

**MOTHER
FIT**

MIND BODY SOUL

What to do if you think you're pregnant

MOTHER FIT RESOURCE





See a midwife or GP as soon as you find out you're pregnant. This is so they can book your pregnancy (antenatal) care and make sure you get all the information and support you need to have a healthy pregnancy.

Your first appointment with a midwife should happen before you're 10 weeks pregnant.

If you're more than 10 weeks pregnant and have not seen a GP or midwife, contact a GP or midwife as soon as possible. They'll see you quickly and help you start your pregnancy (antenatal) care.

What is pregnancy (antenatal) care?

This is the care you have while you're pregnant to make sure you and your baby are as well as possible.

The NHS in England will offer you:

- 10 pregnancy appointments (7 if you've had a child before) to check the health and development of you and your baby
- screening tests to find out the chance of your baby having certain conditions, such as Down's syndrome
- blood tests to check for syphilis, HIV and hepatitis B
- screening for inherited blood disorders (sickle cell and thalassaemia)

You'll be offered more appointments if you or your baby need them.

Depending on your health and where you live, you may see:

- a midwife for all your appointments
- a midwife for some appointments and a GP for others



How do I start my pregnancy care?

As soon as you find out you're pregnant you can book an appointment with:

- local midwife services ([find maternity services near you](#))
- your GP ([if you're not registered with a GP you can find local GPs](#))

Your first midwife appointment

This appointment lasts around an hour. Your midwife will ask questions to make sure you get the care that's right for you.

They will ask about:

- where you live and who you live with
- your partner, if you have one
- the baby's father
- any other pregnancies or children
- smoking, alcohol and drug use
- your physical and mental health, and any issues or treatment you've had in the past
- any health issues in your family
- your job, if you have one

Find out more about what happens at your [first midwife appointment](#).

