

Congratulations!

Ante-natal care is provided to make sure that you and your baby stay as healthy as possible throughout this exciting time.

If there's ever anything you don't understand or are unsure about, then please just ask. Contact numbers for the relevant healthcare professionals are at the back of this leaflet.

What should I do next?

The Midwives like to see patients early in their pregnancy, **so ring the community midwives** at Wythenshawe Hospital to start your booking process there, on **0161 291 2942**. They will arrange an in-depth booking appointment at a local community clinic, issue your hand-held notes along with a form to apply for free prescriptions until your child is one year old.

If you are not already doing so, you should be **taking folic acid tablets** until at least the 12th week of pregnancy. You can buy these from a pharmacy or can be requested on prescription.

Vitamin D is also vital for the healthy development of your baby's bones. Calcium helps your body to use Vitamin D and this is found in milk, cheese, other dairy products and bread. Although Vitamin D is mostly produced by sunlight on the skin, in the North West there isn't enough sun to do this naturally! You therefore need extra whilst you're pregnant and nursing, so take a **Vitamin D supplement** (10mcg) from now, throughout breast feeding until you wean your baby. You can buy these tablets from the Health Visitor at a local child health clinic or from a pharmacy - read the Vitamins leaflet on our website to find out more about the supplements available. We sometimes have **vitamin starter packs** available, so please ask at reception.

From now on until you have finished breast feeding (if you do), it is important that you check with your pharmacist or doctor before taking any over-the-counter medicines, homeopathic remedies or vitamins.

Going to the hospital

Your first hospital appointment will be sent to you directly by the hospital. This first visit will usually include an ultrasound scan, blood tests as necessary and general health advice.



What should I eat?

A balanced diet: plenty of protein - eggs, meat, fish, hard cheese and most dairy products; the rest of the minerals and vitamins that you need are found in fresh fruit and vegetables, so eat plenty of these too. Wash all salads well and eat them immediately.

What should I avoid?

Smoking & alcohol! Also avoid raw shellfish, liver, pate, salami, soft cheese, anything unpasteurised including Parmesan cheese, raw meat, raw eggs or any foods made with any of these things (when raw). Take care handling raw meat and always wash your hands well, afterwards. Take particular care also when changing cat litter and remember to wear gloves for gardening.



Continuing ante-natal care at the surgery

Four weeks after your first hospital visit (and monthly thereafter), **you will need to make your own appointment** to attend our Friday morning ante-natal clinic at the surgery. You can now **book these appointments online**, once you have registered for online access at reception. If work commitments conflict with Friday clinics, midwife appointments can be booked on 0161 962 4132 for Conway Road clinic, Mondays 12:30-3:30pm

Please bring a specimen of urine with you at each visit; your blood pressure, general health and the growth of your baby will be checked too.

During the autumn/winter months, **seasonal 'flu vaccination** is strongly recommended for pregnant women.

From 20 weeks of pregnancy, **vaccination against whooping cough** (pertussis) is strongly recommended to ensure your baby is protected until their immunisations start at 8 weeks of age. Book an appointment with our Practice Nurse on 0161 905 4711.

From 20 weeks you will also be entitled to obtain form MAT B1 which will enable you to claim maternity pay or benefits. Please ask the midwife for this form when you see her. From 30-32 weeks of pregnancy, the number of ante-natal visits, both to the surgery and the hospital, will increase up until the time of delivery.

After the birth

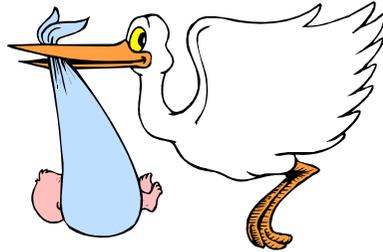
When you have been discharged from hospital, the Midwife will visit you both at home for up to 14 days.

Visits from your Health Visitor will usually start around 14 days after the birth.

and if you ever need help, advice or reassurance -

there's someone at the end of the telephone who will be happy to help:

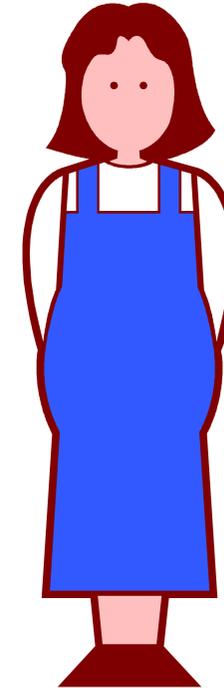
- ☺ the Community Midwives on 0161 291 2942;
- ☺ the Health Visiting team on 0161 912 5130;
- ☺ any of the GPs at the surgery on 0161 962 4354.



Other contact numbers you may find useful -

- ★ Parentcraft classes - details from midwives on 0161 291 2942;
- ★ Tour of Wythenshawe maternity ward - book on 0161 291 2942;
- ★ Wythenshawe Hospital switchboard number - 0161 998 7070;
- ★ Trafford's breast feeding adviser Jackie Hall - 07894 489937;
- ★ National NHS breast feeding helpline - 0300 100 0212

Washway Road Medical Centre



Many mothers-to-be have said they would like some written details of what to expect over the coming months, so here's some general guidance