DENTON MEDICAL PRACTICE

Pregnancy on line form

This form is to be filled in if you have just done a positive pregnancy test. We have designed this form to make it easy for you to book in with a midwife.

Name: Click here to enter text.

Date of Birth: Click here to enter text.

Postcode: Click here to enter text.

Mobile no.: Click here to enter text.

1st date of your last period: Click here to enter text.

[CLICK HERE](https://www.nhs.uk/conditions/pregnancy-and-baby/due-date-calculator/) to calculate your expected date for delivery and type below

Expected date for delivery: Click here to enter text.

Nominated pharmacy: Click here to enter text.

Do you smoke? Y[ ]  N[ ]

Smoking increases the risks of an unhealthy pregnancy. Would you like the practice to contact you about services to help you to stop smoking? Y[ ]  N[ ]

**Next steps (read carefully as there are things you need to do)**

1. Email this form to suggestions.dentonmedical@nhs.net
2. You will receive a text with your first midwife appointment. The text should arrive within 7 days. Please update your mobile phone number with us to receive the text.
3. Once you have received the text, call in to the surgery to:
	1. Collect a pregnancy information pack and a book called ‘Your Guide to a healthy pregnancy’.
	2. Sign an FW8 form (this will have already been signed by a doctor) and post it in the pre-paid envelope to receive your prescription/dental treatment exemption card.
	3. Have a flu jab if it is between September and March. Flu jabs are recommended in pregnancy as catching flu can cause harm to you and your baby.
	4. If you are taking prescribed medication then please arrange a phone consultation with a GP to discuss whether it is safe to continue it whilst you are pregnant.
4. Then go to the pharmacy you nominated above to collect your prescription for vitamin supplements (Pregnacare) and start to take them. If you are already taking folic acid as is recommended prior to becoming pregnant, you can now switch to Pregnacare as it contains Vitamin D.