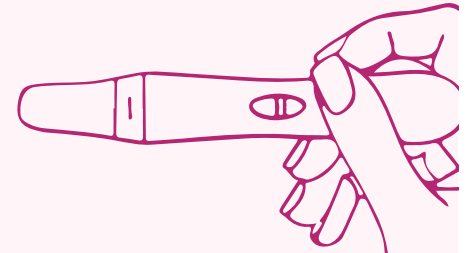


# Positive Pregnancy Test?



## Happy to continue?

Contact Maternity Services as soon  
as possible to book your care



Use the QR code or visit:  
[www.mypregnancynotes.com](http://www.mypregnancynotes.com)



Pregnancy care is  
**FREE** at the point of  
contact in the UK



8-10 weeks will be  
your first midwife  
appointment



10-12 weeks  
will be your  
first scan

## Best start for baby



Start taking  
**FOLIC ACID**  
400mcg and  
**VITAMIN D**  
10mcg



**STOP** smoking,  
**STOP** drinking  
alcohol, **STOP**  
using street  
drugs



**HELP** is available  
through your GP,  
Pharmacy  
or search  
on-line



Eat a healthy,  
balanced diet  
and continue  
with gentle  
exercise

For more information use the QR code:



## Not sure if you want to continue?

See your GP As Soon As Possible to discuss  
your options or contact

**TALKTHRU**  
Pregnancy Counselling Kirklees  
01484 515137

**Heatherdale Clinic**  
(Calderdale Royal Hospital)  
01422 224979 / 01422 224962