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|  **GP Referral to Walsall Maternity Services** |

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| --- | --- |
| **Surname** |  |
| **Forename** |  |
| **NHS No** |  | **D.O.B** |  |
| **First day of Last Menstrual Period (or approximate weeks pregnant)** |  |
| **Address** |
| **Home Number** |  | **Mobile Number** |  |
| **Email Address** |  |

|  |  |
| --- | --- |
| **GP Name** |  |
| **Surgery** | **Bloxwich Medical Practice** |

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| **Additional Information** |
|  |

Please email this referral to: community.midwives@nhs.net

PREGNANCY PROFORMA

Date:

Patient Name –

DOB –

Address –

What is the first day of your last period? –

How many positive pregnancy tests have you done?

Pregnancy History – Number of previous pregnancies and details –

Are you taking folic acid?

Are you smoking/drinking alcohol?

Are you taking any medications not prescribed by us?

Do you have any concerns about your pregnancy/wish to see the doctor? – If so please book in. Otherwise the Doctor will review your form. If you need to see the doctor you will be called in but otherwise you can directly book in to see the midwife.

**\*TO BE COMPLETED BY ALL WOMEN REGISTERING A PREGNANCY\***

**Name:**

**Folic Acid**

It is recommended that all pregnant women take Folic Acid supplements, ideally for 3 months prior to conception and for the first 12 weeks and 6 days of pregnancy.

The standard dose is Folic Acid 400mcg a day

A higher dose of Folic Acid 5mg a day is recommended for women with conditions listed below.

**You must tick at least one of the following boxes:**

* You or the baby’s father has a neural tube defect (e.g. spina bifida) [ ]
* You or the baby’s father has anyone in their family with a neural tube defect [ ]
* You or the baby’s father have had a previous pregnancy affected by neural tube defect [ ]
* You have any bowel malabsorption, e.g. Coeliac, Ulcerative Colitis or Chrohn’s [ ]
* You have Diabetes [ ]
* You have Sickle Cell Anaemia or Thalassaemia [ ]
* You are taking anti-epileptic medication [ ]
* Weight (please state weight) [ ]
* Height (please state height) [ ]
* None of the above [ ]

Women who are known to have a folate deficiency or Sickle Cell Anaemia should continue with their usual Folic Acid 5mg once a day throughout their pregnancy.

**Vitamin D**

It is advised that ALL pregnant women also take a Vitamin D supplement of 10mcg a day throughout the pregnancy.

**Healthy Start Vitamins**

If you are on income –related benefits or under 18 years old, you may be entitled to free vitamins via the Healthy Start scheme. For a pregnant lady, these include the recommended Folic Acid 400mcg and the vitamin D 10mcg a day.

To see if you are eligible and to request them, please call 0345 607 6823.

As per NICE guideline Antenatal care – uncomplicated pregnancy. Last revised October 2021.