

## **LODGE AND HIGHFIELD SURGERIES ANTENATAL CARE SCHEDULE**

**Please visit your GP or midwife Louise Fletcher at the surgery two weeks after you have missed your last period so we can arrange for your care during pregnancy as outlined below.** Your partner or a family member is always welcome to come with you and please feel free to ask any questions.

### **6-8 weeks**

See your doctor or midwife at the surgery. We will calculate your due date and discuss your options for maternity unit. Your GP will then write a referral letter to your chosen maternity unit to request a booking appointment. We will also discuss your diet during pregnancy and folic acid (if you are not already taking this), alcohol and smoking and any medications you are currently taking. We will give you a form FW8 which entitles you to free prescriptions and dental treatment during pregnancy and for one year after the birth of your child.

### **8 weeks**

If you are intending to go to Watford maternity unit or have a home birth, your midwife will contact you and arrange a time for a booking appointment at the surgery.

If you are intending to go to Barnet, Luton, the Lister or any other maternity unit you will be sent an appointment in the post to attend that unit for your booking appointment.

At your booking appointment your midwife will discuss your relevant medical and pregnancy history, screening tests available and arrange for blood tests and ultrasound scan. If necessary your midwife or GP will arrange for you to see a consultant at your chosen maternity unit. This is another good opportunity for you to ask questions and your partner or family member is welcome to attend with you. The midwife will give you information to book antenatal classes.

### **12weeks**

Dating scan - and combined screening as arranged by midwife - see screening information.

### **15-16 weeks**

Please make an appointment to see your GP or midwife at the surgery. We will check your blood pressure, do a urine test and listen to your baby's heartbeat. We will ensure you have had blood tests and arranged your ultrasound scan for 20 - 21 weeks and answer any further questions.

### **20-21 weeks**

You will have an ultrasound scan at the maternity unit at which you are booked. This is an "anomaly" scan which looks at your baby to check for any obvious abnormalities or problems.

cont'd

**24 weeks**

Please make an appointment to see your GP or midwife at the surgery for an antenatal check including blood pressure and urine test. We will review your blood tests and ultrasound scan results. You can collect a Mat B1 form to give to your employer to claim maternity allowances. First time mothers extra visit.

**28 weeks**

Please make an appointment to see your GP or midwife at the surgery for an antenatal check including blood pressure and urine test. If you are booked for Watford or home birth we will give you a form to take to the pathology lab at St Albans City Hospital for blood tests. If you are booked at another maternity unit you will need to go there for your blood tests.

If you have been told you have a Rhesus negative blood type you will have been sent an appointment for an anti-d injection at your maternity unit after your blood tests.

**31/32 weeks**

Please make an appointment to see you GP or midwife at the surgery for an antenatal check including blood pressure and urine test. We will also review your blood test results. First time mothers extra visit.

**34-36 weeks**

Please make an appointment to see your GP or midwife at the surgery for an antenatal check including blood pressure and urine test. We will also discuss your birth plan, make arrangements for your birth at the ABC birth centre at Watford or home birth if you are booked at Watford and would like to choose either of these options.

NB If you are RHESUS NEGATIVE you will require a separate appointment for your second anti-d injection at 34 weeks.

**38 & 40 weeks**

Please make an appointment to see your GP or midwife at the surgery for an antenatal check including blood pressure and urine test. First time mothers extra visit.

**41 weeks**

Please make an appointment to see your GP or midwife at the surgery for an antenatal check including blood pressure and urine test. We will also discuss induction of labour at 12 days over your due date and arrange for this at the maternity unit at which you are booked.

Please do not duplicate your visits to professionals by attending both the hospital and GP surgery in the same week, unless you have been advised to do so.

*January 2012*

## **LODGE AND HIGHFIELD SURGERIES**

### **ANTENATAL SCREENING INFORMATION FOR PATIENTS**

There are two screening tests available for Down's Syndrome and Neural Tube defects:

These tests show whether or not there is an increased chance of having a baby with Down's syndrome or an open neural tube defect, such as spina bifida.

They are screening tests and cannot tell you definitely if your baby is affected or not, but can indicate if you should be offered further tests.

#### **Combined Screening**

##### **Nuchal Translucency & Blood Tests**

Available free to all women booked at Watford and other local maternity units. You will be able to discuss this during your booking appointment with your midwife, if you are 10 weeks or less pregnant at your booking. It will be done between 11 weeks and 13 weeks 6 days at your maternity unit. You may also book a private nuchal scan as below if you prefer.

Spire Hospital, Harpenden, 01582 623323

Mr Burrell cost £140

Mr Salvesen cost £150

Hertfordshire Clinic, St Albans 01727 898162 Mr Burrell £140

The Fetal Medicine Centre, Harley Street, London W1 020 7486 0476 £150

#### **The Quadruple Test**

If you are too late booking to have a combined screening or it is technically too difficult for the scan department to do, you may have a blood test that is available between 14 and 21 weeks of pregnancy, and will be offered to you at about 15-16 weeks. It shows whether or not there is an increased chance of having a baby with Down's syndrome or an open neural tube defect, such as spina bifida.

The test is a screening test and cannot tell you definitely if your baby is affected or not, but it can indicate if you should be offered further tests.

It is important to discuss the test with your doctor or midwife before you decide whether or not you would like to have it.

**The quadruple triple test can be booked by your midwife or if there are difficulties with the combined screening test.**

January 2012

## **WHERE TO DELIVER YOUR BABY**

**Women in West Herts have the choice to deliver at any of the following maternity units or at home (if they meet the criteria).**

### **WATFORD GENERAL HOSPITAL**

All antenatal appointments will be carried out at St Albans City Hospital with delivery at Watford General Hospital either on the main delivery suite or Alexandra Birth Centre (ABC).

### **LUTON AND DUNSTABLE HOSPITAL**

### **LISTER HOSPITAL STEVENAGE**

### **BARNET AND CHASE FARM HOSPITAL**

### **HOME**

If you feel you would like to deliver at home, please talk further with the practice midwife Louise Bonser or your doctor.

January 2012

## **PARENT EDUCATION COURSES**

These are available to all parents who are having their babies at Watford and aim to provide an understanding of labour and birth.

A variety of courses for either women only or couples take place at locations in Watford, St Albans and Hemel and are allocated according to where you live.

For full information and a booking form, please go to:

**[www.westhertshospitals.nhs.uk](http://www.westhertshospitals.nhs.uk)** and follow the links as follows:

Our services

↓

Women's services

↓

Parent education courses

## HEALTHY EATING – A GUIDE FOR MOTHERS-TO-BE

**What food should I avoid?** Whilst you are pregnant you must avoid certain foods because they can carry infections which could have a serious effect on your unborn baby.

The listeria bacteria can cause a serious infection that will affect your unborn baby or cause miscarriage. High levels of listeria are found in mould-ripened cheeses (eg Brie, Stilton), unpasteurised dairy products (eg soft goat's cheese), fresh pates, pre-washed bags of salad and soft ice-cream from vans. All these should be avoided. Sometimes there is a confusion about what is safe. The following foods for example, are perfectly safe to eat – cottage cheese, hard cheese, processed cream cheese, yoghurts (including live as long as it is pasteurized) and fromage frais.

Salmonella and toxoplasmosis infections can be prevented if the following foods are avoided – all undercooked or raw meats (including meats like Parma ham), eggs, fish, products made with raw eggs (like mousses and homemade mayonnaise) and unwashed fruit and vegetables. Commercial mayonnaise bought at room temperature is safe.

High levels of a form of vitamin A called retinol found in liver have been shown to cause birth defects, therefore liver and foods containing liver should be avoided.

New research suggests that women (or their partners or existing children) who have a history/family history of asthma, eczema, hay fever or peanut allergy, should avoid peanuts (and food that contains peanuts or groundnut oil) during pregnancy and breastfeeding to reduce the risk of the development of an allergy in the baby.

**Food Hygiene** – When you are pregnant, you are much more vulnerable to food poisoning. Always wash your hands thoroughly with soap and water before preparing food and after touching raw meat, fish and eggs. Keep separate chopping boards for raw and cooked foods. In your fridge, which should be kept below 4°C, ensure raw foods and cooked foods are kept apart. Always defrost meat in the fridge but ensure it does not drip on any other foods. When transporting chilled or frozen foods home from the shops, carry them in an insulated bag to stop the temperature increasing and so allowing bacteria to grow.

When preparing fruit and vegetables, thoroughly wash them before eating or cooking as particles of soil may contain the parasite toxoplasma\*. The rule of thumb when pregnant is always cook food very thoroughly. Meat should not be pink at all, eggs should be solid when cooked, and cooked chilled foods should be cooked according to instructions and must be piping hot in the middle. Finally, a word on the most germ-laden item in your kitchen – the dishcloth. Regularly disinfect and replace them, and use different cloths for different jobs.

*\* Toxoplasmosis is an infection caused by a tiny parasite, and can be caught by eating anything infected with the parasite. It can cause miscarriage or damage to the unborn baby.*

**Do I need to take supplements?** – With the exception of folic acid in the first 12 weeks of pregnancy, there is no need for dietary supplements unless your GP or midwife recommends them. If you are anaemic you may be prescribed iron which you should take with a drink of orange juice since the vitamin C will help absorb the iron and will counteract the side effect of constipation. If you are anaemic, avoid tea since this contains tannins, which prevent iron absorption.