

PATIENT INFORMATION

Welcome to your pregnancy journey

Preparing for your booking appointment

Welcome to your pregnancy journey

This information will support you as you begin your maternity care and help you prepare for your first midwife (booking) appointment.

If your pregnancy is unplanned or you feel unsure

If your pregnancy was unplanned, or you are not sure how you feel about being pregnant, you are not alone. Confidential information and non-judgemental support are available.

You may find the following helpful:

- [MSI UK: I am pregnant, what are my options](#)
- [find unplanned pregnancy information and support near you](#)

Preparing for your booking appointment

Your booking appointment usually takes place in early pregnancy. During this appointment, your midwife will:

- Ask about your medical history
- Ask about any medical conditions in your family and in the baby's father's family
- Plan your pregnancy care based on this information

To help your midwife, please ensure you can provide:

- Your **accurate height and weight**

Part of the appointment will be to discuss the screening test offered during your pregnancy. These tests look for certain health conditions that could affect you and your baby.

Please read the following information and watch the videos so you can make an informed decisions about any blood test offered to you.

- [Screening tests for you and your baby \(STFYAYB\) - GOV.UK](#)
- [Screening tests in pregnancy - NHS](#)
- [Screening tests for you and your baby | NHS](#)
- [Infectious diseases in pregnancy \(English\)](#)
- [Sickle cell and thalassaemia \(English\)](#)
- [Down's syndrome, Edwards' syndrome and Patau's syndrome \(English\)](#)

Screening information is also available in easy read format and 30 other languages.

- [Screening tests for you and your baby \(STFYAYB\) - GOV.UK](#)

The NHS website has information about all your antenatal appointments

- [Your antenatal appointments - NHS](#)

How to keep healthy in pregnancy

Do

- take the recommended [vitamins and supplements during pregnancy](#), such as folic acid and vitamin D
- ask your midwife or GP about the [maternity exemption \(MATEX\) certificate](#) – this gives you free NHS prescriptions and free dental care
- find out about [safe medicines in pregnancy](#) and which medicines to avoid
- have a [healthy pregnancy diet](#)
- know which [foods to avoid in pregnancy](#)
- do some [safe pregnancy exercise](#)
- learn about [vaccinations in pregnancy](#) to protect the health of you and your baby
- take steps to look after your [mental health in pregnancy](#)

Don't

- [do not drink alcohol while pregnant](#) – if you need help, your midwife or GP can get you the right support
- do not smoke – you can [get support to stop smoking](#) in pregnancy
- do not stop taking medicine that's been prescribed without talking with a doctor
- do not take [illegal drugs in pregnancy](#) – if you need help, your midwife or GP can get you the right support

Get Best Start in Life pregnancy and baby emails

Sign up for [Best Start in Life pregnancy and baby emails](#) for expert advice, videos and tips on pregnancy, birth and beyond.

You may be entitled to free milk, fruit vegetables, pulses & vitamins for you & your family.

To check your eligibility & to apply please go to: [Get help to buy food and milk \(Healthy Start\)](#)

Vaccinations In Pregnancy

The links below will give you information about the vaccinations that are recommended in pregnancy. If you have any questions, please feel free to contact our team on 01803654624, or you can email us on tsdft.perinatalvaccination@nhs.net

If you would like an appointment, please arrange this via your midwife at your 16 week appointment. We have appointments Monday to Friday at Torbay Antenatal clinic which can coincide with your anomaly scan. We also run clinics once a month at the following hospitals: Totnes, Dartmouth, Dawlish, Ashburton, Newton Abbot and Brixham, your midwife can book these for you.

- [Vaccinations in pregnancy - NHS](#)
- [Pregnancy: how to help protect you and your baby - GOV.UK](#)
- <https://www.nhsinform.scot/translations/formats/audio/ready-steady-baby/vaccines-in-pregnancy-audio/>
- <https://www.nhsinform.scot/translations/languages/british-sign-language-bsl/immunisation/vaccines-in-pregnancy-bsl/>
- <https://publichealthscotland.scot/publications/vaccines-in-pregnancy-leaflet/>
- <https://www.vaccinesafetynet.org/>
- [Vaccinations in Pregnancy: Are They Safe? | Tommy's](#)

Leaflet in 30 different languages/BSL (YouTube), English large print, audio or to order in Braille:

- [Pregnancy: how to help protect you and your baby - GOV.UK](#)

If you have any concerns regarding screening or vaccines, please feel free to contact us on the above contact details.

Please use this link below to access further important information about your pregnancy journey

- https://padlet.com/torbaymidwives/Torbaymidwives_Booking_Information
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For further assistance or to receive this information in a different format, please contact the department which created this leaflet.

26019/V1/Maternity/TSDFT/10.26/Review Date 10.28