

The NHS recommends
you contact your local
maternity unit as soon
as you find out you
are pregnant.

[NHSfirststep.com](https://www.nhs.uk/firststep)

A woman with short brown hair and bangs, wearing a red and white striped long-sleeved shirt and blue jeans, is sitting on a white bed. She is smiling and looking to her left. She is holding a white pregnancy test stick in her hands. The background is a plain, light-colored wall.

Pregnant and Prepared