

CONGRATULATIONS ON YOUR PREGNANCY

We would like to meet you shortly. Here is some information for you to read prior to your ANTENATAL BOOKING APPOINTMENT with the Midwives at St Bernards Hospital.

We would like to meet with you when you are approximately 10 weeks into your pregnancy. At this appointment we will give you information about your pregnancy, a full medical history will be taken and information given about Routine & Optional Blood Tests. This appointment usually takes 1 hour.

This appointment will be in the Community Midwives room on the 4th Floor of the Hospital. Our telephone number is 20072266 (2131) and is usually on Ansaphone - checked daily.

A Scan will **not** be undertaken at this appointment. This is a separate appointment and is undertaken by a GHA Sonographer from 12 weeks onwards. We will arrange this for you.

We advice you to take 400µg of Folic Acid as soon as you are pregnant to help prevent Neural Tube Defects. This can be purchased in any local Chemist. For further information about diet please log on to www.nhs.uk/Livewell/pregnancy Smoking and drinking alcohol will harm your baby, so stop now!

Please ensure you are in possession of your GPMS Registration/E111 Card - this has your unique GHA number on it and we need this for your Hospital records.

HOW TO ARRANGE YOUR APPOINTMENT

We request you fill in the information below and leave this with the Receptionist here at the Health Centre. We collect these every Wednesday. We will contact you with your appointment by Local Telephone or Local Post. (Home or Work address in Gibraltar - only).

We will look forward to meeting you soon
Community Midwives

PLEASE LEAVE WITH THE RECEPTIONIST

NAME:	DATE OF LAST PERIOD?	
ADDRESS:	FIRST BABY?	
	GHA NR. AND EXPIRY DATE	
	AGE:	
DOB:	Date today	

TELEPHONE NUMBERS WE CAN CONTACT YOU ON <u>IN GIBRALTAR?</u>	HOME?	MOBILE?
	WORK?	E-Mail

FOR REGISTRATION DEPT. USE	FOR COMMUNITY MIDWIFE USE
PATIENT ENTITLED / NON ENTITLED (Delete as appropriate)	BOOKING DATE:
COMMENTS	TIME:
	Date Slip was picked up by CMW