

Jubilee St Practice - Pregnancy

Congratulations on your pregnancy.



Your first appointment will be at the hospital for a booking appointment with the midwife and your first dating scan. This will be between 11 and 12 weeks of pregnancy, at this appointment you will be offered some tests including a screening test for Downs syndrome – please see further information at : <http://www.nhs.uk/conditions/pregnancy-and-baby/pages/screening-tests-abnormality-pregnant.aspx> in order to help you decide before the appointment. If you haven't heard from the hospital about your appointment by your 12th week of pregnancy please call **0203 594 2572** or **0203 594 2573**. If you continue to have problems getting an appointment please call Yasmin in reception at Jubilee St practice.

Before this appointment please can you get some blood tests done at the practice – these are your booking bloods which should be done after 8 weeks of pregnancy and are to check for anaemia, sugar, and exposure to previous infections. If you have had these done at the practice during this pregnancy you **do not need these repeated**, if you receive a letter from the hospital asking you to have them done, ignore if you have already done them.

Your second appointment will be at Jubilee St antenatal clinic with the community midwife at 16 weeks of pregnancy, please book this appointment immediately after your 12 week scan by contacting reception.

Your second scan will be at 20 weeks of pregnancy and should be booked for you at your first scan.

You will have regular antenatal check ups throughout your pregnancy so please always make sure you know when your next appointment is – you can check with Yasmin in reception.

We recommend you take folic acid supplements until your 14th week of pregnancy and take vitamin D supplements throughout pregnancy and during breastfeeding. These can be obtained from your midwife or bought over the counter.

You will be offered vaccination to protect your baby from whooping cough after 20 weeks of pregnancy, and flu vaccination between October and March. If you would like these book an appointment with the practice nurse.