
Choosing your antenatal care

The first step is to decide where you want to have your antenatal care and give birth to your baby. Many women choose their nearest maternity unit, but this is a matter of personal choice. It is possible to change to a different maternity unit during your pregnancy, in which case you may need to have extra appointments and repeat blood tests.

You can find out more about your local hospitals using the 'Mum and Baby' app.



For more information visit:

- **NHS Choices**
www.nhs.uk/Service-Search/Maternity-service/LocationSearch/1802
- **Care Quality Commission maternity survey 2017**
www.cqc.org.uk/category/keywords/maternity

Each of the following hospitals offer maternity services. You can find the self-referral forms on their websites.

- **East Suffolk and North Essex Foundation Trust (ESNEFT)**
This includes Colchester and Ipswich Hospitals:
www.esneft.nhs.uk
- **West Suffolk Hospital**
www.wsh.nhs.uk