



thinking of having a baby?

- If you smoke you should get advice about stopping smoking as soon as possible
- If you are pregnant or trying to conceive avoid drinking alcohol and taking illicit drugs
- Take 400 micrograms of Folic Acid a day (1 tablet per day)
- If taking any regular medication, herbal remedies or over the counter medicines, discuss this with your pharmacist
- Eat a balanced diet, work towards a healthy weight and take regular exercise
- Make sure your immunisations are up to date, especially Rubella
- Have you had your Chlamydia screen?
- Find out more about the benefits of breastfeeding
- **If you have a positive pregnancy test see your Midwife or GP as soon as possible**

Ask your local Pharmacist for advice!

**Stop Smoking
Signposting Service -**

Alcohol -

Drugs -

Healthy Eating -

Immunisations -

Chlamydia -

Tel: **0800 051 1310**
www.coventrypct.nhs.uk

Swanswell Alcohol Services
Tel: **024 76226619**

CDT (Community Drugs Team)
Tel: **024 76630135** or
freephone **0800 783 0447**

NHS Choices **www.nhs.uk**
Coventry Public Health Nutrition Service
Tel: **024 76832595**

NHS Choices **www.nhs.uk** check with
your GP or Practice Nurse

Coventry Sexual Health/GUM clinic
Tel: **024 7624 6507**

NHS
Coventry

