



Early on-going pregnancy confirmed on ultrasound Congratulations on your pregnancy

The Early Pregnancy Unit (EPU) staff would like to congratulate you on your pregnancy. This information leaflet has been designed for you to be informed and understand what happens next in your pregnancy care.

You have been discharged from the EPU with an on-going pregnancy, what happens next?

It is important for you and your baby's health to have regular antenatal care; this can be done in hospital and/or in the community setting. You can also read the information leaflet explaining what hospital to choose to have your baby in; you can ask the staff for a copy of that leaflet.

How do you see your community midwife?

It is essential that you contact your Community Midwife as soon as possible to ensure you are booked at your chosen hospital to have your baby. Your GP surgery will have the contact details of your Community Midwife; you can call the surgery and leave a message with the receptionist asking the Midwife to call you back. When the Midwife calls you she will invite you to a booking appointment. At this appointment she will ask you where you want to have your baby and will fill in some paperwork so you are referred to that hospital.

This appointment is often an hour long as the Midwife will ask lots of questions about your health and wellbeing, so that the right individualised care can be planned for you and your baby. She will also speak to you about the following:

- Screening tests available to you (i.e. tests to see if your baby is developing properly)
- Ultrasound scans
- Blood tests
- Diet and health style
- Cessation referrals (i.e. Smoking/alcohol)
- Parent Education
- Consultant/midwife led care
- Referrals to any specialist clinics (i.e. Diabetic/Asthmatic)

Once you have seen your Community Midwife you will receive an appointment for your scan a few weeks later and this will be in a hospital setting.

If you are booked at Heart of England Foundation Trust and are having difficulty speaking to a community midwife through your GP you can call the following:

Community Midwife numbers:

Good Hope residents	0121 424 7698
South Birmingham Residents	0121 627 2753/4
City and Sandwell Residents	0121 507 3775
East Birmingham & Solihull residents	0121 424 2726
Between 9 -11 am and 2- 4 pm	

If you need a midwife in an emergency outside of the midwives normal working hours, please contact:

Emergency Contact No: 0121 424 5051

Please understand the midwife will be on duty on a birth unit and may be busy with patients. Your co-operation in keeping calls confined to emergencies would be appreciated.

Your General Practitioner is also there to ensure you and your baby's wellbeing. They can be contacted at your own surgery or through your local health clinic. Link workers and interpreters are available in the hospital and the community.

What if you have further Early pregnancy problems after being discharged?

Our EPU is open 24 hours a day, 7 days per week; you can call and speak to one of the Nurses at any time for advice on the numbers below. You can tell them you have already been seen in the unit and what your concern is. If you are having heavy vaginal bleeding (soaking a sanitary pad every hour) you will need to come in to A&E for assessment. The numbers for the EPU are:

Birmingham Heartlands Hospital:	0121 424 3505
Good Hope Hospital:	0121 424 7747

Other advice / references:

It is important that you are taking folic acid in the first 12 weeks of pregnancy, if you have not yet started this please buy some from your local pharmacy/supermarket. If you have any medical conditions ensure you inform your GP about the pregnancy and discuss your medication, Do NOT stop any medication you are routinely on without consulting a doctor.

- Association of Early Pregnancy Unit guidelines 2008
- NICE guidelines – Early Pregnancy 2012
- HEFT Early Pregnancy Policy 2013
- Miscarriage Association recommendations 2014

Accessibility

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