

**Early contact before 12 weeks of pregnancy to maternity services is important to ensure best care for you and your baby.**

**Please contact your GP or self-refer via maternity services for an appointment or advice.**

**Telephone 0208 401 3156**

**Or**

**Email:**

**[ancreferral@croydonhealth.nhs.uk](mailto:ancreferral@croydonhealth.nhs.uk)**