Southend University Hospital
NHS Foundation Trust

# You're pregnant… so what do you need to do now?

There are many health benefits for you and your baby if you access maternity care as soon as you have a positive pregnancy test.

To access maternity services at Southend Hospital, please complete the online referral form. To access this, please use the link below:

**https://portal.southend.nhs.uk/maternityselfreferral**

Or scan the QR code below using your smartphone:

If you experience any difficulties making your referral please contact us at **pregnancybookingline@southend.nhs.uk**

Once we receive your referral, we will contact you within 7 working days to discuss and plan your care with you.

We recommend you take Folic acid 400mcg daily for the first 12 weeks of pregnancy and Vitamin D 10mcg daily throughout your whole pregnancy. If you wish to take these in the form of a multi-vitamin they must be **SPECIFIC PREGNANCY MULTI VITAMINS & NOT INCLUDE VITAMIN A.**

Some women may require the higher dose of Folic acid, 5mg. This is only available on prescription from your GP. You may need to take the 5mg dose of Folic acid if:

- **Your BMI is over 30**
- **You are diabetic**
- **You are epileptic**
- **You have Coeliac disease**
- **You have had a baby with Spina Bifida**

Consumption of alcohol during pregnancy is not recommended and we advise you to avoid drinking alcohol while you are pregnant. If you smoke, we advise you to stop & can offer you supportive resources to help you quit.

**If you are taking any medication, please seek advice from your GP**