

Are you newly pregnant and wish to contact your midwife?

As soon as you have a positive pregnancy test you can refer yourself directly for maternity care via your midwife.

Please complete this form and upon receipt of it midwives will arrange the first booking appointment for you, and also notify your GP of your pregnancy.

You will also need to arrange:

- Folic acid= 400 micrograms per day. NB: YOU WILL NEED TO ARRANGE A PERSCRIPTION FORM YOUR GP IF THERE IS A FAMILY HISTORY OF SPINA BIFIDA, EPILEPSY OR YOU BMI IS >30, AS THE DOSE WILL BE HIGHER.
- Vitamin D= 10 micrograms per day throughout your pregnancy.
- You can buy a suitable multivitamin that contains both of these. If you have not already started this medication, it is very important that you start as soon as possible.

Please ensure ALL details are accurate to ensure a smooth and timely referral to maternity services.

Preferred location of Birth	HOME	Hospital Midwife Led Unit	Hospital Delivery Suite
Which hospital do you plan to deliver	Altnagelvin	SWAH	If other? Please submit form to relevant Trust.

Title		Forenames in full:	
Surname		Date of Birth	
Address including postcode			
Health and Care Number		Email address	
Home Number		Mobile Number	
Can we contact you via text/email message	Yes <input type="checkbox"/>	NO <input type="checkbox"/>	
Marital Status		Nationality	
Ethnic Group		Interpreter required	

Language Spoken		First day of last menstrual period or best estimate	
Partners Name		Partners Address and Post code	

Total Number of Previous Pregnancies					
Type of Birth and number	Vaginal Deliveries	Vacuum Deliveries	Forceps Deliveries	Caesarean Section	Miscarriage

Illness/ Operations:	
Prescribed Medications	If you are on prescribed medication please contact your GP as soon as possible
Allergies	

If you have any queries regarding this form or if you have not received an appointment to see your midwife by the 12th week of your pregnancy please phone your midwife.

Please leave your completed form at your local Community Midwife HUB to have your booking arranged.