

## See Your GP and Register with a Midwife or Obstetrician

After you have taken a test to confirm that you are pregnant, you should get in touch with your GP and register with a midwife or obstetrician at The Birth Company. We will then guide you through your antenatal care and ensure that you are receiving all the support you need.

- It is best to register with a midwife or obstetrician as soon as possible so that you can receive advice on nutrition, exercise, screening tests and other help that is available in early pregnancy.
- You should also let your usual GP know that you are expecting so they are fully informed about your health.
- Most women can be cared for by a midwife during pregnancy and labour, but we may recommend seeing an obstetrician instead if you are likely to have a more complicated pregnancy.
- You will see your midwife or obstetrician for regular antenatal appointments. We will check on you and your baby, answer any questions and provide all of the information you need.
- We will also arrange ultrasounds and other screening tests when they are required and make the arrangements for the birth.
- The number of antenatal appointments you need will depend on your age and health, whether this is your first pregnancy, and if there are any complications.

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