

Choosing the right help for you and your baby



Early pregnancy (under 16 weeks)

If you are experiencing severe pain or heavy bleeding, attend an Emergency Department or call 999 immediately.

For other early pregnancy concerns, please visit your hospital's website for details of how to access local early pregnancy services and advice. You may be able to self-refer to these services or be advised to contact your GP (or NHS 111 out of hours) for advice and support in early pregnancy.

Self-care



- Book your maternity care directly with your preferred hospital. Details are on your NHS Trust's website
- Online advice you can trust on a wide range of topics: BabyBuddy App NHS App healthysurrey.org.uk
- Make or change appointments (contact details on your maternity notes)

Pharmacist



Your pharmacist can help with medication, advice or treatment for a range of conditions, including:

- Minor illness e.g. sore throat, earache, infected insect bites, impetigo, sinusitis
- Allergies
- Vaginal thrush
- Heartburn
- Minor cuts/grazes
- Coughs and colds
- Nappy rash

See pharmacy website for opening hours or go to 'find a pharmacy' on www.nhs.uk

Community Midwife



Discuss routine matters at your midwife appointments, including:

- MatB1 and FW8 forms
- Mental health
- Diet advice
- Vaccinations and general baby care
- Personalised care plans

Check your maternity notes for community midwife contact details. Once discharged by your midwife call the Health Visitor 0-19 Advice Line 01883 340 922

GP or NHS 111



For general health concerns, including:

- Early pregnancy advice before 16 weeks
 - Nausea & vomiting
 - Prescriptions and letters
 - Mental health
 - Urinary infections
 - Respiratory or other infections
 - Haemorrhoids
 - Wound infections
 - Pain (not abdominal)
 - Thrush
 - Unwell baby
- Contact NHS 111 outside GP's surgery hours

Maternity Triage Line*



Call 0300 123 5474 (or 01737 231764 for East Surrey Hospital) from 16 weeks to community postnatal discharge. Open 24/7 for urgent maternity concerns, including:

- Signs of labour
- Abdominal pain
- Change in baby movements
- Waters breaking
- Vaginal bleeding
- Severe headache
- Visual disturbances
- Temp above 37.5C
- Persistent itching
- Urgent newborn concerns

Emergency Department*



Attend an Emergency Department or call 999 for serious or life threatening conditions, including:

- Severe bleeding
- Severe chest pain
- Breathing difficulties
- Severe vomiting (hyperemesis)
- Severe injury
- Blackouts
- Seizures/fit
- Severely unwell, floppy or unresponsive baby
- Mental health crisis