

Church Street Practice Patient Information For A Healthy Pregnancy

1. If you are not already taking **Folic Acid** start taking this immediately and throughout the first 12 weeks (400 micrograms per day).
2. **Vitamin D** intake is important during pregnancy and breastfeeding (10 micrograms per day).
3. **Avoid** liver products and taking vitamin A (or retinol) supplements as too much can harm your baby. It's safest to choose a multivitamin that's made for pregnant women.
4. **Smoking – Stop** it damages your health and your unborn baby. Asked to be referred to the Stop Smoking Service or contact the service directly for support in quitting 01737 652168 (www.oneyousurrey.org.uk)
5. **Alcohol** – this has been found to harm unborn babies so avoid if possible and particularly within the first 3 months. Otherwise you should not drink more than 1 to 2 units once or twice per week. Avoid getting drunk and binge drinking.
6. **Toxoplasmosis** – this is an infection contracted from cat faeces and undercooked meat, which can lead to brain damage in unborn babies, as well as deafness and blindness. In healthy adults Toxoplasmosis has little effect, at worst usually causing a mild flu like illness.
 - Wash hands before handling food
 - Thoroughly washing all fruit and vegetables, including ready prepared salads before eating
 - Thoroughly cooking raw meats and ready prepared chilled meals
 - Wearing gloves and thoroughly washing hands after handling soil and gardening
 - Avoid cat faeces in cat litter or in soil if you do have to deal with it then wear gloves and clean the trays out every day
7. **Listeria** – this bacterial infection can occur in unwashed vegetables, pre-packed salads and pate (of any sort including vegetarian). Drink only pasteurised or UHT milk and avoid unpasteurised milk products especially soft mould-ripened cheeses, such as Camembert, Brie and blue-veined cheese – there is no risk with hard chesses such as cheddar, cottage cheese and processed cheese. Do not eat uncooked or undercooked ready-prepared meals. Again healthy adults suffer only mild illness but it can cause pregnant women to miscarry.
8. Reduce the risk of **Salmonella** infection by avoiding raw or partially cooked eggs or food that may contain them such as mayonnaise; avoid raw or partially cooked meat especially poultry.
9. **Peanut Allergy** – in those families with a history of allergic diseases, pregnant and lactating women and infants may wish to avoid peanuts and peanut products in order to reduce the risk of the development of peanut allergy in later life.

10. [Healthy Food](#) is not just good for you it's also important to help your baby grow and develop. A "balanced" diet means eating a range of different types of food to ensure you have all the nutrients you and your baby need. Limit your caffeine intake to 200mg a day or less.

11. [Pertussis](#) vaccination – the Chief Medical Officer on the advice of the Joint Committee on Vaccination and Immunisation recommends that women in the third trimester (recommended between 28 and 32 weeks of pregnancy, although the vaccine can be offered up to 38 weeks) are offered this vaccination during each pregnancy as it will offer protection to newborns during the early weeks after birth when the risks of complications from pertussis are greatest. Please discuss this with your midwife or GP. The vaccination is given by our Practice Nurses please make an appointment at Reception. Please read our information leaflet

12. [Influenza](#) vaccination can be given at any stage of pregnancy - the vaccination is given by our Practice Nurses please make an appointment at Reception. Please read our information leaflet [at your booking appointment the midwife will go through life style advice in more detail with supporting literature your gp, midwife or health visitor will be happy to discuss any queries you may have at any time during your pregnancy.](#)