

Your first steps

Just found out you're pregnant? Here's what to do in the first 12 weeks. Most people don't see a midwife until 8 to 12 weeks, so start with the first box today.

Straight away

- ☐ **Start folic acid**
400 micrograms a day until you're 12 weeks
- ☐ **Take vitamin D**
10 micrograms a day
- ☐ **Refer yourself to a midwife**
you don't need to see a GP first
- ☐ **Check any medicines with a pharmacist or GP**
don't stop prescribed ones suddenly
- ☐ **Stop drinking alcohol and smoking**
free stop smoking help is available

Before your booking appointment

- ☐ **Save who to call if you're worried**
early pregnancy unit, GP and NHS 111
- ☐ **Check which foods to avoid**
- ☐ **Note the first day of your last period**
- ☐ **Write down your questions**
and any health conditions to mention

By around 12 weeks

- ☐ **Have your booking appointment**
ideally by 10 weeks
- ☐ **Have your dating scan**
between 10 and 14 weeks
- ☐ **Decide about screening tests**
for Down's, Edwards' and Patau's syndromes
- ☐ **Get free prescriptions and dental care**
ask your midwife or GP for the form

When you're ready

- ☐ **Tell the people you want to tell**
- ☐ **Tell your employer**
by around 25 weeks at the latest
- ☐ **Work out your maternity leave and pay**

Bleeding or pain? Contact your maternity unit or an early pregnancy unit straight away, or NHS 111 if you can't reach them. Call 999 if bleeding is heavy or comes with severe pain, or you feel faint or dizzy.