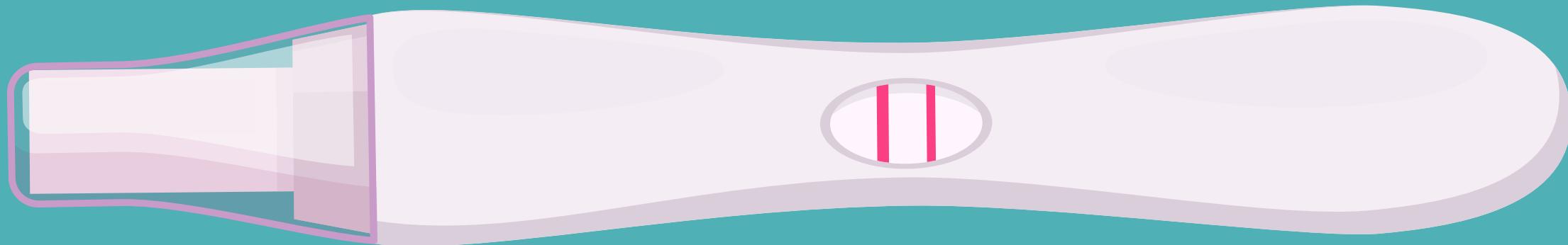


## Are you pregnant?



Don't delay. Make an appointment with a midwife **before 10 weeks.**

**Seeing a midwife early means you can get:**

- ✓ The help and advice you need
- ✓ FREE vitamins and folic acid
- ✓ Information about the tests and scans you can have
- ✓ A chance to ask questions, or share any worries.



**You don't need to see your GP.  
Contact your local maternity service directly:**



**Barnsley  
Maternity Service**



**Doncaster & Bassetlaw  
Maternity Service**



**Rotherham  
Maternity Service**



**Sheffield  
Maternity Service**

**If you're planning a home birth please contact your local service.**