

## **Folic Acid**

Are you taking Folic Acid?

The ideal time to start Folic Acid 400 is three months before you start trying to have a pregnancy.

If not, when you think you are pregnant please start taking Healthy Start Vitamins for pregnant women, these can be purchased at most pharmacies for the cost of approx £1.80. One tablet daily until the end of pregnancy.

## **Confirmation of Pregnancy**

The first step is to confirm that you are pregnant by submitting a formal urine pregnancy test to your GP practice (testing kits are available from main GP receptions). As well as handing in the test you will be asked for some essential pieces of information on the testing kit form such as the date of your last menstrual period, you will also be asked for a current contact telephone number which will take caller withheld ID numbers, this is because most GP practices phone lines are from withheld numbers. Please ensure your current living address and phone numbers are up to date at your GP practice as this can save a lot of time trying to contact a number that you no longer using.

## **When to See the Midwife**

Once a positive pregnancy test is confirmed, please make (First Early Midwifery) contact appointment for when you are **7-8weeks** into the pregnancy. This is a 15 minute appointment which will include an informal chat, you will be given some information and paper work to complete at home these notes are known as Patient Hand Held Notes, these are used throughout your pregnancy. We will also touch on screening options available to you in the form of blood tests and ultrasound scans.

You will then be asked to return at **approx 8-10 weeks** into pregnancy for an HOUR appointment to complete your pregnancy Hand Held Notes and what we call booking paperwork with a Midwife.

Blood tests will be taken at this stage of your pregnancy and a Care Plan will be discussed with you depending on your individual needs.

All other appointments with the appropriate staff will be discussed and documented in your Hand Held Notes at your booking visit.

## **Ultrasound Scan**

Your first formal Ultrasound Scan is usually carried out at **12weeks** into pregnancy at the Border General Hospital. You will be offered Down's Syndrome Screening test at this time.

## **Extra Information**

We would ask you to please ensure that you to bring your hand held notes and a urine sample (bottles available at reception if required) to every Midwifery visit and/or Consultant clinic.

Any enquiries regarding any of the above information please contact the Midwives on Hawick **01450 361000 regardless of your GP practice.**

A Midwife is not always available but any messages that are left will be answered on a midwives return to the Health Centre, Teviot Road, Hawick – please leave a current contact

number with reception staff. Please be aware that the Midwife will call from a withheld number; please make sure that your phone will accept this call.

**If you feel your call is urgent please phone Labour Ward directly on 01896 826897 and they will provide you with telephone advice.**

#### **Useful web sites**

[www.readysteadybaby.org.uk](http://www.readysteadybaby.org.uk)

[www.bestbeginnings.org.uk](http://www.bestbeginnings.org.uk)