

You can self refer to the following hospitals either on the internet or by telephoning them

Ealing Hospital

<http://www.ealinghospital.nhs.uk/services/hospital-services/maternity-services/>

Phone (020) 8967 5870

Queen Charlottes

<http://www.imperial.nhs.uk/maternity/ourservices/qcch/>

Maternity helpline: 020 3312 6135

Chelsea and Westminster

<http://www.chelwest.nhs.uk/services/womens-health-services/maternity-services>

Phone 020 3315 6000

GROVE PARK TERRACE SURGERY
25 GROVE PARK TERRACE
CHISWICK W4 3JL
TEL: 020 8630 1680
FAX: 020 8630 1691
www.groveparkterracesurgery.co.uk

St Marys

<http://www.imperial.nhs.uk/maternity/ourservices/st-marys/>

Maternity helpline: 020 3312 6135

West Middlesex Hospital

<http://www.westmidmaternity.org.uk>

020 8321 5007 or **020 8321 6420**

or email the antenatal care team: anc@wmuh.nhs.uk.

If there are any questions, please feel free to ask either your doctor or nurse at the practice.

We aim to look after you very well so share your feelings and think about any issues you have before your consultations with us.

NHS



Pregnancy Guide

Grove Park Terrace Surgery

Services and advice

When you are pregnant, there are many things we do to support you.

You can choose which hospital deals with your pregnancy and there is a list of the websites and telephone numbers on the back of this document so you are able to choose where you go to get looked after. You can self refer if you choose.

We provide you with our own care at the practice and to check this out ask one of our doctors or nurses for details of what you can expect from us.

- We'll give you advice.
- You will need to take a folic acid supplement and some extra vitamin D. this helps your baby to develop a healthy brain and body. And we will give you advice about prescription exceptions and free dental services. nutrition, diet and food hygiene
- We will talk about lifestyle factors that may affect your health or the health of your baby
- We will give you advice about antenatal screening tests

We'll give you a copy of Emma's Diary.

It gives you lots of good advice for mums to be and baby information as well.

<http://www.emmasdiary.co.uk>



Check out the Internet

If you want to check out some useful things on the internet.

<http://www.nhs.uk/Conditions/pregnancy-and-baby/pages/vitamins-minerals-supplements-pregnant.aspx#close>

A good one is the HealthyStart website

With Healthy Start, you get free vouchers every week to spend on milk, plain fresh and frozen fruit and vegetables, and infant formula milk. You can also get free vitamins.

<http://www.healthystart.nhs.uk>