

I'm pregnant... what next?

Once you know that you're pregnant, you can self refer to our maternity services or speak to your GP surgery and let them know.

It is especially important to have an appointment with your GP if:

- you have any medical conditions or you are taking any regular medications
- your pregnancy wasn't planned, or you are unsure about carrying it on and what your options might be.

It is important to organise your pregnancy care as soon as possible, and you can self-refer to your maternity unit of choice without waiting to see your GP. Your pregnancy care (known as antenatal care) will consist of a set of scheduled appointments with a midwife and/or specialised doctor (if needed).

For more information visit:

- **NHS Choices**
www.nhs.uk/conditions/pregnancy-and-baby/finding-out-pregnant/
- **British Pregnancy Advisory Service**
www.bpas.org/

