

Pregnant?

Healthcare for you and your baby in Sussex



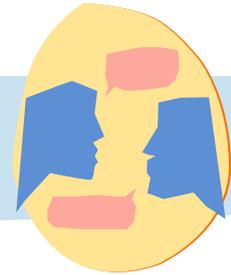
6 - 10 weeks



Find out you are pregnant



Tell us you are pregnant

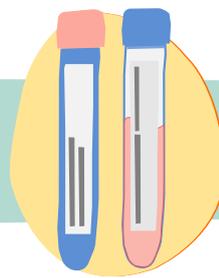


Meet your midwife

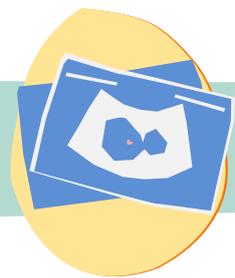
10 - 22 weeks



First scan



Blood tests

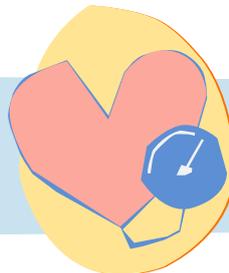


Second scan

22 - 32 weeks



Feeling your baby move



Regular checks



Getting ready for baby

32 - 41 weeks



Pain relief



Giving birth



Going home

Getting more help

- **Sussex Local Maternity and Neonatal System:** sussexlmns.org/my-pregnancy
- **Tommy's:** tommys.org
- **Tommy's support for Black and mixed heritage women:** tommys.org/pregnancy-information/about-tommys-pregnancy-information/video-call-service

Not online? Call us on...



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