
For more information visit:

- **NHS Choices**
www.nhs.uk/conditions/pregnancy-and-baby/?tabname=pregnancy
- **BUMPS**
www.medicinesinpregnancy.org/

Vitamins and supplements

It is recommended that all women take **folic acid** and **vitamin D supplements** during pregnancy. You can buy these over the counter or alternatively ask your GP for a prescription. Folic acid can be stopped when you are 12 weeks pregnant, whereas vitamin D can be taken throughout pregnancy and whilst breastfeeding. Other vitamins are unlikely to be needed if you have a healthy and balanced diet. Some women find that their iron levels drop in pregnancy – you will be offered blood tests to see if you need any iron supplements.

If you receive certain benefits you may be entitled to free vitamins from Healthy Start. See the link below for more information.

For more information visit:

- **NHS Choices**
www.nhs.uk/conditions/pregnancy-and-baby/vitamins-mineralssupplements-pregnant/
- **Healthy Start**
www.healthystart.nhs.uk/

Your mental health and wellbeing in pregnancy

Expecting a baby can be a joyful and exciting time. However, it is also common for pregnant women to experience anxiety, depression or emotional distress. As many as one in four women experience emotional difficulties during pregnancy. This can happen to anyone.

First appointment with the midwife

At your booking appointment, the midwife will ask you questions about your mental and physical health so that they can find out whether you