

## **Congratulations on your pregnancy**

**Please complete the 'initial antenatal form' and hand back to the reception staff, please keep this letter for your information.**

**I will contact you as soon as I pick up your form to arrange your first appointment. This appointment is ideally between 8-10 weeks of pregnancy. (NB this maybe a withheld number.)**

**I will arrange an appointment to see you to complete your booking; the appointment takes approx 1hr. If this is not convenient an alternative can be arranged.**

**It is advisable for you to take folic acid 400 micrograms and Vitamin D 10 micrograms.**

**I can answer any questions when I call.**

**I am based at the QE if you need to contact me I am usually available Mon-Fri 08.30-09.15 on 0191 4452140, a message can be left after this time.**

**Any heavy bleeding or severe pain please contact pregnancy assessment on 0191 445 2764 or attend the Emergency Care Centre.**

**Community Midwife  
Jackie Wotherspoon**

**Information regarding QE maternity [www.qegateshead.nhs.uk/maternity](http://www.qegateshead.nhs.uk/maternity)  
Foods to avoid/problems in pregnancy [www.nhs.uk/pregnancy](http://www.nhs.uk/pregnancy)**

**QE Maternity**  
Gateshead

Surname		
Forename		
Title		
Previous Surnames (if applicable)		
NHS Number		
DOB		
Phone Number		
Can a message be left on the number provided?	Yes	No
Email		

Current Address	
	Post Code

Next of Kin	
Address	Same as above? Yes No
Phone Number	
Relationship	

Ethnic Group	
Marital Status	
Religion	
in the UK 12 months?	

GP Practice	

First day of last period	
Height	
Weight	

Date Completed	
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<b>For Office/Midwife Use Only</b>	
Date and Time of Appointment:	
Location of Appointment:	
Name of Midwife completing Appointment:	
Date collected from Surgery:	