

**As
Soon
As you're
Pregnant**

Tell your local maternity unit or your GP.



Get the best care for you and your baby – contact your local maternity service before the 10th week of pregnancy.

Congratulations on your pregnancy

The early stages of pregnancy are an important time for you and your baby's health.

All women are encouraged to contact maternity services or their GP as soon as they are pregnant and especially before the 10th week.

The early stages of pregnancy are an important time for your baby's development and for your health. This is why it is important to meet with your midwife and plan the care that you and your baby will need as early as possible.

Many women do not realise that they need to contact services early and some women choose not to for cultural and religious reasons. However, maternity services encourage you to contact them as soon as you are pregnant and to reassure you that it is your choice around the types of care and treatment you want. For example, some women prefer not to have any tests or scans during their pregnancy and this is completely their choice.

Maternity services want to give you and your baby the best care possible, so as soon as you find out you are pregnant, **contact your GP or maternity services before the 10th week of pregnancy.**

The first 12 weeks of your pregnancy



1 You're pregnant.



2 Contact your local maternity service or GP before the 10th week of pregnancy.



3 An appointment will be made for you with a midwife.



4 You will meet with your midwife who will assess your needs. *



5 You will be told about various optional checks and tests.



6 Decision on where to have your baby. See details of local maternity services.



7 Your first scan. Some women choose not to have a scan and this is completely up to them.

* At your first antenatal appointment your midwife will give you a check up and discuss your health with you. Your midwife will also work out what extra support you and your baby will need to make sure you get the best possible care. You and your midwife will plan your antenatal care together and make sure you have all the information you need. This appointment will take place at about 8 to 12 weeks into your pregnancy.

Maternity service contact details

To contact your local maternity service, please ring, email or complete the online self referral form.

University College London Hospital> Maternity Services

University College London Hospital,
235 Euston Road, London, NW1 2BU

Open every day, 9am – 5pm
tel: **020 3447 9400**
fax: **020 3447 9754** (24 hour)
email: antenatalclinic@uclh.nhs.uk
website: www.uclh.nhs.uk

Whittington Hospital> Maternity Services

Whittington Health, Magdala Avenue,
London, N19 5NF

Open every day, 9am – 5pm
tel: **020 7288 5586** (24 hour answer machine)
email: whh-tr.maternityreferrals@nhs.net
website: www.whittington.nhs.uk

North Middlesex University Hospital> NHS Trust Maternity Services

North Middlesex University Hospital Trust,
Sterling Way, Greater London, N18 1QX

Open every day, 9am – 5pm
tel: **020 8887 4055**
fax: **020 8887 2934**
email: som@nmh.nhs.uk
website: www.northmid.nhs.uk

Barnet & Chase Farm Hospitals> Maternity Services

Barnet Hospital, Wellhouse Lane,
Barnet, Herts, EN5 3DJ
Chase Farm Hospital, The Ridgeway,
Enfield, Middlesex, EN2 8JL

Barnet Open every day, 8am – 7pm tel: 020 8216 5144 fax: 020 8216 5220	Chase Farm Open every day, 9am – 5pm tel: 020 8375 1949 (1pm – 1:30pm closed) fax: 020 8375 1212 email: antenatalchase@nhs.net
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Barnet & Chase Farm website: www.bcf.nhs.uk/our_services/maternity_services

Royal Free London Hospital> Maternity Services

The Royal Free Hospital, Pond Street,
Camden, London, NW3 2QG

Open every day, 9am – 5pm
tel: **020 7794 0500** (24 hour answer machine)
fax: **020 7830 2468**
website: www.royalfree.nhs.uk

If you don't have a GP visit www.nhsdirect.nhs.uk to find your local GP and make an appointment. If you want more advice call NHS Direct on **0845 46 47**

If you are unhappy to be pregnant or unsure, contact your GP or family planning services and make an appointment to discuss your situation.

The Family Planning Association helpline.
(For free confidential advice on pregnancy choices)
tel: **0845 122 8690**
website: www.fpa.org.uk