

Useful phone numbers and websites



For more information about keeping yourself and your baby well during pregnancy, visit www.readysteadybaby.org.uk/expecting

www.nhsinform.co.uk

NHS 24: 111

www.canstopsmoking.com

www.drinksmarter.org.uk

www.scottishwomensaid.org.uk

This leaflet is available in the following languages: Arabic (العربية), Mandarin Chinese (简体中文), Polish (Polski), Punjabi (ਪੰਜਾਬੀ), Romanian (Română), Slovak (slovenčina) and Urdu (اردو).

We are happy to consider requests for other languages or formats.

Please contact **0131 314 5300** or email nhs.healthscotland-alternativeformats@nhs.net

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A healthy baby during pregnancy

As soon as you know you are pregnant, there are some simple things you can do to give your baby the best possible start in life:

- Take folic acid tablets as soon as you can. Vitamin D supplements are very important too. Ask at your local pharmacy about how much folic acid and vitamin D to take.
- Drinking alcohol when pregnant can harm your unborn baby. No alcohol is the safest choice.
- If you need help to stop smoking, ring **0800 84 84 84** to get friendly, expert help near where you live.
- Eat a healthy, balanced diet including vegetables and fruit.
- Avoid foods high in vitamin A – liver, pate, cod liver oil and supplements that contain vitamin A.
- Also avoid raw or undercooked meat and eggs, raw shellfish, unpasteurised milk, blue cheese and some soft cheeses such as brie.

Don't forget your own wellbeing. The first step to managing any stress is to notice when things are getting on top of you.

For tips, visit

www.stepsforstress.org/getting-ready

If you are a teenager or receive benefits you may qualify for Healthy Start. You could get free vouchers for some food and vitamins, including folic acid. Ask your midwife for more information or visit

www.healthystart.nhs.uk



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Pregnant?

What you need to do next.



First, you need to be sure you're pregnant.

You can buy a home pregnancy kit from a chemist or supermarket. You can also get a free pregnancy test from your GP or sexual health clinic. **These kits are 97% accurate, so there is usually no need to do more pregnancy tests.**

If you're pregnant

Your midwife is a qualified expert who'll help you through your pregnancy. **As soon as you know you're pregnant, make your first midwife appointment (see front cover for how to do this).** Booking early will help you get the best start for you and your baby. It is important even if you are a mum already.

If you're unsure about continuing with the pregnancy

Call or visit your GP or sexual health clinic for advice and support as soon as possible.

If you need help urgently

For example, if you think you might be having a miscarriage, call your GP, or NHS 24 on **111**.

Your first midwife appointment

This takes place early in your pregnancy and will take about an hour. You might not have a scan at this first appointment, but your early pregnancy scan will be arranged for weeks 11–14.

Your midwife will need to ask some questions in order to plan the right care to support you and your baby's wellbeing. You'll be able to talk about:

- any questions you may have
- preparing for parenthood
- eating well during your pregnancy
- the type of exercise you can do
- how to get free NHS dental care
- other services you might find useful, such as money and housing.

You'll get a copy of the *Ready Steady Baby!* book, which is a guide to pregnancy, birth and parenthood. You will also be given your maternity notes, which you'll need to bring to every appointment.

How often you'll see your midwife

You'll normally see your midwife 8–10 times during your pregnancy. Your midwife will explain this in your first appointment. If you work, you are entitled to time off to attend appointments.

You'll be given contact numbers that you can use any time if you have questions or worries in between appointments.

Even if you are a mum already, it's important to make your first midwife appointment as soon as you know you're pregnant.

Tests and checks

By seeing a midwife early in pregnancy, you will be able to make an informed choice about the screening tests you'll be offered. They are intended to help protect you and your baby's health. Your midwife will explain all tests offered to you and give you a leaflet to take away.

You can get more information online at www.readysteadybaby.org.uk/screening

The people who'll help you

When you are pregnant, the main NHS experts who'll look after you are:

Midwife

Midwives are highly skilled, qualified professionals who provide expert care for women right through normal pregnancy, childbirth and after birth.

Obstetrician

Obstetricians are doctors who specialise in pregnancy and childbirth. In Scotland, you are only likely to see them if you need extra support.

If you have other medical or mental health conditions, you should still see your GP or hospital specialist during your pregnancy.

Interpreter

If you do not speak or understand English fluently, you are entitled to an interpreter, free of charge. Let your midwife know if you need one, and whether you'd like a female interpreter.