

Unhappy to be pregnant or unsure?

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.

All discussions are confidential and with health professionals that will support you in whatever you decide:

The Family Planning Association helpline

For free confidential advice on pregnancy choices.
Tel: 0845 122 8690
www.fpa.org.uk

Margaret Pyke Centre

Free, confidential pregnancy testing and support in Camden.
Tel: 020 7530 3600
www.margaretpyke.org

Brook Euston

Free, confidential advice and support for young people up to 25 years of age.
Tel: 020 7387 8700
www.brook.org.uk

Marie Stopes

Self referral booking line for termination of pregnancy. This is free for Camden patients.
Tel: 0845 300 29 22

Useful numbers and websites

Pregnancy advice

NHS guide to pregnancy
www.nhs.uk/pregnancy

National Childbirth Trust
0300 33 00 772

NHS Camden website
www.camden.nhs.uk/pregnancyandmaternity

Camden children's centres

Children's centres - provide information and services for pregnant couples and families with children up to the age of 5. To find your nearest Children's centre, please call 020 7974 1679

Confidential advice and support on family planning

Family Planning Association
0845 122 8690

Marie Stopes
0845 300 8090

Brook Clinic (under 25 yrs old)
0800 018 5023

British Pregnancy Advisory Service
0845 730 4030

Sexual health

For information on local services visit www.camden.nhs.uk/sexualhealthscreening

General

NHS Direct
0845 4647

Camden family information service
020 7974 1679

Stopping smoking

NHS Stop Smoking helpline
0800 022 4332

Smokefree Camden helpline
0800 107 0401

Bengali quitline
0800 131 3825

Domestic violence and rape

Rape and sexual abuse support centre
0808 802 9999

Camden Safety Net
020 7974 3557

Solace Women's Aid
020 7267 9905

Substance misuse

FRANK - free confidential information on drugs
0800 77 6600

Camden Sensible Drinking Service

020 7445 8516
www.camden.nhs.uk/sensibledrinkingservice

Camden Drugs Service North Camden (Response):

020 7941 1700

South Camden:

020 7530 3086

www.camden.nhs.uk/drugservices

Stress and depression

Samaritans
0845 790 9090

MIND
0845 766 0163

Camden psychological therapies service

020 3317 5600

www.camden.nhs.uk/mentalhealth

Information on benefits

Citizens Advice Bureau
08451 20 29 65

www.citizensadvice.org.uk

You can order more copies of this leaflet or we can provide Braille, audiotape or large print versions. Translations into other languages are also available on request.

For more information contact us on 020 3317 2884 or email: communications@camdenpct.nhs.uk

This leaflet is based on an NHS Newham initiative and further developed by Healthcare for London and NHS Camden

Healthcare
for London

Pregnant?

What to do next...



NHS
Camden

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, you have a number of choices:

- You can make an appointment with your GP who will offer you advice and refer you to a maternity team for your care. You can choose which maternity team you are referred to.
- You can book an appointment directly with one of the local midwives. There are two main Camden maternity services and you can choose which one you go to. The maternity team can offer you more advice when you call.

Royal Free Hospital Hampstead

Maternity Referral Hotline:
020 7794 0500 extension 36169
www.royalfree.nhs.uk

University College London Hospital

Maternity Bookings: 020 7380 9400
Fax: 020 7380 9754
Email: 1st.antenatal.appointments@uclh.nhs.uk
www.uclh.nhs.uk

- Visit your local children's centre which can help you speak to a midwife. To find your nearest children's centre, please call 020 7974 1679

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.

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.

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. A daily 400 microgram tablet is recommended. Your local pharmacy or GP can offer further advice on the right vitamin supplements for you.

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.



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



Avoid eating shark, marlin and swordfish as they can contain mercury. Don't eat too much tuna (no more than six sandwiches per week).



Don't drink more than 300 mg of caffeine a day. Drinks like tea, coffee, high-energy drinks and cola contain caffeine. Try to have less than three cups of brewed coffee (or four cups of instant coffee), or six cups of tea a day.

Alcohol and drugs

Your GP or midwife can help and advise you 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: over-the-counter or prescribed medications, or street drugs.