

Helpful Websites

NHS Choices—pregnancy care

www.nhs.uk/conditions/pregnancy-and-baby

Emma's Diary

www.emmasdiary.co.uk

Start 4 life sign-up

www.nhs.uk/start4life/signups/new

Pregnancy and baby forum

<https://healthunlocked.com/nct/posts>

Finding a maternity service

www.nhs.uk/service-search/Maternity-services

Lakeside Medical Centre

www.lakesidemedicalcentre-perton.nhs.uk



Midwife contact numbers

Sheila (Midwife)

07775547879

Midwife office

01902 846461

New Cross Midwife team

01902 695140

Lakeside Medical Centre

Church Road
Perton
Wolverhampton
WV6 7PD

Phone: 01902 755329
Fax: 01902 755224
E-mail: lakeside.medicalcentre@nhs.net



Lakeside Medical Centre

Pregnancy Advice Leaflet

Please complete the form for midwifery care, you should hear from your midwife in about a week and your first appointment should be about week 10 of your pregnancy. Please book to see the doctor if any of the following apply to you:

- You are a smoker
- You have diabetes
- You have epilepsy
- You have been pregnant previously and suffered from complications.
- You take regular prescribed medication.

If none of these apply to you then please follow the advice in this leaflet until you see your midwife and see NHS choices for more information.



Diet

You don't need to go on a special diet, but it's important to eat a variety of different foods every day to get the right balance of nutrients that you and your baby need

You will probably find that you are hungrier than usual, but you don't need to "eat for two" – even if you are expecting twins or triplets.

Have a healthy breakfast every day, because this can help you to avoid snacking on foods that are high in fat and sugar.

Eating healthily often means just changing the amounts of different foods you eat so that your diet is varied, rather than cutting out all your favourites. You can use the [Eat well Guide](#) to get the balance of your diet right. The eat well plate shows you how much to eat from each food group.

It's best to get vitamins and minerals from the food you eat, but when you are pregnant you will benefit from taking a folic acid supplement. It's recommended that you take 400 micrograms (mcg) of **folic acid** each day – it is advised to take this from before you are pregnant until you are 12 weeks pregnant

For more advice on Diet visit NHS choices website

The Department of Health also advises you to consider taking a vitamin D supplement (see [Vitamin D in pregnancy](#)).

Do not take vitamin A supplements, or any supplements containing vitamin A (retinol), as too much could harm your baby.

There are a range of good multivitamin products designed for Pregnancy which include folic acid and vitamin D.



Smoking drinking and can harm an unborn baby When you drink, alcohol passes from your blood through the placenta and to your baby.

A baby's liver is one of the last organs to develop and doesn't mature until the later stages of pregnancy.

Your baby cannot process alcohol as well as you can, and too much exposure to alcohol can seriously affect their development.

Drinking alcohol, especially in the first three months of pregnancy, increases the risk of miscarriage, premature birth and your baby having a low birth weight.

Drinking after the first three months of your pregnancy could affect your baby after they're born. The risks are greater the more you drink. The effects include learning difficulties, behavioural problems and even foetal alcohol syndrome (FAS).

For help with issues around Drinking and Smoking please contact the surgery

Foods to avoid

- Some types of cheese
- Pâté
- Raw or partially cooked eggs
- Raw or undercooked meat
- Vitamin/fish oil supplements
- Cold cured meat
- Peanuts (if you have ever had a reaction)
- Raw Fish
- Smoked fish
- Sushi
- Foods with soil on them
- Liquorice
- Shark, swordfish or marlin
- Unpasteurised milk or milk from goats or sheep (this also applies to yoghurts)
- Game which may have been shot with lead pellets
- More than 4 herbal or green teas a day (some green tea may contain caffeine)

For more information on what to eat during pregnancy please visit:

www.nhs.uk/conditions/pregnancy-and-baby/

