

Ante-Natal Care

This leaflet is to let you know what you can expect from all the health professionals involved in your antenatal care.

The first step is to confirm that you are pregnant and this can be done by purchasing a home pregnancy kit from your local chemist.

At around five to eight weeks of pregnancy you should make an appointment with the doctor or midwife who will complete a maternity booking form and give you a booklet entitled 'Emma's Diary' which contains useful information. They will also inform the Health Visitor of your pregnancy.

Whilst you are pregnant and until your baby is one year old you are entitled to free prescriptions and dental treatment. An exemption certificate is to be signed by a Doctor and sent off.

At your first appointment you will be given a Maternity Book, which you keep and take with you when you attend antenatal appointments with either the Doctor, Midwife or hospital consultant.

The Midwife will discuss your options for delivery and provide you with dietary advice, blood test and dating scan forms.

During the early stages of your pregnancy you should have routine checks with the midwife to ensure your pregnancy is progressing well.

The Midwife arranges your blood tests and you can either have them done at the hospital or the practice. If you wish to have them performed at the practice, please make an appointment.

Check List

<i>Gestation</i>	<i>Approximate Appointment</i>
8-10 weeks -	Midwife
14 weeks -	First dating scan (an appointment will be sent by the hospital)
16 weeks -	Blood tests for spina bifida (AFP) Downs, Blood group, HIV etc.
20 weeks -	Scan to check for any anomalies
25 weeks -	Midwife (1st Baby only)
28 weeks -	Hb and Antibody blood test
31 weeks -	Midwife (1st baby only)
34-40 weeks -	Fortnightly appointments with Midwife
40 weeks -	Midwife (1st baby only)
40+ -	Weekly appointments with Midwife

This is reviewed according to Local Guidelines.

You do not need to be seen more frequently than set out above if everything is going well.

Your Health Visitor will visit you at home when your baby is 10 – 14 days old and can advise on feeding, weaning and any family issues you may have.

The Roles of the GP, Community Midwife, Health Visitors & Hospital Clinics in the Provision of Ante-natal and Post-natal care.

Doctor

Antenatal Care

Should you have any problems you can make an appointment to see a Doctor during normal surgery hours.

Postnatal Care

At your eight week check for yourself and your baby you can discuss your contraceptive requirements with the Doctor. The Practice Nurse will administer the first of a course of three injections to protect your child against Diphtheria, Tetanus, Polio, Pertussis and Haemophilus B. The next two injections follow one month apart and you will receive a reminder from the health authority when they are due.

Midwife

The midwife's role in your maternity care is to prepare you for motherhood and promote good health for yourself and your baby by advising on the effects of drinking, smoking and good diet whilst you are pregnant.

The midwife guides you through your pregnancy and endeavours to detect any anomalies and make relevant referrals if necessary.

The midwife provides you with your options for delivery and will deliver your baby providing it is a normal birth.

Following the birth she will visit you on your first day at home. When your baby is five days old she will carry out the Guthrie test and at ten days old she will discharge yourself and your baby from their care. Extra visits may be arranged according to need.

Health Visitor

The Health Visitor is a qualified nurse with special training and experience in child health, health promotion and health education. Every child under five years has a named Health Visitor and she can give you advice and information on health development, e.g. feeding, sleeping, communication and behaviour.

The Health Visitor can also provide you with information regarding the childhood vaccination programme.

Health Visitors are also a source of information regarding local services for young children. They run regular developmental screening of all children less than five years of age. This is carried out on the second and fourth Wednesday of the month from 2 pm at the surgery.