

## Congratulations on your pregnancy

Please make your first booking appointment as soon as possible by using the online 'Maternity Outpatients Self Referral Form' via the QR code below:



Or by telephoning the **Maternity Outpatient's Department at Leighton Hospital** on **01270 273127** Monday to Friday 8.30am – 4.30pm (excluding bank holidays).

Prior to your booking appointment, please access 'Screening tests for you and your baby' information via the following link:

<https://www.gov.uk/government/publications/screening-tests-for-you-and-your-baby>

It is important to make sure that you are taking Folic Acid 400mcgs (or a higher dose if you have been advised to do so) and Vitamin D 10mg supplements. These can both be found in 'over-the-counter pregnancy multivitamins'. If you are taking any regular prescribed medication, it is important to check with your GP that it is safe to take during pregnancy.

For advice relating to lifestyle and diet in early pregnancy, please see our Pregnancy Information Book

<http://www.mcht.nhs.uk/information-for-patients/patient-leaflets/maternity-services/>

For more information about the services we can provide please have a look at the following link:

<http://www.mcht.nhs.uk/information-for-patients/departmentsandservices/maternity>



Like and follow our Leighton Hospital Maternity Unit Facebook Page for regular updates and information:

<https://www.facebook.com/leightonhospitalmaternityunit>

This information is available in audio, Braille, large print and other languages. To request a copy, please telephone 01270 273127.

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