

The midwife's ante-natal clinic is on Tuesdays 2:00pm-4.00pm at the Harston Surgery.. Following your home booking visit please telephone the surgery to make subsequent appointments.

#### Contact Numbers

Harston Surgery (01223) 870250

Ros Greensmith 8am-5pm Mobile 07753 850775

Team Pager for urgent calls from 08.00am-Midnight.

Tel 08700 555 500

Ask operator for WEST 20 stating

- message for Ros Greensmith
- reason for call
- your name and phone number
- on call midwife will ring you back.

# Your Care In Pregnancy

## Harston Surgery

11, Church St

Harston

Cambridge.

Tel (01223) 870250

## INTRODUCTION

We hope this information will be helpful during your pregnancy.

Providing you are healthy and that you have a straightforward pregnancy you can choose to have your care at the surgery from your usual GP and the attached midwife, Ros Greensmith and her colleagues.

You will only need to attend the Rosie Maternity Hospital if you choose to have scans.

Should it be necessary we can easily arrange for you to be seen by the obstetric team at the Rosie.

## SCHEDULE OF CHECKS

### Consultation with GP

To confirm your pregnancy, check your general health and discuss your style of care. You will be given your national maternity notes. It would be helpful if you could complete these records and forms in preparation for your meeting with the midwife.

### PLEASE HAVE THESE RECORDS WITH YOU FOR ALL FUTURE APPOINTMENTS

The following dates are from the first day of your last period. Please bring a urine specimen to every ante-natal check-up.

8-12 Weeks: Scan at the Rosie to date the baby's age accurately. This appointment will be posted to you.

Approx 10-12 Weeks: Booking (registering you for pregnancy care) by the midwife who will phone to arrange to visit you at home for this. Discussion will include screening tests available to you and your choices in pregnancy.

14 weeks+3 days-16 Weeks by scan dates: Blood Test Please make a morning appointment with the practice nurse for this.

The tests done are blood group, antibody screen, full blood count, rubella immunity screen, syphilis, blood sugar and optional hepatitis, HIV and triple screening test. The midwife will have explained this to you at booking.

16-18 Weeks: Check up with midwife/GP.

19-21 Weeks: Detailed Ultrasound Scan You will receive an appointment for this following your initial scan. Please book parent craft classes at the Rosie reception if required.

24 Weeks: Check up by midwife/GP.

28 Weeks: Blood Test by practice nurse & check with the GP/midwife. Please make an early morning appointment with the practice nurse. The tests done are blood group and antibody screen, full blood count and glucose challenge test to get an accurate measurement of your blood sugar levels. Please drink 265ml Lucozade 1 hour before your appointment.

Providing your pregnancy remains straight forward the following is a recommended framework of care:-

### If this is your first baby

Approximately 32 weeks: check up by midwife/GP.

Approximately 36 weeks: check up by midwife/GP.

38 weeks:check up by midwife/GP.

40 weeks: check up by midwife/GP.

41 weeks: check up by midwife. Discuss and arrange induction of labour.

### If this is your second baby

32-34 weeks: check up by midwife/GP.

36-38 weeks: check up by midwife/GP.

41 weeks: check up by midwife. Discuss and arrange induction of labour.

### Hospital Based Care

If your care is shared with the hospital the early scan, blood test and physical examination will be done at your initial hospital booking appointment. The hospital doctor will then discuss future hospital appointments with you. N.B. The optional triple test will still need to be done at 14 weeks+3 days-16 weeks by the practice nurse.