

Your pregnancy test is positive – what next?

If you have had a positive pregnancy test, you should arrange an appointment with a midwife who will support you through your pregnancy.

Please phone **NHS Lothian Maternity Services** on 0131 536 2009 and select the option for first booking appointment.

The phone line is open Monday to Friday, 9am-5pm (excluding public holidays). Your call will be answered by an NHS Lothian clerical officer who will arrange your appointment.

What information will I be asked for?

You will be asked for the date of the first day of bleeding of your last period. This is known as your last menstrual period (LMP) and is used to calculate how far along in your pregnancy you are.

If you do not know the date, appointments will be made based on you being 6 weeks pregnant. This may be updated following your ultrasound scan.

If you conceived via in vitro fertilisation (IVF), use the IVF transfer date.

You will be also asked to provide the name of the GP practice you are registered with.

If you are not registered with a GP practice in NHS Lothian, you will find information on how to register at NHS Inform:

www.nhsinform.scot/care-support-and-rights/nhs-services/doctors/registering-with-a-gp-practice



When will my appointment be?

Your appointment with a midwife (called first booking appointment) will be arranged for around 8 to 10 weeks of your pregnancy. During the appointment, the midwife will check that all is well, take your medical history and explain the maternity care you will be offered.

If you require an interpreter, one can be arranged for you. Relatives or friends are not allowed to act as interpreters during your appointments.

An appointment will also be made for your ultrasound scan between 11 and 14 weeks of your pregnancy. Scans are carried out at Edinburgh Royal Infirmary, St. John's Hospital, East Lothian Community Hospital, Leith Community Treatment Centre and the Lauriston Building (see map at the end of this leaflet). Please be aware, children are not allowed in the scan room or to be left unsupervised in the waiting area.

You will receive letters confirming the date, time, and location of each appointment within 2 weeks. Information on what to expect at your booking appointment and a booklet explaining the screening tests offered during pregnancy will also be included.

I'm pregnant and unsure what to do

If you live in Lothian, have had a positive pregnancy test, and are unsure if you wish to continue with the pregnancy, you can discuss it with staff at the Choices Clinic at Chalmers Sexual Health Centre (EH3 9ES). Your decision and your treatment are confidential matters between you and the healthcare team.

The clinic can be contacted by phoning **0131 536 1070** Monday to Friday (excluding public holidays) 9am-3pm.

The Chalmers Centre: www.lothiansexualhealth.scot



ultrasound scan centres



Edinburgh Royal Infirmary, 51 Little France Crescent, Edinburgh, EH16 4SA.

The Lauriston Building, Lauriston Place, Edinburgh, EH3 9EN.

Leith Community Treatment Centre, Junction Place, Edinburgh, EH6 5JQ.

St. John's Hospital, Howden Road West, Livingston, EH54 6PP.

East Lothian Community Hospital, Alderston Road, Haddington, EH41 3PF