



**Royal Berkshire**  
NHS Foundation Trust



# Positive pregnancy test?

What to do next...

# Happy to be pregnant?

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It is very important that you see your midwife or GP as soon as you know you are pregnant.

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The earlier you are seen by a midwife or doctor, the sooner they can check that everything is well with you and your baby.

This is even more important if you have any medical conditions such as diabetes or epilepsy, or if you had any complications in your last pregnancy or birth.

Your midwife or GP will be able to advise you about your pregnancy and give you a check-up.

To make a first booking appointment to see a midwife telephone 0118 322 8964 and select Option 1, available Monday to Friday 8am-6pm.

## Things you need to know...

Folic acid is an important vitamin for your health and the health of your baby. If you take folic acid supplements it reduces the risk of having a baby born with a defect of their spinal cord, such as spina bifida. If you are not already taking folic acid, you should start taking it now. You should take 5mg (one tablet) every day for the first 12 weeks of pregnancy (first 3 months).

A growing baby needs the following nutrients right from the start of the pregnancy:

- Iron is mainly found in red meat, pulses, dried fruit, green vegetables and fortified cereals.
- Calcium is mainly found in dairy products such as milk, cheese and yoghurt. Low fat versions of these usually contain just as much calcium as full fat varieties.
- Folic acid found mainly in green vegetables, brown rice and fortified cereals.

In order to protect yourself and your developing baby, you need to avoid certain germs, so:

- Wash your hands after handling raw meat.
- Wash your hands after handling cats and kittens.
- Wear gloves when you are gardening.

### Things you need to avoid...

- Too much Vitamin A: don't eat liver, liver pate or take cod liver oil and don't take Vitamin A tablets.
- Listeriosis: don't eat undercooked meats and eggs, soft cheeses such as brie or camembert, pates, shellfish, raw fish or unpasteurised milk.
- Certain fish, fish such as shark, marlin and swordfish that may contain a lot of mercury. Limit tuna to no more than the equivalent of six tuna sandwiches per week.
- Peanuts: if you have a personal or family history of eczema, hay fever, asthma or peanut allergy.
- Animal droppings: don't handle any animal droppings as these may carry infections which could harm your baby.

### Things you need to stop or cut down on...

- Caffeine: in tea, coffee, fizzy drinks etc. Have no more than 300mg per day. This is about three cups of fresh coffee or four cups of instant coffee or six cups of tea.
- Smoking: smoking affects the health and growth of your baby so you are strongly advised to stop completely. We can provide you with lots of help to do this.
- Alcohol: you are strongly advised not to drink alcohol at all.
- Street drugs: you must seek advice from your midwife or GP, as any street drug will affect the health of your unborn baby.

This document can be made available in other languages and formats upon request.

# Not happy to be pregnant?

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Not everyone will be happy to be pregnant. For some women it is a difficult time.

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If you are not happy to continue with the pregnancy you should discuss it with your GP or pregnancy advisory service as soon as you discover you are pregnant. They will support you in whatever you decide.

If your pregnancy test is negative and you are not currently planning a pregnancy, then you need to make sure you use contraception every time you have sex.

You can obtain advice on all methods of contraception from your GP. If you are under 26, you can also seek advice from the Contraceptive Service in Reading, Wokingham or Newbury areas. For service availability, please see [www.safesexberkshire.nhs.uk](http://www.safesexberkshire.nhs.uk)

If you are aware of any contraceptive failure or have unprotected sex, then emergency contraception can be taken up to 120 hours (sometimes longer) after the accident. Women of all ages who require emergency contraception can contact their GP or a Contraceptive Services clinic for advice. Pharmacies can also issue emergency contraception.

[www.safesexberkshire.nhs.uk](http://www.safesexberkshire.nhs.uk)

For further help and advice, contact any of the organisations below:

- [www.sexwise.org.uk](http://www.sexwise.org.uk)
- Marie Stopes International 0345 300 80 90
- Department of Sexual Health Florey Unit and Contraceptive Services, Royal Berkshire Hospital 0118 322 7202  
[www.safesexberkshire.nhs.uk](http://www.safesexberkshire.nhs.uk)
- British Pregnancy Advisory Services 0345 304030
- NHS [www.nhs.uk](http://www.nhs.uk)

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