



Harrogate and District 
NHS Foundation Trust

**EARLY PREGNANCY
INFORMATION**



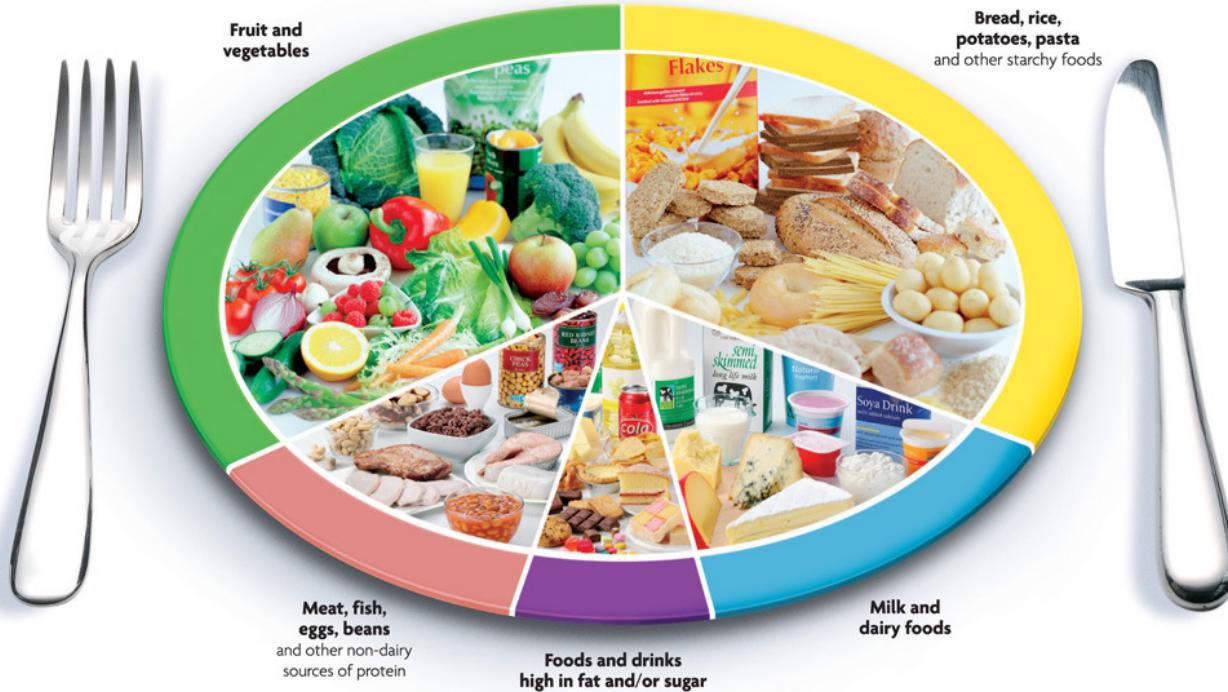
INFORMATION COVERED

- Healthy diet/foods to avoid
- Smoking, alcohol & drugs
- Blood tests
- Antenatal screening
- Flu and whooping cough vaccinations
- What to do if unwell

Healthy Diet

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.





Healthy Diet

Include

- Plenty of fruit and veg
- Plenty of starchy food-bread, pasta, rice, potatoes
- Protein rich foods-chicken, lean meat, fish,eggs and pulses
- Plenty of fibre – wholgrain foods
- Calcium–milk(semi skimmed), cheese,yoghurts

Avoid

- Cakes
- Biscuits
- Foods high in fat and sugar

Try instead

Healthy snacks

- Malt loaf
- Sandwiches/pitta bread with cottage cheese, lean ham, chicken
- Dried fruit- raisins apricots



Foods to Avoid

- Soft/mould ripened cheeses – brie, camembert, danish blue, goat cheese
- Pate – meat or vegetarian
- Raw ,undercooked meat
- Raw, partially cooked eggs, foods containing raw egg
- Large sea fish –shark, swordfish, marlin
- Tuna – no more than 4 cans tuna OR 2 fresh tuna steaks per week
- Undercooked ready meals
- Raw shellfish



Vitamins

Folic Acid (400mcg) OR 5mg's

- Reduces risk of neural tube defects
- Take until 12 weeks
- Can be bought over the counter (400mcgs only)
- Ladies with a Bmi (Body Mass Index greater than 30 will require the higher 5mgs dose, which can only be obtained by prescription from GP)
- Include foods rich in folic acid in your diet- green veg, brown rice, breakfast cereals

Vitamin D

- 10 mcg supplements should be taken throughout pregnancy and whilst breastfeeding
- Helps to absorb Calcium
- Can be bought over the counter.

Vitamin A

- Avoid large volumes of Vitamin A or Vitamin A supplements in pregnancy.
- Contained in Liver products

Only take multivitamins with 'Pregnancy' written on the box!



Healthy Start

- Scheme that provides vouchers that can be exchanged for milk, fresh fruit, vegetables and infant formula milk
- Ask your midwife if you qualify

Free NHS Prescriptions & dental care until your baby is one year old

- FW8 – given by midwife

Sure start grant £500

- At end of the 29th week, ask your midwife if you qualify

Your Baby's Development

- 8 weeks



12 weeks





20 weeks



Smoking in Pregnancy - Facts

Heart

- Their tiny heart has to beat harder when you smoke

Lungs

- Smoking during pregnancy can damage your baby's airways before its even born

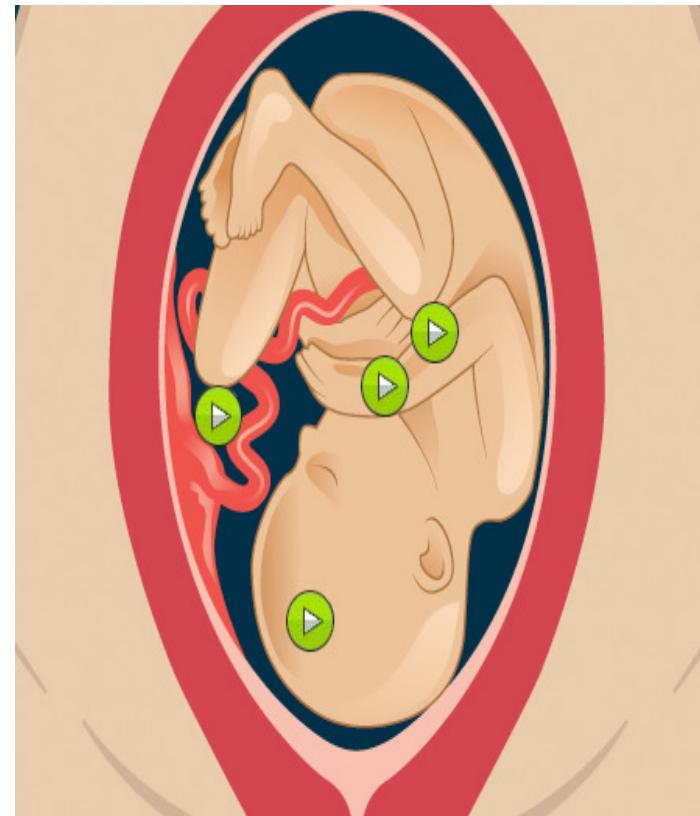
Placenta

- On average smokers have More complications in pregnancy and in labour

Development

- Smokers are more likely to deliver babies prematurely and at a much lower birth weight.

Referrals are offered for smoking cessation advice





Healthy Lifestyle

- Alcohol crosses the placenta and reaches your baby. Too much exposure to alcohol can seriously affect your baby's development.
- NICE advises all women to avoid alcohol in the first 3 months because of the increased risk of miscarriage.
- If you do decide to drink, then protect your baby
 - by not drinking more than 1-2 units of alcohol per week



Continued



- Avoid taking any medication prescription or non prescription in the first 12 weeks of pregnancy unless safely prescribed for you and necessary
- See your GP if you are taking any prescribed medication
- Be careful with aromatherapy oils & alternative therapies
- Use Paracetamol for analgesia
- If you need help, be honest, ask straight away



Caffiene

Limit caffeine intake to 200mgs
or less per day

1 mug coffee = 100mgs

1 mug filter coffee = 140mgs

1 mug tea = 75mgs

1 can cola = 40 mgs

1 can energy drink = 80mgs

1 bar plain chocolate = 50mgs

1 bar milk chocolate = 25mgs

Exercise

- Keep active
- Walking, cycling , swimming
- Avoid high impact sports and scuba diving
- Aqua natal
- Relax

Weight gain
= 12kg



Travel

- Wear seat belt in safe position for pregnancy
- Take advice if flying while pregnant - increased risk of thrombosis





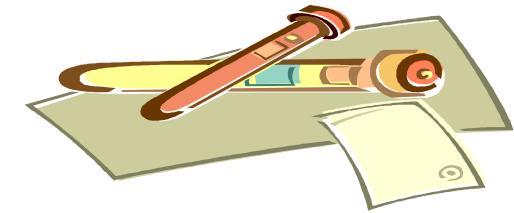
Safe Contact with Animals

- Cats can carry toxoplasmosis in their stools – don't empty litter trays
- Toxoplasmosis passes into the soil – wash all salads and vegetables thoroughly, wear rubber gloves for gardening
- Reptiles are common carriers of salmonella
- Avoid any contact with pregnant or lambing sheep, particularly the after birth as sheep can carry chlamydia & toxoplasmosis.
- Pigs or pig faeces may be a source of hepatitis E, avoid contact with pigs

Tests in Pregnancy – Your right to choose

Blood Tests

- Full blood count
- Blood group and antibody screen
- Rubella immunity
- Syphilis
- Hepatitis B
- HIV
- Sickle cell and thalassaemia screening

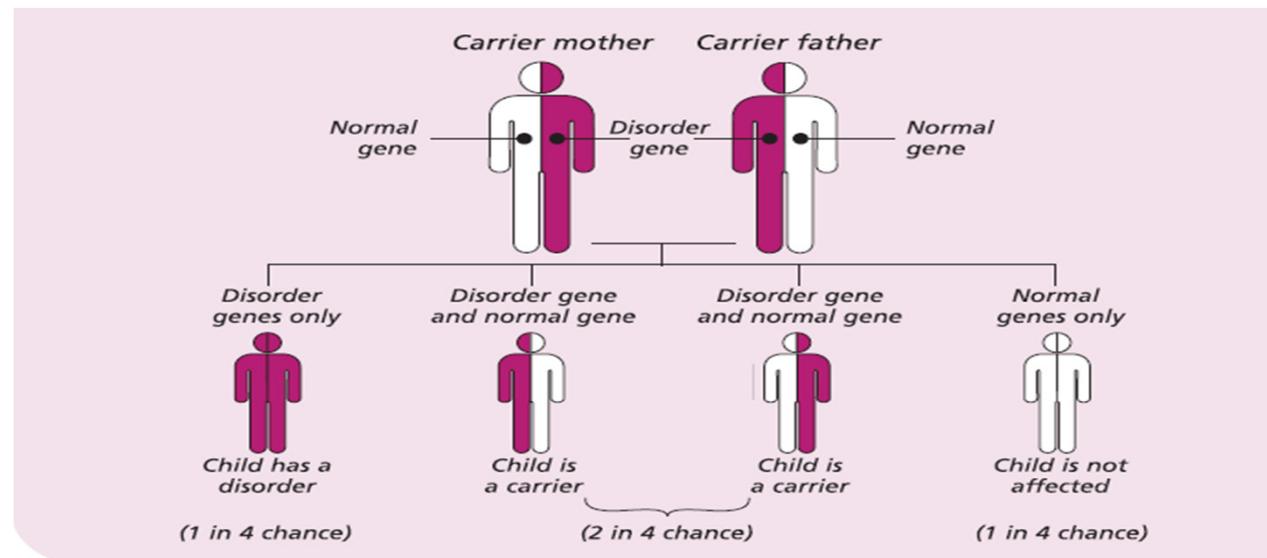


Urine

MSU (mid stream urine)

Sickle cell and thalassaemia

- Are serious inherited blood disorders which affect the red blood cell - But the gene for sickle cell and thalassaemia are only carried by certain ethnic groups and





Scans

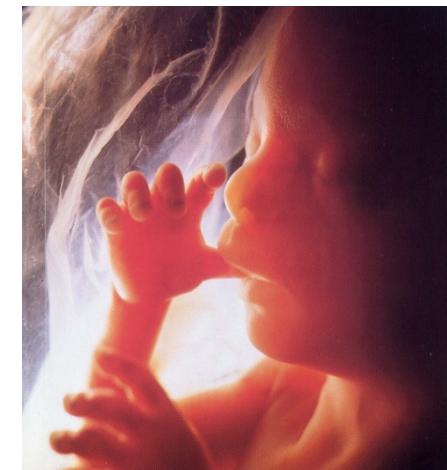
Dating scan

- offered at 10- 13 weeks
- Confirms single or multiple pregnancy
- Looks for any obvious abnormality
- Gives Estimated Due Date (EDD)



Anomaly Scan

- 18-20+6 weeks gestation
- 7 out of 10 problems can be detected on scan, but not all problems are detected
- You may be referred for another scan





Antenatal Tests & Screening

It is your decision whether to have screening tests. Before you decide you may want to ask yourself the following questions:

- How would I feel about having a child with a disability?
- What would I do If my baby had Down's Syndrome or Spina Bifida. Would I want to continue with the pregnancy?
- Do I want the information offered by the screening tests?



Screening for Downs Syndrome

- Down's syndrome is a genetic disorder caused by an 'accident' as the genes form in the womb – extra chromosome 21 'trisomy 21'
- Anyone can have a baby with down's syndrome but the risk does increase with maternal age



Down's Syndrome Screening

PRIVATE SCREENING IS AVAILABLE PLEASE DISCUSS WITH MIDWIFE FOR CONTACT INFORMATION

Combined Screening - 11+2 - 14+1 weeks

- Scan - Nuchal Translucency scan
- Blood test following measuring 2 hormones /proteins which are present in your blood during pregnancy.
Individual factors taken into account
- Indicates risk, does **NOT** give a YES or NO answer -
Detection rate 86% Screen Positive rate 2.3%

Quadruple Test 14-20 weeks

Blood test looking at 4 markers in blood

Detection rate 76% SPR 4.8%



Options

All patients with high risk results will be offered further diagnostic testing. This gives a definite answer as to whether your baby has a chromosomal abnormality such as Down's Syndrome:

Chorionic villi sampling (CVS)

- from 11 weeks in Leeds

Amniocentesis

- from 16 weeks

Please be aware these tests carry a 1% and 0.8% risk of miscarriage respectively

Flu Vaccinations

- Safe in Pregnancy at any stage
- All Pregnant women who have not already had swine flu vaccination are offered free vaccinations at local GP surgery (between September & April)
- Pregnant women from 28 weeks onwards in Yorkshire and Humber are currently being offered whooping cough vaccinations to protect their newborn baby (this is offered in every pregnancy).
- Phone to make an appointment with Practice nurse



Care Pathways

Midwifery Led Care

- Uncomplicated Pregnancy
- No significant medical history
- Home Birth



Consultant Led Care

- Pre-existing medical problems / higher risks for pregnancy
- Previous high risk pregnancy or labour

Shared Care

- Consultants input when necessary but much of care may be by your named Midwife

These options will be discussed with you at your booking appointment with your named midwife.



What to do If.....

Whilst most pregnancies are uncomplicated, a few people will experience one or more of the following:

- Bleeding
- Abdominal pain

**If you experience any of these symptoms,
please contact your GP or A&E**



Useful Links

- www.nhs.uk/mypregnancy (NHS Choices)
- www.dad.info
- Community Midwifery 01423 553051
- Antenatal Clinic Enquiries 01423 553010



ANY QUESTIONS