

# Contents

## Antenatal care

"I'm pregnant...what next?"	5
Choosing your antenatal care	6
Hospital maternity units across Suffolk and North East Essex	8
Your maternity team	10
Your pregnancy explained	11
The first 12 weeks	12
Antenatal appointment plan	13
Screening tests and ultrasound scans	16
Having twins or triplets?	18

## Health and wellbeing in pregnancy

Pre-existing conditions and pregnancy	20
Vitamins and supplements	21
Your mental health and wellbeing in pregnancy	21
Tips for improving your mental wellbeing in pregnancy	23
Your physical health in pregnancy	26
Sex in pregnancy	28
Exercise in pregnancy	29
Dental and eye care in pregnancy	30
Infections and viruses	31
Vaccinations	32
Travel safety	33