

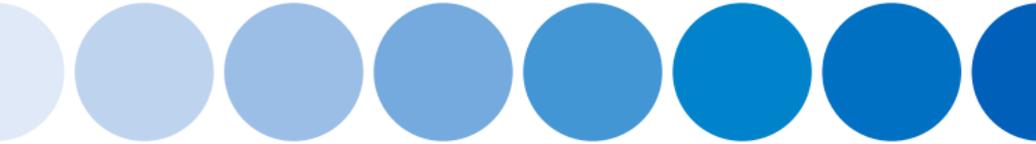


Barnsley Hospital
NHS Foundation Trust

Maternity Unit

Now you are pregnant

*Information for you
in the early weeks of
pregnancy*



Patient Information Leaflet

What do I need to do now?

Eating, drinking and keeping well in pregnancy

- Eating healthily during pregnancy will give you and your baby a healthy start, however in early pregnancy you may experience nausea and/or vomiting and find it difficult to eat.
- Eat small, frequent meals that are high in carbohydrates and low in fat e.g. toast, crackers, crisp bread. Drink plenty of water and get plenty of rest.
- There is no need to eat for two. Just follow a balanced varied diet. For more information visit the Start 4 Life website (for link see back page).

Avoid eating:

- Liver and liver products.
- Raw or undercooked eggs.
- All unpasteurised dairy products e.g. soft blue cheeses such as Brie and Camembert.
- All types of pate including vegetarian.
- Multivitamin supplements containing Vitamin A.
- Don't eat oily fish more than twice a week and avoid shark, marlin and swordfish.
- Limit your daily intake of caffeine, too much increases your risk of miscarriage or low birth weight.
- Ensure all meat, poultry and shellfish is well cooked.

Food hygiene is very important

1. Wash hands well especially after handling raw meat.
2. Store food at the correct temperature and do not use foods after their 'use by' date.

Take a supplement of Folic Acid and Vitamin D

- 400mcg of folic acid helps protect your baby from developing birth defects such as spina bifida. A higher dose prescribed by your GP may be needed if you have epilepsy, diabetes or coeliac disease, are overweight or you have had a baby previously affected by spina bifida.
- A 10mcg supplement of Vitamin D is also recommended to protect your babies bones.

Healthy Start

Vitamins containing both Vitamin D and Folic Acid are available to purchase from the antenatal clinic reception at the hospital and your local children's centre. To find your local Family Centre please visit:

<http://bit.ly/FamilyCentres>

Smoking, Alcohol, Drugs and Medication

Both smoking and drinking alcohol can harm your unborn baby increasing the risks of miscarriage, birth abnormalities and low birth weight. If you are taking any form of drugs/ medication including painkillers please discuss with your GP.

For FREE confidential advice and support contact:

**Stop Smoking Midwifery team on:
07972 732650**

**Drug and Alcohol Midwifery team on:
07432 730414**

Dental Health

Your dental health is important during pregnancy and it's free at an NHS dentist. To find your nearest dentist call 111 or visit the Start 4 Life web page.

Seasonal flu vaccines in pregnancy

Flu vaccinations are available from October to January and are advised for all pregnant women. Ask your midwife or GP for further information.

Whooping Cough

Whooping cough vaccination is highly effective in protecting your baby from developing whooping cough in the first few weeks of their life. This will be offered by your GP surgery from the 20th week of pregnancy.

Being active

- If you are already physically active there is no reason to stop, just be careful.
- Doing light exercise such as walking and swimming can make a difference to how you feel both physically and mentally.

How your body is changing?

Your body is experiencing lots of changes to accommodate your growing baby. You may experience:

- Tiredness.
- Abdominal cramps.
- Passing urine more frequently.
- Tender breasts. This is how your body prepares for breast feeding.
- Emotional changes which may be due to fluctuating hormones. You may feel happy, excited, worried, shocked, confused, upset or tearful.
- You may notice weight gain or weight loss.

Any symptoms you are worried about such as bleeding, or any concerns about the above contact your GP or Midwife.

What happens next?

- Your GP surgery will contact the local midwife to let them know that you are having a baby.
- The midwife will contact you in the next couple of weeks to make arrangements for a first appointment. In the unlikely event that your midwife has been unable to contact you, please notify your GP's surgery.

Your first appointment

This is called the booking appointment and usually takes place between your 6th and 10th week of pregnancy.

- Your midwife will ask you about your health and the health of your family.
- You will have a general health check which may include blood tests to identify your blood group, iron level and to check for illnesses.
- Choices about your type of care in pregnancy and place of birth will be discussed.
- We encourage dads/partners or someone to support you to attend at all appointments.

For a week by week guide to your pregnancy, healthy tips and advice for you and your family and free texts and emails including a 'how to' guide visit: www.nhs.uk/start4life

To find out more about Barnsley Maternity Unit visit:

www.barnsleyhospital.nhs.uk/maternity

If you need this information in an alternative format, please contact the **Patient Advice and Complaints Team** on **01226 432330**.

Если Вы хотели бы эту информацию на другом языке или другом формате, типа большой печати, пожалуйста звоните 01226 432330

Jeśli potrzebujesz te informacje w innym języku czy w innej postaci, na przykład dużym drukiem, proszę dzwonić na numer 01226 432330

如果您想索取這些資料的中文譯本或以其他形式編制的版本（如大字體），請 致電01226 432330

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