

PETS

If you own cats DO NOT handle the litter tray without gloves, better still get someone else to do it.



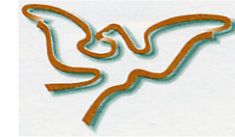
GARDENING

Gloves should be worn whilst gardening.



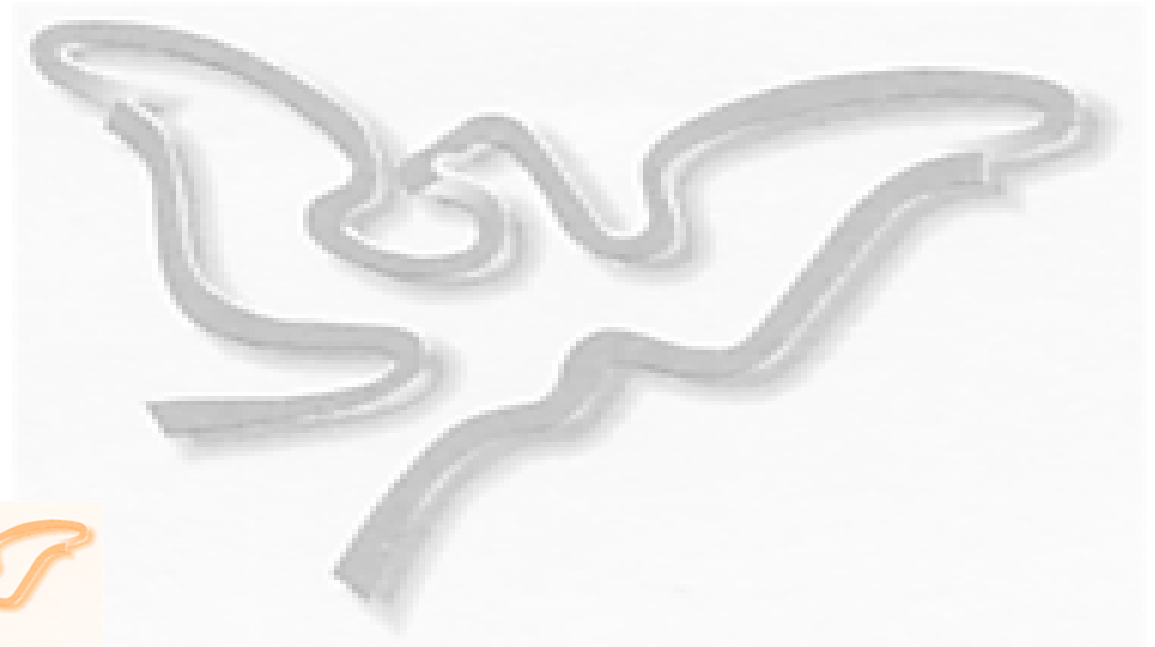
Contacting a Midwife

If you need to contact a midwife at anytime you can either ring the hospital on 01625 661153/661143 or ring Cumberland House on 01625 264801.



CUMBERLAND HOUSE

PRIMARY HEALTH CARE CENTRE



Cumberland House

Waters Green Medical Centre
Sunderland Street
Macclesfield
Cheshire
SK11 6JL

Phone: 01625 428081

Fax: 06125 503128

[Www.cumberlandhousesurgery.nhs.uk](http://www.cumberlandhousesurgery.nhs.uk)

Ante-natal Care

Reviewed April 2016

Who are the Cumberland House Midwives?

Sara Harrison

Mary Thornton

Chloe Hughes

Ann Wilde

Where are we based?

We are based at Macclesfield District General Hospital but serve Cumberland House surgery.

Ante-natal Care

After this initial consultation we will make an appointment for you to attend for a scan at approximately 12 weeks, followed by an ante-natal check at the hospital.



At the hospital visit we will discuss with you your previous obstetric and medical history and plan your future maternity care together.

Additional information that you may find useful.

Carry on life as normal!

DIET

Eat a normal well balanced diet. You should avoid soft unpasteurised cheeses, pate, and liver. Meat and chicken should be well cooked, as should eggs. Beware of hidden raw eggs as in fresh mayonnaise and some puddings.



MEDICATION

A supplement of folic acid 400mcg daily is recommended until 12 weeks of pregnancy, and this can be purchased from any chemist or health food shop.



Avoid medication which has not been prescribed for you.

EXERCISE

If you take regular exercise continue to do so but not competitively. Now is not the time to start exercise other than swimming and anything recommended by a Physiotherapist.

