

At your GP appointment

The early stages of your pregnancy are the most important time for your baby's development. The earlier you see a GP the sooner they can talk you through your options and advise you on the next steps.

Your GP will talk **confidentially** with you about your pregnancy and make sure you are registered to receive all of the treatment the NHS provides. They will discuss your choices for your tests and pregnancy care. This is also a good chance to ask questions and clear up anything you're worried about.

You should make this first appointment with your GP within **days** of finding out you are pregnant.

At your first antenatal appointment

At your first antenatal appointment the midwife will give you a check up and discuss your health with you. They will also work out what extra support you and your baby will need to make sure you get the best care possible. This will take place at about 8 to 12 weeks into your pregnancy.

Your midwife will plan your antenatal care for you and make sure you have all the up to date medical and service information you will need.

Call your local GP to make an appointment today or contact your local maternity unit.

Or if you don't have a GP visit www.nhsdirect.nhs.uk to find your local GP and make an appointment.

If you want more advice call NHS Direct on 0845 46 47

asap

As Soon As You're Pregnant!

NHS

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Tell your GP



The earlier you contact us, the sooner we can book in your first scan and make sure you have everything you need for you and your baby.

Please make an appointment with your GP or go to your local maternity unit.

The first 12 weeks of your pregnancy



1 You're pregnant.



2 Contact your GP ASAP.



3 See your GP.



4 GP sends your details to midwife.



5 Letter to you about your first appointment with a midwife.



6 Your first appointment with a midwife.



7 You will be told about various optional checks and tests.



8 Decision on where to have your baby.



9 Your first scan.

1. You take a test and find out you're pregnant
2. You contact your GP ASAP for an appointment*
3. At the appointment the GP will give you more information about antenatal care
4. Your GP will send your details to the hospital midwifery service of your choice
5. The midwifery service will send you a letter detailing your first appointment
6. Your first appointment with a midwife, where various information will be taken for assessment
7. You will be told about various checks and tests that you can take if you choose to
8. Decide where you want to have your baby
9. The first scan of your baby

**Or contact your local maternity unit directly (skip to step 5)*