

I'm pregnant – now what?

TELL YOUR MIDWIFE



- Make an appointment with a **midwife** as soon as possible after finding out that you are pregnant, even if you are a mum already.
- Contacting a **midwife** early in pregnancy ensures you benefit from health advice and the full range of pregnancy screening tests available.
- You can make a first appointment with a **midwife** by asking your GP's receptionist.

If you are uncertain about whether you want to continue with the pregnancy please see your GP or sexual health clinic. They will be able to provide you with the information and support you require to make a decision.

