

**Please complete your personal details
below with your midwife**

Surname:

Forenames:

Surname

at birth:

Change of surname:

(if applicable)

Present home address:

Postcode:

Telephone:

Change of address:

22338

Postcode:

Telephone:

Identification or Patient identity sticker

Surname

Forename(s)

Hospital No.

Name you wish to be known by:

Age:

Date of birth:

NHS number:

Your occupation:

(Specify)

- * 1-Full-time mother 2-Not working
3-Part-time 4-Full-time

Partner or supporters occupation

- * 1-Husband 2-Partner 3-Parent
4-Other *(Specify)*

5-None

Occupation:

(Specify)

- * Self Emp Supervisor Employee
Manager Armed forces

Civil state:

- * Single Married Widowed

Your Antenatal Check-Ups and some General Reminders

If you have been booked for community based antenatal care from your GP and Midwife the antenatal appointment schedule below is a guide to your visits.

If you have been booked for shared care between the Hospital and your GP/Midwife then you may find you will have additional hospital visits.

6-8 weeks GP or Midwife	All women	Your GP or Midwife will confirm your pregnancy and provide you with information on maternity services. You will be given information on diet, folic acid and what screening tests are available. In addition you will be given, if this is your first baby, the NHS Pregnancy Book. A booking appointment with your midwife will be arranged and either a dating or nuchal scan should be arranged.
10 weeks Midwife	All women	Booking Appointment: At this appointment your midwife will take a detailed history of your health, family and pregnancy history and discuss a healthy lifestyle with you. You will be able to discuss who will care for you during your pregnancy and decide if a referral for an obstetric consultant opinion is appropriate. Your midwife will give you information on what benefits you may be entitled to, parent education classes and discuss screening tests with you. She will check your blood pressure, weight, and urine sample and following discussion will take blood samples.
11-13+6 weeks Midwife	All women	Combined Test: Nuchal scan and blood tests for Down's Syndrome screening.
15-19+6 weeks	Optional	Triple test for Down's Syndrome screening (only if combined test not performed)
16 weeks Midwife	All women	If you have been referred to the hospital you should have by now received a hospital appointment and if you requested one, a date for your anomaly scan. At this visit your midwife will review your blood tests with you and she will check your blood pressure and urine sample, listen for your baby's heart rate and discuss with you the signs of the more serious complications of pregnancy such as pre-eclampsia.
18-20+6 weeks	Optional	Anomaly scan
25 weeks GP	1st Baby	If you want to attend parent education classes you should be booking them now. If you are entitled to maternity pay you should ask for Mat B1 to give to your employer. At this visit your GP will check your blood pressure, urine sample and your baby's growth and heart rate.
28 weeks Midwife	All women	At this visit your midwife will check your blood pressure, urine sample and your baby's growth and heart rate. In addition she will ask to take another blood sample to check your iron levels. If your blood group is Rhesus negative she will take a blood sample to check for any antibodies in your blood and you will be offered an injection of Anti D.
31 weeks GP	1st Baby	At this visit your GP will review your blood tests with you and will check your blood pressure, urine sample and your baby's growth and heart rate.
34 weeks Midwife	All women	Have you thought about how you want to feed your baby? At this visit you may wish to talk this over with your midwife who will give you the hospital information booklet on breast feeding. Your midwife will also check your blood pressure, urine sample and your baby's growth and heart rate. She will also ask to take another blood sample to check your iron levels and for any antibodies in your blood.
36 weeks Midwife	All women	Preparing for the birth. You may want to discuss your birth preferences with your midwife and write them down, there is space for this on the back of the yellow sheet in these notes. You should check with your midwife who to contact when you go into labour. Your midwife can also provide you with information on what to do if your waters break before labour and skin-to-skin contact with your baby after birth. She will also check your blood pressure, urine sample, your baby's growth, heart rate and the position of your baby.
38 weeks GP	All women	Arrangements: You will need to arrange your own transport in to hospital and ensure you have thought about who will care for any children at home and who will help you once you come home from hospital. Your GP will check your blood pressure, urine sample, your baby's growth, heart rate and the position of your baby.
40 weeks Midwife	1st Baby	At this visit your midwife will discuss the options for induction of labour and stretch and sweep with you. She will also check your blood pressure, urine sample and your baby's growth and heart rate.
41 weeks Midwife	All women	As your baby is now over due your midwife will offer you a stretch and sweep and discuss the options for induction of labour. She will also check your blood pressure, urine sample and your baby's growth and heart rate.

