

## Congratulations on your pregnancy

Please complete the 'initial antenatal form' and hand back to the reception staff, please keep this letter for your information.

I will contact you as soon as I pick up your form to arrange your first appointment. This appointment is ideally between 8-10 weeks of pregnancy. (NB this maybe a withheld number.)

I will arrange an appointment visit you at home to complete your booking; the appointment takes approx 1hr. If this is not convenient an alternative can be arranged.

It is advisable for you to take folic acid 400 micrograms and Vitamin D 10 micrograms.

I can answer any questions when I call.

I am based at the QE if you need to contact me I am usually available Mon Fri 08.30-09.15 on 0191 4452140, a message can be left after this time.

Any heavy bleeding or severe pain please contact pregnancy assessment on 0191 445 2764 or attend the Emergency Care Centre.

Community Midwife

Angela Hamilton, Rachael Murphy

Information regarding QE maternity [www.qegateshead.nhs.uk/maternity](http://www.qegateshead.nhs.uk/maternity)  
Foods to avoid/problems in pregnancy [www.nhs.uk/pregnancy](http://www.nhs.uk/pregnancy)

