

# Call your midwife as soon as you know you're pregnant.

She'll give you the  
support and answers  
you need.

To make your  
first midwife  
appointment,  
telephone 0141  
232 4005



[www.readysteadybaby.org.uk/expecting](http://www.readysteadybaby.org.uk/expecting)  
[www.nhsggc.org.uk](http://www.nhsggc.org.uk)