

Are you newly pregnant and wish to contact your midwife?

As soon as you have a positive pregnancy test you can now refer yourself directly for maternity care via your midwife.

Please complete this form and upon receipt of it midwives will arrange the first booking appointment for you, and also notify your GP of your pregnancy.

You will also need to order a prescription from your GP for the following: -

- Folic acid = 400micrograms per day. NB. YOU WILL NEED TO SEE YOUR GP IF THERE IS A FAMILY HISTORY OF SPINA BIFIDA OR YOUR BMI IS >30 AS THE DOSE WILL BE HIGHER
- Vitamin D = 10 micrograms per day
- Alternatively you can buy a suitable pregnancy multivitamin that contains both of these. If you have not already started this medication, it is very important that you start as soon as possible and continue for at least the first 12 weeks of your pregnancy.

Please ensure ALL details are accurate to ensure a smooth and timely referral to maternity services.

Title:		Forenames in full:	
Surname		Date of Birth	
Address including postcode			
Health and care number		Email	
Home No		Mobile No	
Can we contact you via text/email message Yes <input type="checkbox"/> No <input type="checkbox"/>			
Marital status		Nationality	
Ethnic group		Interpreter required Yes/No	
Language spoken		First day of last menstrual period or best estimate	
Your occupation		Your partners occupation	

GP – Name/Address/Postcode

Number of previous pregnancies

Type of birth and number	Normal	Vacuum	Forceps	Caesarean section	Miscarriage

Previous blood transfusion at any stage before or after the birth

No/Yes

Illnesses/operations

Prescribed medications

IF YOU ARE ON PRESCRIBED MEDICATION PLEASE CONTACT YOUR GP AS SOON AS POSSIBLE

Allergies

**If you have any queries regarding this form or if you have not received an appointment to see your midwife by the 12th week of your pregnancy please phone: -
Your GP surgery and ask to speak to a midwife**

Please leave your completed form at your Health Centre Reception