

## Are you newly pregnant?

You can now directly refer yourself into the Maternity  
Service at South Tyneside and Sunderland NHS  
Foundation Trust

SCAN HERE



## TO SELF REFER YOUR PREGNANCY

Useful tips:

1. Ensure you have your NHS number. If you don't know yours, find your NHS number via the nhs.uk website.
2. Check your dates. It is important to know the first date of your last menstrual period to ensure you have your booking appointment in time for important screening tests. If you are unsure, please provide a date as close to that as possible.