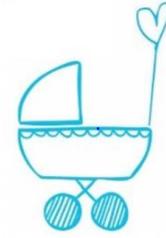




Northern Health
and Social Care Trust

BABY and U



Your Pregnancy Journey

Electronic Self-Referral for pregnancy with online interactive resources.

As soon as you have had a positive pregnancy test you can refer yourself directly for maternity care in the Northern Health and Social Care Trust.

Topics also covered within the resource:

- Antenatal care and checks
- Booking appointment and subsequent appointments
- Antenatal blood tests and screening
- Getting Ready For Baby Zoom classes
- Vaccinations in pregnancy
- Your health in pregnancy
- Perinatal mental health
- Antenatal education



BABY and U can be accessed on the NHSCT website – Maternity Services page or by scanning the QR code above.