

Just found out you are pregnant?

Please contact the midwifery team directly at Clifton Cornerstone

**0115 8786168**

You will be given an appointment with the midwife between 8 to 12 weeks from the first day of your last period.

You should take Folic Acid before you are pregnant and every day until you are 12 weeks pregnant.

You should take Vitamin D throughout your pregnancy.