

Just found out you're pregnant?

Please contact the midwifery team directly at:

Arnold, Byron Court



0115 8831862



Byron Court
Brookfield Road
NG5 7ER

You will be given an appointment with the midwife between 8 to 12 weeks from the first day of your last period.

You should take :
folic acid
before you are pregnant and every day until you are 12 weeks pregnant.

Vitamin D
each day
throughout your pregnancy.