

Congratulations!

It's recommended to take Vitamin D supplements 10micrograms (or 400 units) daily (buy over the counter on its own or as part of a multivitamin for pregnancy e.g. Pregnacare)

We've filled in a FW8 (maternity exemption) form so you can get free prescriptions & dental care for the pregnancy & 1 year afterwards. If you haven't got this within 2 weeks let us know

Start taking folic acid 400micrograms daily until 1st scan confirms 12 weeks (buy over the counter on its own or as be part of a multivitamin for pregnancy e.g. Pregnacare)

Check out [this website](#) for general information & order a free 'Emmas Diary'

Fill out the self-referral form online [HERE](#)
If you have any problems call 020 8321 5608

Book an appointment for pertussis/whooping cough vaccination ideally between 16 & 32 weeks of pregnancy

MATB1 form can be filled in after 20 weeks of pregnancy to provide to your employer

Book an appointment for a FLU jab in autumn/winter (can be given at any time in pregnancy)

For more info have a look [HERE](#)

After delivery you'll get a Mother & Baby discharge summary. Hand this to reception with baby's birth certificate. We'll call you to book an appointment for a 6-8 week Post Natal check for you & your baby.