

## CONGRATULATIONS ON YOUR PREGNANCY AND WELCOME TO UNIVERSITY HOSPITALS OF LEICESTER MATERNITY SERVICES

Now that you are pregnant we hope our maternity service can offer you the support and guidance you need in the coming months.

Leicester Hospitals are able to offer you:

- A 24 hour Home Birth Service
- A stand alone Birth Centre at St Mary's in Melton Mowbray
- Midwife led Birth Centres at Leicester General and Leicester Royal Infirmary.
- Two obstetric led units who are able to support women with medical issues or concerns that may arise.

Your first appointment will be with a community midwife and she will take a detailed history of any past pregnancies, any medical problems and any social circumstances that may be affecting you.

### WHAT YOU NEED TO DO NOW:

- Complete the form with this letter and hand back to the receptionist **today**; this is important as the midwife will not be able to complete your first appointment unless this has been done.
- You will need an appointment to see your community midwife for when you are 8-10 weeks pregnant, speak to the receptionist about this. If you are more than 10 weeks now, we will make this appointment as soon as possible.
- Read the leaflet we have given you about screening tests for you and your baby. If you have any questions make a note of them and your midwife will be able to answer them at your appointment.
- If you have not already done so commence taking folic acid 400mcgs daily and Vitamin D 10mcgs (or a pregnancy specific multivitamin)
- When you come to you first appointment please bring a urine sample. It would also be helpful if you bring a list of any medications and details of any medical and family history.

Your first appointment will last for approximately an hour and you are welcome to bring your partner, a family member or friend if you wish.

If you have any concerns and wish to speak to a midwife before your appointment please call the community midwifery office 0116 2584834

We look forward to meeting you very soon.