

2. It is recommended that you discuss pre-existing medical conditions and/or special requirements with your GP, midwife or doctor prior to becoming pregnant or in early pregnancy...

- ☐ I have discussed my pre-existing medical condition(s) with my maternity team
- ☐ I require further support with my medical condition(s) or special needs
- ☐ I am not sure/I would like to find out more

Notes:

3. I am taking the following medication and/or supplements...

- ☐ I am aware of the recommendations and I have discussed this with my GP, doctor or midwife
- ☐ I am not sure/I would like to find out more

It is recommended that all pregnant women take folic acid supplements before conception and up until 12 weeks of pregnancy. It is also recommended that pregnant women take Vitamin D supplements throughout pregnancy. Any other medications should be discussed and reviewed with your team.

My thoughts, feelings and questions:

4. I have additional requirements...

- ☐ I will need help at appointments to translate into my language
- ☐ I have allergies and/or special dietary requirements
- ☐ I have religious beliefs and customs that I would like to be observed
- ☐ I/my partner have additional needs
- ☐ I have additional learning needs and may need support

If you have any special requirements, please tell your maternity team as early as possible. Use of interpreting services vary depending on local policy and availability, please discuss with your midwife.

My thoughts, feelings and questions:
