

Before you conceive:

It is a good idea, when possible, to see your Doctor a few months before you decide to try for a baby. The Doctor can give advice on diet, smoking, alcohol, medication and may wish to check that you are immune to German Measles (Rubella). All women who are trying to conceive or who are in the first 12 weeks of pregnancy should ensure that they are taking a diet with extra folic acid and also a folic acid supplement tablet. (This can be bought over the counter at the chemist – Folic Acid 400 micrograms, one daily).

6Weeks, GP:

When your period is two weeks overdue (i.e. six weeks from your last period), please make an appointment to see your Doctor. Your Doctor will confirm the pregnancy and discuss future care.

8-10 Weeks

Booking appointment.

Your Pregnancy pathway will be either, CONSULTANT (Hospital), MIDWIFE, or SHARED CARE (with GP & Midwife), this will be discussed with you. Your Midwife will also give you information regarding your health, diet, medication, dental care, and exercise, antenatal classes and screening tests. You will also receive information on the blood tests in pregnancy, and may have bloods taken at this appointment. Various leaflets will be given to you to read at your leisure regarding your pregnancy.

If you are in the shared care scheme, then your visits should be divided equally between your midwife and your GP. Please do not duplicate your visits to the professionals by attending both the hospital and GP surgery in the same week unless you have been advised to do so!.

11-14 Weeks,

From Sept 08 Dating Scan will be arranged from booking appointment

11-18 Weeks,

Antenatal screening:

appointment for chromosome abnormalities

Either the TRIPLE TEST at the hospital, or a Private Nuchal scan. Your midwife will give you information where you can have either done at the early pregnancy booking appointment

16 Weeks

Antenatal Check-up:

- please make an appointment to see either your midwife or your GP for an antenatal assessment (Blood pressure and urine testing).

18-21 Weeks,

HOSPITAL

- you will have received an appointment for an ultrasound scan. This is an "anomaly scan". This scan looks at your baby to

check for any obvious abnormalities/problems

24 Weeks,

Antenatal Check-up:

- please make an appointment to see either your midwife your GP for an antenatal assessment (Blood pressure & urine testing).

Collect Mat B1 form.

28 Weeks,

Antenatal Check-up:

- you will also require a routine blood test for Random Glucose, Hb and antibodies.

NB if you are RHESUS NEGATIVE you will require a separate appointment for anti-D injection. Your midwife will give you information where you can have it done.

31-32 Weeks,

Antenatal Check-up:

- for routine antenatal assessment, with your Midwife or GP

34-36 Weeks,

Antenatal Check-up:

- for routine antenatal assessment with your Midwife or GP.

NB if you are RHESUS NEGATIVE you will require a separate appointment for your 2nd Anti-D injection at 34 weeks!

38 Weeks,:

Antenatal Check-up:

- for routine antenatal assessment, with your Midwife or GP

40 Weeks

Antenatal Check-up:

- for routine antenatal assessment, with your Midwife or GP

41 Weeks,

Antenatal Check-up:

- for routine antenatal assessment, with your Midwife or GP. Providing your pregnancy remains "normal" - your GP/MW can arrange a date for your labour to be induced (usually for when you are 12 days overdue).

N.B. PLEASE ALWAYS BRING A SAMPLE OF URINE AND YOUR PATIENT HELD RECORDS TO EACH ANTENATAL CHECK.

DELIVERY OF BIRTH

Home birth is an option that would need to be discussed with the Midwife.

Delivery Suite, Watford General Hospital – Alex Birth Centre low risk unit:

Your birth will be supervised by a Midwife and the hospital Doctors, if required. The hospital Midwives will discuss with you when you wish to be discharged home. Your baby will be checked in the hospital before you are allowed home or by a qualified Community Midwife at home.

Home with Baby:

The Midwife will visit you at home to check that you and the baby are progressing satisfactorily. Your General Practitioner will contact you at some stage during the first ten days and it is very helpful if you can inform the surgery when you are discharged from the hospital. The Health Visitor will visit in the second week. She will help you with any feeding or management problems and tell you about the "Well Baby" Clinic. She will also arrange for your baby to have a routine check at six weeks with a Doctor at the Surgery.

Postnatal at 6 weeks after birth (at Surgery):

You should make an appointment for a postnatal with your GP. The Doctor will discuss any problems and examine you. Contraception will be discussed at this appointment.

ANTENATAL CLINICS

Our Midwife runs an antenatal clinic at Rickmansworth on Mondays, and also on the last Thursday morning of each month at Chorleywood. The Midwife runs a "booking" clinic for your first antenatal appointment on Fridays. Your doctor will see you in normal surgery.

ANTENATAL CLASSES

These can be discussed with the midwife at your "booking" appointment. Alternatively, the National Childbirth Trust run classes. Multips – hospital refresher, if required.

Your local contacts are:-

Membership Secretary:

Watford - Caroline Cox 01923 211278
Chiltern – Liz McCormick 01494 727837

Teachers Booking Secretary:

Watford - Kay Fearn 01923 337294
Chiltern - Suzanne Walker 01494 872537

GENERAL ADVICE

DO NOT SMOKE.

NO MORE THAN TWO alcoholic drinks per week.

Eat sensibly (not for two). Diet sheet given to all women at booking appointment.

Continue exercise.

Take extra rest.

Avoid medication except on medical advice.

Pelvic floor exercises – exercise sheet given to all women at booking appointment.

Please see Midwife or GP if any problems or concerns between antenatal appointments.

Information for our patients:

DOCTORS

BENNETT, HINTON, AIREY, SLADE, KEMP, SANGAR
Telephone: 01923 775291
Watford General Hospital - Telephone: 01923 244366

MATERNITY UNIT

Nava Cusack - Telephone: 01923 217361 (9-5 office)

COMMUNITY MIDWIFE

Out of Hours (Catherine Ward) 01923 217366

HEALTH VISITORS

Emma Kay and Sue Patrick Telephone 01923 284034