

## **INTRODUCTION**

The doctors and midwives are pleased to be looking after you during your pregnancy. We hope the following information will be useful.

### **FOLIC ACID**

Folic acid can be taken pre conception if possible. If not, start taking folic acid as soon as possible. This is a very important vitamin, which is known to help reduce the chance of you having a baby with a skull or backbone deformity such as spina bifida. It is recommended that you take 400 mcgs of folic acid daily until 12 weeks of pregnancy. More information is available in the "Folic Acid" leaflet available in the surgery.

### **SMOKING**

If you do not smoke during your pregnancy, your baby will be healthier and less likely to have chest infections or asthma. Fewer babies die from cot death if their mothers do not smoke during their pregnancy. Stopping smoking really makes a difference to your baby.

### **DIET**

Avoid unpasteurised soft cheese, pate and liver. Thoroughly cook pre chilled meals. Eating a good variety of fresh fruits and

vegetable will give your body the vitamins you need.

### **FREE PRESCRIPTIONS AND DENTAL CARE**

You do not pay for any prescription medicines or NHS dental care during your pregnancy and for the 12 months following the birth of your baby.

The doctor will give you an application form for an exemption certificate. Once you have signed this, please give it to the receptionist who will send this off for you. You will then receive an exemption certificate directly from the Health Board.

### **BOOKING VISIT**

The doctor will make the referral for your booking visit; this will be at the Leith Community Treatment Centre. You should receive a booking within 6 weeks. If you choose to have a hospital birth your delivery will be at the Simpson Centre for Reproductive Medicine at the new Royal Infirmary (or St Johns at Howden, Livingston).

At your booking appointment you will receive an ultrasound scan and have some blood tests taken and health education will be discussed. A date will be given for you to have other screening blood tests. If you wish to have the blood tests, you will have to make an appointment with midwife.

## **ANTE-NATAL CLINIC**

The local community midwives run an antenatal clinic at the surgery on Wednesday afternoons between 1.30pm – 3.30pm. They will share your antenatal care with your GP.

The Midwife based at Baronscourt Surgery is Gill Carter.

At your booking visit you will be advised when to make your first antenatal appointment with the midwife at the surgery (remember to phone and make an appointment). Please remember to bring a urine sample with you to each visit. You should be seen at the following stages of your pregnancy.

- 16 weeks (screening blood test and to receive hand held notes with midwife)
- 22 weeks (GP)
- 28 weeks (midwife)
- 34 weeks (midwife)
- 38 weeks (GP)
- 40 weeks (midwife)
- 41 weeks (at LCTC if you have not had your baby)
- First time mums will also be seen at 32 and 36 weeks. They will not be seen at 34 weeks.

## **PARENT EDUCATION ANTE NATAL CLASSES**

An invitation to attend parent craft classes will be sent to you when you are between 28 and 32 weeks pregnant.

## **HEALTH VISITORS**

We have two Health Visitors based at Baronscourt Surgery, Fiona Lindsay and Andrea Kidd, who both work full time.

You will receive a letter from the Health Visitors introducing the team to you. Their role includes Health Promotion and offering ongoing support to the family. They will be keen to meet you in the antenatal period for the next five years until your child goes to school.

The Health Visitors are also responsible for immunisation and monitoring health and development, these clinics are held weekly. The Parenting Group is held on a Wednesday morning at 10am and the Well Baby Clinic also held every Wednesday where babies can be weighed and you can discuss any problems you are having.

## **BREAST FEEDING**

Breast-feeding has a number of health benefits for you and your baby. Total breast feeding of your baby for 16 weeks reduces their risk of developing asthma, allergies, eczema and diabetes. There is also less chance of them becoming unwell with vomiting and diarrhoea and suffering from ear infections.

The benefits are not one sided as breast feeding also reduces your risk of developing pre menopausal breast cancer, ovarian cancer and osteoporosis.

Other advantages are that it is free, there are no bottles or teats to sterilise and it has the right balance of nutrients.

To find your local breast feeding support group please ask your midwife for information.

## **BARONSCOURT SURGERY ANTE NATAL CARE INFORMATION**

Congratulations on your pregnancy. During the next nine months and following the birth of your baby the Primary Healthcare Team at Baronscourt Surgery aim to provide ante natal, post natal and infant care that you will find helpful reassuring and relevant

Community Midwives:  
536 6230

Health Visitor:  
467 7007

