things to start doing now



Eat plenty of green vegetables, brown rice, wholegrain and fortified cereals, for **folic acid**.



Eat pulses, red meat, dried fruit, green vegetables and fortified cereals; these are great sources of **iron**.



Add dairy products, such as milk, cheese and yoghurt, to help maintain your **calcium**.



Wash your hands, especially after gardening, handling raw meats, cats or kittens. Wear gloves when gardening or handling animal droppings, which can carry harmful bacteria.

Make sure you tell your GP or pharmacist about any medication you are taking.

Find out about **free healthy start vouchers**. You may be able to use these for fresh food and vitamin supplements.

Visit www.healthystart.nhs.uk to find out more.



Things to do less or stop



Reduce your vitamin A intake. Avoid eating liver and don't take cod liver oil or vitamin A tablets.



Avoid eating raw or undercooked meat, eggs or fish, unpasteurised dairy products, soft cheeses or patés.



Avoid eating shark, marlin and swordfish as they can contain mercury. Don't eat too much tuna (not more than six sandwiches per week).



Don't eat peanuts if you or your family are allergic or have a history of eczema, hayfever or asthma.



Don't have too much caffeine. Drinks like tea, coffee, high-energy drinks and cola contain caffeine. You should have less than three cups of brewed coffee (or four cups of instant coffee), or six cups of tea per day. Altogether have no more than 300mg of caffeine a day.

Alcohol and drugs

Your GP or midwife can give you help and advice on ways to change your lifestyle for your baby's and your health.

Smoking: The health and growth of your baby can be affected if you smoke – you are strongly advised to stop completely.

Drinking alcohol: The best advice is to avoid drinking alcohol when you are pregnant.

Drugs: All drugs can harm your baby. Tell your GP or midwife as soon as possible about any drugs you are taking, including over-the-counter or prescribed medications, or street drugs. Your GP or midwife can give you advice on how to best manage this.

Unhappy to be pregnant?

Phone your GP or family planning services and make an appointment to discuss your situation.

There are a number of options available to pregnant women. If you are concerned about continuing with your pregnancy or need more advice deciding what is right for you, then family planning services or your GP can help you.

There are a range of local services that can offer you more support. All discussions are confidential and with health professionals that will support you in whatever you decide.

Pregnancy advisory services or your GP can give you further advice if you decide you do not wish to continue with your pregnancy.

The Family Planning Association
Helpline

Tel: 0845 122 8690

Marie Stopes International

Tel: 0845 300 8090

British Pregnancy Advisory Service

Tel: 0845 730 4030

Chalkhill Health Centre
Wembley Park

Tel: 020 8904 0911

Hillside Primary Care Centre
Stonebridge

Tel: 020 3188 7399

Stag Lane Clinic
Kingsbury

Tel: 020 8204 9117

Wembley Centre for Health & Care
Chaplin Road, Wembley

Tel: 020 8795 6010

Willesden Centre for Health & Care
Robson Ave, Willesden

Tel: 020 8438 7085

Brent Connexions

Tel: 020 8438 1650

Brent Connexions (Teenage service)

Tel: 020 8937 3695

Useful numbers and websites

Pregnancy and sexual health advice

British Tay Sachs Foundation	Tel: 020 8922 2000
Brook Clinic (under 25s)	Tel: 0800 018 5023
Family Planning Association	Tel: 0845 122 8690
National Childbirth Trust	Tel: 0300 33 00 772
NHS Direct	Tel: 08 45 46 47
NHS Guide to pregnancy	www.nhs.uk/pregnancy
Samaritans	Tel: 0845 790 9090

Local services in Brent for contraception and pregnancy

Brent Sickle Cell & Thalassaemia Centre	Tel: 020 8453 2050
Chalkhill Health Centre	Tel: 020 8904 0911
Hillside Primary Care Centre	Tel: 020 3188 7399
Stag Lane Clinic	Tel: 020 8204 9117
Wembley Centre for Health & Care	Tel: 020 8795 6010
Willesden Centre for Health & Care	Tel: 020 8438 7085
Brent Connexions (Teenage service)	Tel: 020 8937 3695

Sexual health services

GUM Clinic at Northwick Park Hospital	Tel: 020 8869 3147
Patrick Clements Clinic at CMH	Tel: 020 8453 2221

Stress & depression and community mental health services

Brent MIND	Tel: 020 7604 5177
Brent South – Liaison Team	Tel: 020 8937 4775
Brent North & West – Liaison Team	Tel: 020 8937 6347
Brent East – Liaison Team	Tel: 020 8937 6338

Stopping smoking

Brent Stop smoking service	Tel: 020 8795 6669
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Domestic violence and rape

National domestic abuse helpline	Tel: 0808 2000 247
Solace Women's Aid	Tel: 0808 802 5565

Substance misuse

FRANK	Tel (free): 0800 77 6600
The Junction Drugs and Alcohol Service	Tel: 020 8961 7007
Addaction Brent (Young people's service)	Tel: 020 8459 9510

Information on benefits

Citizen Advice Bureau	www.citizenadvice.org.uk
Brent Citizen Advice Services	Tel: 020 8459 3617