

## **Early Pregnancy Information**

**Important: Please read before your midwife appointment**



**Your Named Midwife is:** Louise

**Your weekly antenatal clinic is on:** Monday Mornings

**Our weekly antenatal clinic is held at:** The Children & Family Centre,  
Station Road, Billingshurst RH14 9RY **01403 213594**

Please ring Monday – Thursday to book your appointment

If you would prefer to attend the antenatal clinic at **Horsham Hospital** this is also on a Monday morning and can be booked by calling **01403 227000 x 7134** between 08.30 - 09.15. Outside of these times please ring **01403 227017** and leave a message. Following this, Anne, the midwife running this clinic, will ring you back to book your appointment with her.

# Surrey and Sussex



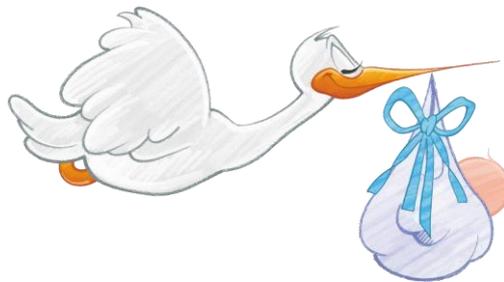
Healthcare NHS Trust

Horsham Community Midwives Office  
Horsham Hospital  
Hurst Road  
Horsham  
RH12 2DR

Tel: **01403 227017** (*answerphone*)

**01403 227000 x7134** (*usually answered between 8.30am & 9am*)

## CONGRATULATIONS ON YOUR PREGNANCY!



We are the Horsham Community Midwives team covering the Horsham area and attached to East Surrey Hospital.

You can contact us (leave your name, number and brief message) on the above numbers (the answerphone is for **non-urgent** messages only as it may take at least 24 hours before we can get back to you).

**If you need to contact a midwife urgently please phone the hospital that you have chosen for your birth.**

Before 16 weeks of pregnancy, contact the **Early Pregnancy Unit (EPU)** and post 16 weeks, please contact the **Maternity Triage** at your booking hospital.

It is recommended that you take **Folic Acid** 400mcg once a day for the first 12 weeks of pregnancy & **Vitamin D** throughout the pregnancy.  
This can be purchased at a pharmacy.

*(If your BMI is over 30, you are expecting twins, take medication for epilepsy or diabetes or have an IVF pregnancy you will need **5mg Folic acid**/day from your GP)*

Your first antenatal appointment with the midwife should be as early as possible, 6-8 weeks pregnant (6-8 weeks from the **first** day of your last period). We will discuss where you plan to give birth and the antenatal screening tests, including blood tests and ultrasound scans that you will be offered.

If you choose to deliver at **East Surrey Hospital** we arrange your 'booking appointment', send off your scan form and give you the details for where to have your blood tests (~10wks) - **at Horsham Hospital**.

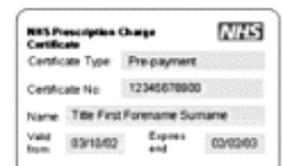
If you choose to deliver **elsewhere/Out-of-area**, we will send a letter of referral to your hospital who will contact you directly to arrange your appointments.

**After your booking appointment and scan you need to make an appointment to see your midwife again around 16-18wks pregnant for a routine check** and review your results. This includes your blood pressure, a urine test (please bring a fresh urine sample to every appointment – pots are available at the GP surgery) and listening to baby's heartbeat.

(If you are working, you are entitled to time off work from your employer in order to attend antenatal appointments).



## Financial issues



FW8 - This entitles you to free NHS prescriptions and free NHS dental treatment for the duration of your pregnancy and until your baby is a year old.

After 20 completed weeks of pregnancy your midwife can issue you with a 'MAT B1' maternity certificate which you may need to give to your employer or the job centre in order to claim maternity pay or benefits.

You may also qualify for 'Healthy Start Vouchers' if you are in receipt of certain benefits or under 18 years of age. Your midwife will be able to sign these forms for you.

## Choosing a hospital

### East Surrey Hospital - Redhill - Tel: (01737) 768511

- Booking appointment with Midwife **at Horsham Hospital**
- Blood tests at **Horsham Hospital**
- 11-13 week Combined Screening test/Nuchal Ultrasound scan, 20 week Anomaly Ultrasound scan & any additional scans required at **Horsham Hospital or Crawley Hospital**
- Consultant appointments (if required) and Parentcraft/Antenatal class & a Breastfeeding workshop **all at Horsham Hospital**
- Choice of birth at 'The Birthing Unit' (low risk **midwifery led delivery unit within East Surrey Hospital**, with three birthing pools) or the main delivery suite (with an additional birthing pool and access to epidural pain relief, obstetric care & operating theatres)
- Offer a dedicated homebirth team in this area

### Princess Royal Hospital - Haywards Heath - Tel: (01444) 441881

- Booking appointment, all blood tests, all scans, all Consultant appointments (if required) and Parentcraft/Antenatal classes **all at Princess Royal Hospital**

### Worthing & Southlands Hospital - Worthing - Tel: (01903) 205111

- **You can self-refer to Worthing online at:**  
<https://www.pregnancybooking.westernsussexhospitals.nhs.uk/default.aspx> or by telephone on: **01903285173**
- Booking appointment, blood tests & all routine midwife appointments with Worthing Midwives at **Horsham Children & Family Centre**, Harwood Road, Horsham
- ALL scans & Consultant appointments (if required) **at Worthing Hospital** (Parentcraft/Antenatal classes **in Littlehampton**)

### Royal Surrey County Hospital - Guildford - Tel: (01483) 571122

- Booking appointment, all blood tests, all scans, all Consultant appointments (if required) and Parentcraft/Antenatal classes **all at Royal Surrey, Guildford**

### St Richards Hospital - Chichester - Tel: (01243) 788122

- Booking appointment, all blood tests, all scans, all Consultant appointments (if required) and Parentcraft/Antenatal classes **all at St Richards, Chichester**

### **All of the above Maternity Units:**

- ✓ offer a full range of pain relief options in labour, including Epidural, Spinal, Pethidine, Entonox (Gas and Air) and TENS.
- ✓ can offer Amnioscentesis/ CVS testing if required.
- ✓ can offer waterbirths.
- ✓ have a Special Care Baby Unit (SCBU)
- ✓ East Surrey Hospital & Royal Sussex County Hospital also have a Neonatal Intensive Care Unit (NICU)
- ✓ have similar rates of Caesarean Section

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