

# Ilford Lane Surgery Pregnancy Leaflet

## ILFORD LANE SURGERY

**This pack contains useful information about your pregnancy care.**

### **Antenatal Care Referral**

You can either see one of our HCA, Nurses, GPs or self-refer (<https://www.bhrhospitals.nhs.uk/pregnancy-referral>) to the Local Pregnancy Service. You should receive information on your appointment from the antenatal clinic by the time you are 10 weeks pregnant.

**Medication** - More information is available on NHS Choices: [Pregnancy - NHS \(www.nhs.uk\)](http://www.nhs.uk)

- If you are on regular medicines, you will need to have these reviewed by the doctor or pharmacist to ensure that the medicines you take are safe to be taken during pregnancy.
- You will need to be on Folic acid for at least the first 3 months.
- You will also require Vitamin D for the duration of pregnancy except in a few occasions. You can request these from the surgery by completing the attached form or get them from the chemist.
- Before taking any medicine, it is advisable to check with your pharmacist, midwife or doctor if it's safe to be taken during pregnancy.
- Pregnant women are entitled to free NHS prescription. Please complete the attached form. You will get your exemption card in the post.

**Vaccination** - More information is available on NHS Choices: [Pregnancy - NHS \(www.nhs.uk\)](http://www.nhs.uk)

Every pregnant woman is encouraged to have the flu and whooping cough vaccines. The Flu jab protects both you and your baby. Pregnant women have a higher chance of developing severe complications if they get flu infection, particularly in the later stages of pregnancy.

The Whooping cough vaccination protects the baby until its due its first set of vaccinations. This is given from 20 weeks onwards to 32 weeks. Please contact us on 0208 478 1366 to book an appointment with our Practice Nurse.

### **Emergencies (eg abdominal pain and vaginal bleeding)**

Our local early pregnancy emergency unit is based at Queen's Hospital, Rom Valley Way, Romford. RM& 0AG. The service is based in Ward Cornflower B, 3<sup>rd</sup> Floor, Blue Zone.

**Healthy lifestyle** - More information is available on NHS Choices:

We recommend making healthy choices about what you eat and drink. We would advise stop smoking and avoid alcohol. There are some food you should avoid during pregnancy. Please see NHS choices for more information.

### **Other information**

Maternity leave forms (MatB1) can be completed by the midwife or doctor after 20 weeks.

<b>CHECKLIST</b>	
<b>Refer to antenatal clinic</b>	<b>You can self-refer:</b> <a href="https://www.bhrhospitals.nhs.uk/pregnancy-referral">https://www.bhrhospitals.nhs.uk/pregnancy-referral</a>
<b>Read NHS choices for pregnancy information</b>	<a href="http://www.nhs.uk/conditions/pregnancy-and-baby/pages/pregnancy-and-baby-care.aspx">http://www.nhs.uk/conditions/pregnancy-and-baby/pages/pregnancy-and-baby-care.aspx</a>
<b>Complete free NHS prescription form</b>	<a href="#">Maternity exemption certificates   NHSBSA</a>
<b>Take folic acid and vitamin D</b>	
<b>Regular medication review</b>	<b>Discuss with pharmacist or doctor</b>
<b>Flu vaccination</b>	<b>Book with the nurse</b>
<b>Whooping cough vaccination</b>	<b>Book after 20 weeks with the nurse</b>
<b>Maternity leave for work</b>	<b>Your midwife or doctor can complete this after 20weeks.</b>

# Pregnancy Care Planner

The more you know about your pregnancy and your options, the more you are likely to feel in control. The information given here is based on *The Pregnancy Book*, which your midwife should give you at your first appointment.

## Before you are pregnant

- [All about conception and getting pregnant](#)
- [Thinking about the next baby?](#)

## Your pregnancy and labour

- [37-40 weeks pregnant](#)[How the baby develops](#)
- [0-8 weeks pregnant](#)
- [9-12 weeks pregnant](#)
- [13-16 weeks pregnant](#)
- [17-20 weeks pregnant](#)
- [21-24 weeks pregnant](#)
- [25-28 weeks pregnant](#)
- [29-32 weeks pregnant](#)
- [33-36 weeks pregnant](#)
- [40+ weeks pregnant](#)
- [Your health in pregnancy](#)
- [Common health problems](#)
- [Antenatal care and classes](#)
- [Choosing where to have your baby](#)
- [Labour and birth](#)
- [When pregnancy goes wrong](#)

## You and your baby

- [What you will need for your baby?](#)
- [Your life after the birth](#)
- [The first days with your baby](#)
- [The first weeks with your baby](#)
- [Feeding your baby](#)

## General pregnancy topics

- [Feelings and relationships](#)
- [Information for dads](#)
- [Maternity leave and employment rights](#)
  
- [Rights and benefits](#)
- [Make some decisions](#)
- [If you have a long-term condition \(such as diabetes or high blood pressure\)](#)

**Useful Contacts:**

Iford Lane Surgery Tel: 020 8 478 1366

**Local Hospitals :**

Queens Hospital Romford 01708 435 000 [www.bhrhospitals.nhs.uk](http://www.bhrhospitals.nhs.uk)  
Homerton University Hospital Tel: 0208 510 5555 [www.homerton.nhs.uk](http://www.homerton.nhs.uk)

**Useful Contacts:**

**NHS Direct** – 0845 4647

**Refuge (support for domestic violence)** - 0808 2000 247

**Drug and Advisory Service** - 0800 652 5898 (over 18 years only)

**National Childbirth Trust** - 0300 330 0772

**British Pregnancy Advisory Service** - 0845 730 4030

**Family Planning Association** - 0845 122 8690

**London Rape Crisis Support** – 08451 221331

**Useful Websites:**

**NHS Choices** – [www.nhs.uk/Conditions/pregnancy-and-baby/](http://www.nhs.uk/Conditions/pregnancy-and-baby/)

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**Pregnancy Book & Birth to Five Book (Dept. of Health)** : [http:// www.nelm.nhs.uk/en/NeLM-Area/News/2009---October/30/Departmentof-Health-launches-updated-Pregnancy-and-Birth-to-Five-books/](http://www.nelm.nhs.uk/en/NeLM-Area/News/2009---October/30/Departmentof-Health-launches-updated-Pregnancy-and-Birth-to-Five-books/)

**Community Midwives:** [About our team | BHR Hospitals](#)