

Information for patients and carers

Normal Live Early Pregnancy

Advice following discharge from Gynaecology &
Early Pregnancy Assessment Unit (GEPAU)



Normal live early pregnancy

Congratulations on your pregnancy.

Please ensure that you have completed a self-referral for antenatal care via <https://www.lancsteachinghospitals.nhs.uk/pregnancy-self-referral>

Please complete as much information in the form as possible. Once you have completed the referral, you will hear directly about a booking appointment within the next few weeks via the contact details you provide.

Pregnancy supplements

Please ensure that you are taking folic acid and vitamin D supplements. These are advised for all pregnant women and can be bought from most supermarkets or pharmacies. They are also contained in pregnancy multivitamins. Folic acid should be continued until 12 weeks of pregnancy, unless you are advised otherwise.

Dose recommended (medical staff to tick):

- ☐ 400 micrograms Folic Acid – for the vast majority of pregnant patients
- ☐ 5mg Folic Acid – for patients with history of previous neural tube defect in a previous pregnancy or immediate family, patients with epilepsy or diabetes. A prescription will be provided.
- ☐ 400 IU / 10 micrograms Vitamin D – recommended for all throughout the pregnancy

Lifestyle advice

The NHS website has good advice on keeping well in pregnancy, including advice on smoking, alcohol, diet, medications, vaccinations and working rights: <https://www.nhs.uk/pregnancy/keeping-well/>

Mental health

You may notice a change in your mental health during early pregnancy, and it is normal to feel a wide range of emotions. If you are struggling, help and support is available:

<https://www.nhs.uk/pregnancy/keeping-well/mental-health/>

Considering your options

Continuing with the pregnancy is not right for everyone. The Pregnancy Choices clinic is available for support and can be contacted on **01772 524615**.

Contact details

Should you require further advice or information please contact: Gynaecology & Early Pregnancy Assessment Unit (GEPAU) on **01772 524415**.

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.accessable.co.uk

www.patient.co.uk

www.lancsteachinghospitals.nhs.uk/veteran-aware

<https://bepartofresearch.nihr.ac.uk/>

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All our patient information leaflets are available on our website for patients to access and download:

Lancashire Teaching Hospitals is a smoke-free site. Smoking is not permitted anywhere on any of our premises, either inside or outside the buildings. Our staff will ask you about your smoking status when you come to hospital and will offer you support and advice about stopping smoking this will include Nicotine Replacement Therapy to help manage your symptoms of withdrawal and the opportunity to speak to a nurse or advisor from the specialist Tobacco and Alcohol Care Team.

If you want to stop smoking, you can also contact Smokefree Lancashire on Freephone **08081962638**.

Please ask a member of staff if you would like help in understanding this information.

This information can be made available in large print, audio, Braille and in other languages.

Our patient information group review our leaflets regularly, if you feel you would like to feedback on this information or join our reading group please contact on email address:

patientexperienceandinvolem@LTHTR.nhs.uk

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