



Direct Access to Maternity Services

Just found out you are pregnant? Contact our direct access service for early referral, advice and support. The Community Midwifery team will arrange for you to see a midwife and provide early access to health information and screening.

If you have had a positive pregnancy test and would like to refer either:

-  Call the Community Hub on **01302 642794**
-  Email **Community.Midwives@dbh.nhs.uk**
-  Post the referral form overleaf to: **Doncaster Women's Hospital, Community Hub, Direct Access Referral, Armthorpe Road, Doncaster, DN2 5LT**

What else should you do in those first months?

Smoking

Smoking is harmful to your baby. For support on stopping contact:

- Pregnancy & Beyond Stop Smoking Team Doncaster (01302 876290); or
- Bassetlaw Stop Smoking Service Freephone 0800 328 8553

Alcohol

Advice regarding alcohol consumption in pregnancy is conflicting. It is best to avoid alcohol, particularly in the first 3 months. Heavy alcohol consumption is linked with birth defects and development problems.

Medication

Most medicines are not safe in pregnancy. Contact your GP before taking any medication or to review any current prescriptions.

Folic Acid

You should take at least 400 micrograms of Folic Acid each day until you are 12 weeks pregnant. Folic Acid helps prevent birth defects such as Spina Bifida. If you are not already taking a folic acid supplement, speak with your pharmacist or GP straightaway. If your BMI is over 30, you are diabetic or you, your partner or a previous baby have had a neural tube defect you will require 5mg daily, which you will need to request from your GP.

Vitamin D

10 micrograms of vitamin D each day is recommended throughout your pregnancy and whilst breastfeeding to keep bones and teeth healthy.

Caffeine

Too much caffeine can increase the risk of miscarriage. It is recommended that pregnant women limit caffeine consumption to 300 mg a day which is approximately 3 mugs of coffee or 6 cups of tea. Remember caffeine can also be found in energy drinks and fizzy pop.

Healthy Eating

A healthy diet during pregnancy will help your baby to develop and grow. It is important to eat a variety of foods to get the right balance of nutrients. You may wish to take additional supplements to boost the nutrients you get from food. However, it is important not to take any supplements containing Vitamin A, which can be harmful to your baby. Your GP or Pharmacist can provide further advice. Obesity increases the risk of complications for both mum and baby. Try to limit the amount of sugary and fatty foods to enable you to manage your weight gain. If your BMI is over 30 we will offer the support of our Healthy Lifestyle Midwives to help you make important changes to enable you to enjoy a healthier and safer pregnancy.



Referral to Maternity Services

First name	<input type="text"/>	NHS Number	<input type="text"/>
Surname	<input type="text"/>	Date of Birth	<input type="text"/>
Address 1	<input type="text"/>		
Address 2	<input type="text"/>	Tel Number	<input type="text"/>
Town/City	<input type="text"/>	Mobile:	<input type="text"/>
Postcode	<input type="text"/>	Email:	<input type="text"/>

Is English your first language? YES / NO *

How long have you lived in UK?

Have you lived at this address for less than 12 months? YES / NO *

What was date of your last period? / /

How many weeks pregnant are you? weeks

How many children do you have?

Significant Medical History:

GP Name

What is your BMI?

GP Practice

Do you smoke? YES / NO *

GP Postcode

Do you drink alcohol? YES / NO *

GP Phone

Are you taking Folic Acid? YES / NO *

Where would you like to give birth?

Doncaster Bassetlaw Home Birth

Return this form to:

**Doncaster Women's Hospital, Community Hub, Direct Access Referral,
Armthorpe Road, Doncaster, DN2 5LT**