



# Are you newly pregnant and wish to contact your midwife?

As soon as you have a positive pregnancy test you can now refer yourself directly for maternity care within the South Eastern HSC Trust.

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

You will also need to order a prescription from your GP for the following:-

- Folic acid = 400micrograms per day. NB. YOU WILL NEED TO SEE YOUR GP IF THERE IS A FAMILY HISTORY OF SPINA BIFIDA OR YOUR BMI IS >30 AS THE DOSE WILL BE HIGHER
- Vitamin D = 10 micrograms per day
- Alternatively you can buy a suitable pregnancy multivitamin that contains both of these. If you have not already started this medication, it is very important you start as soon as possible and continues for at least the first 12 weeks of your pregnancy.

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

I would like to book to have my antenatal care at Lagan Valley Midwifery Led Unit and give birth at the following Maternity unit.

**Birth unit:** Lagan Valley Midwife Led Unit  Ulster Hospital Dundonald

Surname		Date of birth	
First name		Age	
Previous surname			
Address			
Postcode			
Home No		Mobile No	
Nationality			
Interpreter required	Yes <input type="checkbox"/> No <input type="checkbox"/>		
Which language?			
GP - Name / Address / Postcode			

Number of previous pregnancies

First day of last menstrual period or best estimate: \_\_\_\_\_

If you have given birth to a baby before can you please give us some information regarding your birth below				
Type of birth				
Year of birth				
Sex, weight and name of baby				

Illnesses / operations
Prescribed medications
Allergies

**If you have any queries regarding this form or if you have not received an appointment by the 12<sup>th</sup> week of your pregnancy please phone:-**

**Telephone: (028) 9263 3534**

**Please return completed form to:-  
Midwifery Led Unit  
Lagan Valley Hospital  
39 Hillsborough Road  
Lisburn  
Co Antrim  
BT28 1JP**