

## PLEASE READ THE INFORMATION BELOW TO FIND OUT HOW TO ACCESS YOUR ANTENATAL CARE

Your local community midwife team provide care for ladies living in Royston, Ashwell and the surrounding villages within North Hertfordshire. This does not extend to the South Cambridgeshire villages. Our contact details are;

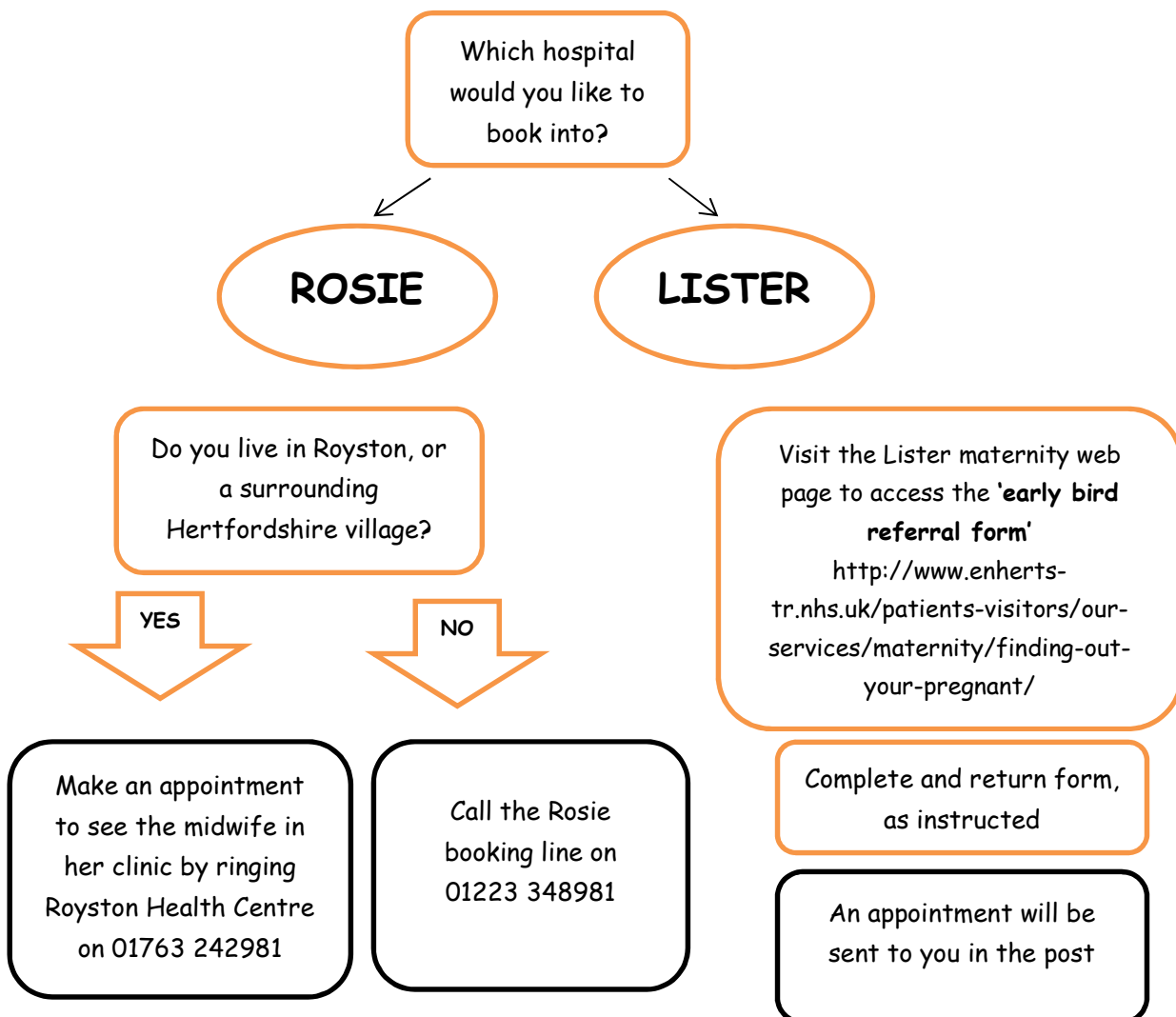
Sally Woodhouse: 07918 468560 for ladies registered with The Royston Health Centre

We have two maternity units locally;

- THE DIAMOND JUBILEE MATERNITY UNIT @ The Lister Hospital, Stevenage
- THE ROSIE MATERNITY UNIT @ Addenbrooke's Hospital, Cambridge

Your choice of where to have your baby is an important one. If you would like to research the units, both have excellent websites which have up to date pictures and information to help you make this decision.

Once you have made your decision, you will need to make a booking appointment in order to get your pregnancy registered and arrange a scan. This should be done as soon as possible to enable you to be seen by 7-8 weeks. Please follow the flow chart below to find out the next steps for you.....



It is recommended that you take 400mcg (micrograms) a day of **folic acid** for the first 12 weeks of pregnancy, and 10mcg of **Vitamin D** throughout your pregnancy and whilst breastfeeding. This can be as an antenatal multivitamin, or a standalone dose.

It is recommended that you have the whooping cough vaccine from 16 weeks and the flu vaccine in the winter. These can be booked through your surgery.

For more information about your pregnancy care, including diet, 'foods to avoid' and having a healthy life style, please refer to **The NHS Choices website** which will have the most recent advice.

Preparation for labour, birth and the early postnatal period is discussed in NHS antenatal classes. More information and how to book will be discussed at an appointment with your midwife. Private classes are also available locally and these can be accessed via the internet.