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**You will be provided with a phone number for your community midwifery team before you go home from the hospital. Please make sure you have this contact number before you leave.**

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Your community midwife will explain the pattern of visits that you can expect, and provide information on your local services. Your community midwife will normally refer you to a health visitor between 10-28 days following birth. You can expect to hear from your health visitor 10-14 days after birth in order to arrange your first appointment. Your health visitor will provide services until your child goes to school.

## Your GP

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You will need to register your newborn baby at your GP surgery as soon as you have a birth certificate. It is important to do this as early as possible so that you have access to care if and when you need it. In some circumstances (such as requiring urgent care) you can register the baby with the GP with your baby's NHS number.

You need to make an appointment to see your GP **six to eight weeks following birth**. This appointment is for you and your newborn baby, and is an opportunity to check how you are after birth. Your GP will also conduct some routine checks on your newborn.

If you were due to have a smear test just before or during your pregnancy, this needs to be scheduled for at least 12 weeks after birth.

## Contacts

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Your community midwife will provide you with the relevant contact numbers for your local services.

For any non-urgent concerns **about you** or **your baby** you should contact your community midwife, health visitor or GP.