

# unprepared?

## *Early Pregnancy Assessment Clinic*

At the Hospital of St John & St Elizabeth we are very proud of our reputation for providing the very best in quality healthcare.

Our services are designed to provide our patients with the care they want, quickly and effectively without having to make repeat visits.

We aim to complement the services operating within the NHS and to this end this service is not exclusively designed for women who plan to have their baby privately.

A fact sheet is available on request or will be available to download from our website giving you more information.

### How to find us

#### Public transport

- We are just three minutes walk from St John's Wood underground station (Jubilee line).
- Bus numbers 13, 46, 82 and 113 pass along Wellington Road. The nearest stop is just before St John's Wood underground station.
- Bus numbers 46 and 187 go along Circus Road. The bus stop is close to the Hospital's Circus Road entrance.
- Bus numbers 189 and 139 go along Abbey Road.

#### Car parking

There is a public car park in Kingsmill Terrace (just off Acacia Road) but there is no parking at the Hospital.

#### Hospital of St John & St Elizabeth

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The **Early Pregnancy  
Assessment** Clinic  
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The Hospital of  
St John & St Elizabeth

150 years of compassion and excellence

## Pregnant? Feeling a little unprepared?

The anxiety about what to do to prepare for pregnancy and how to deal with the new experiences when you are pregnant are all covered by our experienced team of consultants and midwives who work together to provide this service.

### The service

The Early Pregnancy Assessment Clinic (EPAC) has been set up to assist a range of women who either are, or wish to be pregnant but have concerns about actual or possible complications.

The clinic also recognises that with the restrictions in the National Health Service and the availability of services particularly in London, that there exists a need to provide additional support and guidance whether you are looking to have your baby privately or on the NHS.

The clinic is divided into two complimentary parts. The first is led by a consultant obstetrician and gynaecologist and provides a one stop service that may be booked via a referral from your GP or directly by you.

The second is led by a team of midwives and offers support and guidance to mothers who have questions about where to have their baby.

### EPAC

#### Who should attend the clinic and what does it offer?

The clinic is an outpatient based clinic offering a one stop service to patients who are concerned or anxious mothers to be with:

- bleeding in early pregnancy
- pelvic pain with a positive pregnancy test
- severe nausea/vomiting in early pregnancy
- anxiety due to a history of a previous miscarriage or ectopic pregnancy
- a desire to have an assessment of an assisted conception pregnancy
- a desire to receive pre-pregnancy assessment/counselling.

The consultant will take a history, perform an ultrasound scan and where necessary perform blood tests as part of the first consultation.

The list above is not exhaustive and is designed to provide a guide to people who may seek additional support during pregnancy or who need advice when planning a pregnancy.

#### Appointments

For an appointment to see the consultant call 020 7806 4060 or email [info@hje.org.uk](mailto:info@hje.org.uk)

### The midwife led team – Pregnancy matters

This service is not designed to convince you to have your baby privately and in many cases will be a service that complements the support you may be receiving from your GP or midwife.

In the time leading up to the first scan there are many questions and many anxieties that every mother faces. This can be a one off visit or a longer term support offering:

- advice on becoming pregnant
- information on available services, both within the NHS and privately
- ways to feel more empowered at work
- information on antenatal screening
- information on home births, NHS and private
- when to see your midwife or doctor
- support on all areas that concern or interest you to allow you to feel in control of your pregnancy
- what exercises to do
- what diet to follow.

There is a separate leaflet on the Pregnancy matters service or you can contact us directly for more information.

#### Appointments

For an appointment to see the midwives call 020 7078 3837 or email [pregnancymatters@hje.org.uk](mailto:pregnancymatters@hje.org.uk)