

**CONGRATULATIONS ON YOUR PREGNANCY AND WELCOME TO UNIVERSITY HOSPITALS OF LEICESTER MATERNITY SERVICES**

Now that you are pregnant we hope our maternity service can offer you the support and guidance you need in the coming months.

Leicester Hospitals are able to offer you:

* A 24 hour Home Birth Service
* A stand alone Birth Centre at St Mary’s in Melton Mowbray
* Midwife led Birth Centres at Leicester General and Leicester Royal Infirmary.
* Two obstetric led units who are able to support women with medical issues or concerns that may arise.

Your first appointment will be with a community midwife and she will take a detailed history of any past pregnancies, any medical problems and any social circumstances that may be affecting you.

**WHAT YOU NEED TO DO NOW:**

* Complete the form with this letter and hand back to the receptionist **today**; this is important as the midwife will not be able to complete your first appointment unless this has been done.
* You will need an appointment to see your community midwife for when you are 8-10 weeks pregnant, speak to the receptionist about this. If you are more than 10 weeks now, we will make this appointment as soon as possible.
* Read the leaflet we have given you about screening tests for you and your baby. If you have any questions make a note of them and your midwife will be able to answer them at your appointment.
* If you have not already done so commence taking folic acid 400mcgs daily and Vitamin D 10mcgs (or a pregnancy specific multivitamin)
* When you come to you first appointment please bring a urine sample. It would also be helpful if you bring a list of any medications and details of any medical and family history.

Your first appointment will last for approximately an hour and you are welcome to bring your partner, a family member or friend if you wish.

If you have any concerns and wish to speak to a midwife before your appointment please call the community midwifery office 0116 2584834

We look forward to meeting you very soon.