

Congratulations on your pregnancy.

We look forward to meeting you. Your first Midwife appointment should be for 60 minutes.

Before you attend this first appointment, we recommend that you watch the short & informative maternity videos that can be found here:

<http://www.torbayandsouthdevon.nhs.uk/services/maternity-services/maternity-antenatal/>

Things to bring

1. The date of your last period for us to be able to calculate when your first ultrasound scan should be. If you don't know this then we will require the date that you did your first positive pregnancy test.
2. A specimen of urine. The surgery will provide a sample bottle for you if you ask. It is important that you bring a urine sample to each appointment.

During your first Midwife appointment we will be asking you about your medical history. We will also ask you about medical conditions within your family and that of the Father of the baby.

The Department of Health recommends that women should take a daily supplement of 400 micrograms of folic acid while they are trying to conceive, and should continue taking this dose for the first 12 weeks of pregnancy. However, it is safe to continue taking folic acid supplements after 12 weeks. Folic acid is very important for the development of a healthy baby, as it can significantly reduce the risk of neural tube defects, such as spina bifida. **If you are not taking folic acid please speak to your doctor.**

It is also recommended by the Department of Health that all pregnant and breastfeeding women should take a daily supplement containing 10 micrograms (0.01mg) of vitamin D, to ensure the mother's requirements for vitamin D are met and for the baby to build adequate stores for early infancy. Vitamin D promotes healthy bone development. Pregnancy multivitamins containing Vitamin D can be purchased from most pharmacies and supermarkets.

There will be plenty of opportunity for you to ask questions during the appointment but if you need to speak to us before please do not hesitate to contact us on 01626 770086.

Templer Midwifery Team