Unhappy to be pregnant?

If you are concerned about continuing with your pregnancy or need more advice on what is right for you, contact your GP or contraceptive service and make an appointment to discuss your situation. Your GP can give you further advice if you decide you do not wish to continue your pregnancy as well as discussing your contraception needs. Alternatively, your local Contraception and Sexual Health Clinics can offer you more support. All discussions with health professionals are confidential.

You can also call NHS Direct 24 hours per day, 7 days week. Telephone 0845 4647 or log on to www.nhs.uk

Useful Local Numbers

**Gateshead**

Contraceptive Services  
Tel: 0191 416 6848  
(and press 6 for clinic times)  
Dr 0191 283 1586  
Teenage Pregnancy  
(Pregnancy Options)  
Tel: 079 3141 4994  
Information on Benefits  
Gateshead Citizens Advice Bureau  
Tel: 0191 477 3929

**South Tyneside**

Contraceptive Services  
Gordon Street, South Shields  
NE33 4P  Tel: 0191 283 2525  
Teenage Pregnancy  
(Pregnancy Options)  
Tel: 079 3141 4994  
Information on Benefits  
Gateshead Citizens Advice Bureau  
Tel: 0191 477 3929

**Sunderland**

Contraceptive Services  
Old Arlington Clinic, Sunderland  
Royal Hospital  
Kayfi Road, SR7 1TP  
Contraceptive Services are available at a range of venues across Sunderland, Washington and Hetton-le-Hole, contact the Helpline for further information.  
Tel: 0191 569 9966  
Domestic Violence & Rape  
Wearside Women in Need (24hr)  
Freephone Tel: 0800 066 5555 (24hr)  
Citizens Advice Bureau  
Washington Citizens Advice Bureau  
Tel: 0191 416 6848

This information can be made available in other formats or languages on request. For further copies of this leaflet please contact the Public Health Improvement Information Team Tel: 0191 283 1124 Email: healthinfo@sotw.nhs.uk

Production date: June 2013  Author: Public Health Improvement Information Team  Code: 0613203

---

Gateshead Primary Care Trust  South Tyne and Wear  Sunderland Primary Care Trust  Sunderland Teaching Primary Care Trust

---

Pregnant?  What to do next

**Gateshead**

Contraceptive Services  
Tel: 0191 416 6848  
(and press 6 for clinic times)  
Dr 0191 283 1586  
Teenage Pregnancy  
(Pregnancy Options)  
Tel: 079 3141 4994  
Information on Benefits  
Gateshead Citizens Advice Bureau  
Tel: 0191 477 3929

**South Tyneside**

Contraceptive Services  
Gordon Street, South Shields  
NE33 4P  Tel: 0191 283 2525  
Teenage Pregnancy  
(Pregnancy Options)  
Tel: 079 3141 4994  
Information on Benefits  
Gateshead Citizens Advice Bureau  
Tel: 0191 477 3929

**Sunderland**

Contraceptive Services  
Old Arlington Clinic, Sunderland  
Royal Hospital  
Kayfi Road, SR7 1TP  
Contraceptive Services are available at a range of venues across Sunderland, Washington and Hetton-le-Hole, contact the Helpline for further information.  
Tel: 0191 569 9966  
Domestic Violence & Rape  
Wearside Women in Need (24hr)  
Freephone Tel: 0800 066 5555 (24hr)  
Citizens Advice Bureau  
Washington Citizens Advice Bureau  
Tel: 0191 416 6848

This information can be made available in other formats or languages on request. For further copies of this leaflet please contact the Public Health Improvement Information Team Tel: 0191 283 1124 Email: healthinfo@sotw.nhs.uk

Production date: June 2013  Author: Public Health Improvement Information Team  Code: 0613203

---

Gateshead Primary Care Trust  South Tyne and Wear  Sunderland Primary Care Trust  Sunderland Teaching Primary Care Trust

---

Useful Local Numbers

**Gateshead**

Contraceptive Services  
Tel: 0191 416 6848  
(and press 6 for clinic times)  
Dr 0191 283 1586  
Teenage Pregnancy  
(Pregnancy Options)  
Tel: 079 3141 4994  
Information on Benefits  
Gateshead Citizens Advice Bureau  
Tel: 0191 477 3929

**South Tyneside**

Contraceptive Services  
Gordon Street, South Shields  
NE33 4P  Tel: 0191 283 2525  
Teenage Pregnancy  
(Pregnancy Options)  
Tel: 079 3141 4994  
Information on Benefits  
Gateshead Citizens Advice Bureau  
Tel: 0191 477 3929

**Sunderland**

Contraceptive Services  
Old Arlington Clinic, Sunderland  
Royal Hospital  
Kayfi Road, SR7 1TP  
Contraceptive Services are available at a range of venues across Sunderland, Washington and Hetton-le-Hole, contact the Helpline for further information.  
Tel: 0191 569 9966  
Domestic Violence & Rape  
Wearside Women in Need (24hr)  
Freephone Tel: 0800 066 5555 (24hr)  
Citizens Advice Bureau  
Washington Citizens Advice Bureau  
Tel: 0191 416 6848

This information can be made available in other formats or languages on request. For further copies of this leaflet please contact the Public Health Improvement Information Team Tel: 0191 283 1124 Email: healthinfo@sotw.nhs.uk

Production date: June 2013  Author: Public Health Improvement Information Team  Code: 0613203

---

Gateshead Primary Care Trust  South Tyne and Wear  Sunderland Primary Care Trust  Sunderland Teaching Primary Care Trust
Important things to know

Eating healthy food such as fruit, vegetables and foods that contain iron, calcium, folate and other vitamins during your pregnancy will not only keep you fit and well but will help your baby to develop and grow.

Keeping active will help you to adapt to your changing shape by strengthening muscles which come under great strain during pregnancy and childbirth.

**Things to start doing now**

**For folic acid**: eat plenty of green vegetables, brown rice, wholegrain and fortified cereals.

**For iron**: eat pulses, red meat, dried fruit as well as green vegetables and fortified cereals.

**For calcium**: add dairy products, such as milk, cheese and yoghurt.

**Wash your hands**, especially after gardening, handling meat, eggs, cats or kittens. Wear gloves when gardening or handling animal droppings, which can carry harmful bacteria.

*Take at least 400 micrograms of folic acid a day during the first 12 weeks of pregnancy.*

Find out about Healthy Start, you may be able to get free vouchers for milk, fresh fruit, fresh vegetables and starchy foods. Contact the helpline at the Healthy Start Issuing Unit on 0845 607 6823 or log onto http://www.healthystart.nhs.uk

Important things to know

Eating healthy food such as fruit, vegetables and foods that contain iron, calcium, folate and other vitamins during your pregnancy will not only keep you fit and well but will help your baby to develop and grow.

Keeping active will help you to adapt to your changing shape by strengthening muscles which come under great strain during pregnancy and childbirth.

**Things to start doing now**

**For folic acid**: eat plenty of green vegetables, brown rice, wholegrain and fortified cereals.

**For iron**: eat pulses, red meat, dried fruit as well as green vegetables and fortified cereals.

**For calcium**: add dairy products, such as milk, cheese and yoghurt.

**Wash your hands**, especially after gardening, handling meat, eggs, cats or kittens. Wear gloves when gardening or handling animal droppings, which can carry harmful bacteria.

*Take at least 400 micrograms of folic acid a day during the first 12 weeks of pregnancy.*

Find out about Healthy Start, you may be able to get free vouchers for milk, fresh fruit, fresh vegetables and starchy foods. Contact the helpline at the Healthy Start Issuing Unit on 0845 607 6823 or log onto http://www.healthystart.nhs.uk

**Smoking, alcohol and drugs**

Your midwife or GP can give you advice on ways to change your lifestyle for your baby’s and your health.

**Smoking**:

If you smoke, you are strongly advised to stop as soon as possible as your baby can be affected by dangerous toxins.

NHS Stop Smoking Helpline Tel: (free) 0800 184 5000

**Alcohol**:

Avoid drinking alcohol when you are pregnant as it can affect your baby’s development.

For more information Tel: 0800 328 6728

**Drugs**:

All drugs can harm your baby. Tell your GP or midwife as soon as possible about any drugs you are taking, including over-the-counter or prescribed medications, or street drugs.

Substance Misuse: RANK 24 hours/day.
Tel: (free) 0800 77 66 00

**Things to do less or stop**

Reduce your vitamin A intake - avoid eating liver, cod liver oil or vitamin A tablets.

Avoid eating raw or undercooked meat, eggs, fish, unpasteurised dairy products, soft cheese or pâté.

Don’t eat more than two portions of oily fish a week (for example mackerel, trout or fresh tuna), or more than four cans of tuna (140g).

Don’t eat peanuts if you or anyone in your family is allergic or has a history of eczema, hayfever or asthma.

Drinks like tea, coffee, high-energy drinks and cola contain caffeine. You should have no more than 300mg of caffeine a day. This means up to four cups of instant coffee (3 cups of freshly brewed coffee) or six cups of tea each day.

Eating healthy food such as fruit, vegetables and foods that contain iron, calcium, folate and other vitamins during your pregnancy will not only keep you fit and well but will help your baby to develop and grow.

Keeping active will help you to adapt to your changing shape by strengthening muscles which come under great strain during pregnancy and childbirth.

**Things to start doing now**

**For folic acid**: eat plenty of green vegetables, brown rice, wholegrain and fortified cereals.

**For iron**: eat pulses, red meat, dried fruit as well as green vegetables and fortified cereals.

**For calcium**: add dairy products, such as milk, cheese and yoghurt.

**Wash your hands**, especially after gardening, handling meat, eggs, cats or kittens. Wear gloves when gardening or handling animal droppings, which can carry harmful bacteria.

*Take at least 400 micrograms of folic acid a day during the first 12 weeks of pregnancy.*

Find out about Healthy Start, you may be able to get free vouchers for milk, fresh fruit, fresh vegetables and starchy foods. Contact the helpline at the Healthy Start Issuing Unit on 0845 607 6823 or log onto http://www.healthystart.nhs.uk