

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 all other early pregnancy queries please visit our website for advice on who to contact depending on your concerns: ashfordstpeters.nhs.uk/early-pregnancy-unit

Self-care



- Book your maternity care directly with us. Details are on our website: ashfordstpeters.nhs.uk
- Online advice you can trust on a wide range of topics: BadgerNotes App
BabyBuddy App
NHS App
healthysurrey.org.uk
- Record non-urgent questions on BadgerNotes App 'Conversations' for discussion at your next appointment

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 BadgerNotes App 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

'Call a Midwife' maternity triage*



Call 0300 123 5473 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
- Temperature 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