



Community Midwives



If you have become pregnant you can self-refer to the Community Midwives by completing a referral online at www.esht.nhs.uk/service/maternity/your-pregnancy/maternity-self-referral. Here you will also find more information about pregnancy services and access information to help support you through your pregnancy.

Please note that you are welcome to see your GP if you wish to do so, as soon as you know you are pregnant.

SELF-REFERRAL IS SUITABLE FOR WOMEN IN THE EARLY STAGES OF PREGNANCY WHO ARE GENERALLY WELL WITH NO SIGNIFICANT HEALTH PROBLEMS.

PLEASE NOTE IF YOU HAVE SIGNIFICANT MENTAL OR PHYSICAL HEALTH PROBLEMS, ARE TAKING ANY MEDICATION OR HAVE A HISTORY OF PREGNANCY RELATED HEALTH PROBLEMS, YOU ARE ADVISED TO SEE YOUR GP AS SOON AS YOU KNOW YOU ARE PREGNANT.

If you experience significant abdominal pain or vaginal bleeding at any stage of pregnancy, it is vital that you seek medical advice on the same day.

All women are advised to take Folic Acid prior to conception and up to the 12th week of pregnancy to minimise the risk of Spina Bifida and other Neural Tube Defects. These can be purchased from any pharmacy. The NHS also recommends Vitamin D supplements throughout pregnancy. For more information visit www.nhs.uk/conditions/pregnancy-and-baby/vitamins-minerals-supplements-pregnant.