

Antenatal Care Schedule for patients registered at Charter
This is a guide to aid you during your pregnancy

Congratulations on your pregnancy.

Your community midwives are Jenny Hawke, Ruth Loska and Sue Forrest. We are part of the West team of midwives. After your first visit you will be allocated to one of us for the remainder of your pregnancy.

Your appointments will be at **Goodwood Court Centre 52-54 Cromwell Road Hove BN3 3ER 01273 523149**

Please try to complete the booking forms before attending your first midwife appointment

Midwives clinics

Monday	morning afternoon	antenatal & bookings postnatal discharge clinic	Ruth/Sue	(from June 2016)
Wednesday	all day	antenatal & bookings	Ruth Loska	
Thursday	all day	antenatal & bookings	Sue Forrest	
Friday	all day	antenatal & bookings	Jenny Hawke	

Antenatal appointments are for 20 minutes except the booking which is 2 appointments of 40 minutes each. Postnatal appointments are 30 minutes. Please note this a guide only and appointments may vary slightly according to need.

Please telephone **01273 523149** to **arrange or cancel an appointment**. You are able to leave a message on the answerphone & your call will be returned as soon as possible. Please try to arrive on time for your appointments. **Please can you ensure the surgery hold your correct contact details.**

For non urgent queries please leave a message with the receptionists on **01273 523149** Alternatively you can leave a message for us at the community midwives office on **01273 664794**.

Emergency advice can be obtained via the labour ward on 01273 664793.

Every appointment is an opportunity for you to discuss with a midwife any concerns, or to answer any questions. Because the midwife has many patients to see, it would be helpful if you could write down your questions in advance of your appointment. This will help the appointments run to time. You may be referred for review to the hospital, or other services at any time during your pregnancy. This will always be discussed with you. Scan appointments, and some blood tests will be at the hospital, please make allowances for time, due to the difficulty parking at the hospital. Your General Practitioner will also see you for a couple of visits during your pregnancy. This is very important, as he/she will be the professional looking after you once the baby is born, and also it is nice to keep in touch with each other. These appointments can be when the appointment is for an antenatal check only. Please be aware of the systems for booking GP appointments at this surgery. You are welcome to bring a friend, partner or other family member with you for each appointment, but if there are intimate subjects to be discussed it may be more appropriate for them to join you for just the routine check.

We hope all goes well for you, during the pregnancy and if you have any urgent questions, please call the hospital delivery suite. This number is on the front of your white notes. If non-urgent please discuss with the midwife at your next visit.

First Appointment. All (GP) to confirm pregnancy. You will be given a pregnancy pack. Please complete the booking form before your first midwife appointment. Please ensure you have your NHS number with you (your GP surgery will have a record of it if you are unable to find it at home).

6-9 weeks Pre Booking All (40 minutes Midwife)

The first appointment is to give you an opportunity to discuss your pregnancy, with particular emphasis on diet and lifestyle. Your options for screening tests will be discussed, and early tests arranged if necessary. Blood tests will be discussed and performed. Scans and screening tests can be arranged

9-12 Weeks Booking. All (40 minutes. Midwife)

Your maternity notes will be completed and relevant paperwork or leaflets will be given to you. Any necessary referrals will be made.

11-14 Weeks (Hospital)

Scan and screening tests if requested. A date for your next scan will be arranged.

16 Weeks All (Midwife)

If you are having the quadruple test, this blood test may be taken at this appointment. Information regarding future tests will be discussed. Antenatal classes will be discussed with you. An antenatal check to include blood pressure measurement & urinalysis will be undertaken

20 week (Hospital)

Scan

25 Weeks First baby only. (Midwife)

An antenatal check will be performed. The midwife will begin measuring your abdomen about this time, to ensure the growth is normal. The term for this measurement is Symphysis Fundal Height (SFH). Your baby's movements will be discussed with you at appointments from now on.

28 Weeks All (Midwife)

Your second blood tests will be taken. If your blood group is Rh Neg, the midwife will make sure you have been given an appointment to receive your Anti -D. An antenatal check will be performed. SFH will be documented.

31 Weeks First baby only (this visit should be with patients GP)

Antenatal check, to include SFH

34 Weeks All (Midwife)

Antenatal check to include SFH. There will be opportunities to discuss birth plans.

36 Week All (Midwife)

Antenatal check to include SFH and check position of baby

38 Weeks All (maybe with GP)

Antenatal check to include SFH

40 Weeks

Antenatal check, this will be the opportunity to discuss options for Induction of Labour (IOL).

41 Weeks All who have not delivered. (Midwife)

If agreed, a membrane sweep will be performed at this visit, it is hoped this may help to start your labour. An antenatal check will also be performed.

