



## Maternity Care at Westcroft House

The following aims to tell you a little bit about your care in the coming weeks and months.

Most of your care will be provided by a community midwife. She will talk with you about all aspects of your maternity care.

### **Usual appointments for low risk women**

- 8 -10 weeks - Booking appointment (see page 3)
- 12 weeks - Ultrasound scan for dates (“dating scan”)
- 16 weeks - Blood tests for screening
- 20 weeks - Detailed ultrasound scan
- 24 weeks - Antenatal check
- 26-28 weeks - Oral glucose tolerance test if required
- 28 weeks - Antenatal check & blood tests  
Possible injection of anti-D (if rhesus negative)
- 31 weeks - Antenatal check
- 34 weeks - Antenatal check and blood tests.
- 36 weeks - Antenatal check – check position of baby
- 38 weeks - Antenatal check
- 40 weeks - Antenatal check
- 41 weeks - Antenatal check and discussion regarding membrane sweep and induction of labour

### **Staff involved in your care**

- **Community Midwife** - Will see you frequently
- **Hospital Midwife** - Your baby will usually be delivered by a midwife working at the hospital.
- **General Practitioner** - Your GP will be available for all aspects of your maternity care
- **Obstetrician** - Will see you if required

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# PREGNANCY AND MATERNITY CARE

WESTCROFT HOUSE  
SURGERY



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### Included in this leaflet:

- **Planning to become Pregnant?**
  - Advice to women planning a pregnancy
- **Do you think you are Pregnant?**
  - How to confirm your pregnancy
  - What to do next
- **Maternity care at Westcroft House**

### Useful Websites:

**Department of Health** – The pregnancy book – [www.dh.gov.uk](http://www.dh.gov.uk)  
**BPAS** – British Pregnancy advisory service – [www.bpas.org](http://www.bpas.org)  
**Food standards agency** - [www.eatwell.gov.uk/agesandstages/pregnancy/](http://www.eatwell.gov.uk/agesandstages/pregnancy/)  
**Royal College of Midwives** – [www.rcm.org.uk](http://www.rcm.org.uk)  
**National Childbirth Trust** – [www.nct.org.uk](http://www.nct.org.uk)  
**Pregnancy Nutrition** – [www.sheffield.ac.uk/pregnancy\\_nutrition/](http://www.sheffield.ac.uk/pregnancy_nutrition/)  
**Disability, pregnancy and parenthood** – [www.dppi.org.uk](http://www.dppi.org.uk)  
**WellBeing** – [www.wellbeingofwomen.org.uk](http://www.wellbeingofwomen.org.uk)  
**Calendar** - [www.nhsdirect.nhs.uk/magazine/interactive/pregnancy/index.aspx](http://www.nhsdirect.nhs.uk/magazine/interactive/pregnancy/index.aspx)

## Planning to become Pregnant?

### Things you should do

- **Take Folic acid tablets**
  - **When?** Ideally before pregnancy, when planning a baby.
  - **Why?** To help prevent spinal cord problems in the baby.
  - **How much?** The dose is 400 micrograms (0.4mg) a day. You can buy this from pharmacies. Some people may need a higher dose-ask your Doctor or midwife.
- **Eat a Healthy Diet.** Include foods rich in iron, calcium, folic acid.
- **BMI:** Aim to have a BMI below 35
- **Existing Illnesses:**(eg.diabetes) Aim to have these well controlled
- **Wash your hands after handling...**
  - Raw meat, cats and kittens to prevent infection
- **Wear gloves when gardening** to prevent infection

### Things you should stop or cut down

- **Caffeine** in tea, coffee, cola, chocolate
  - Per day - 6 or less cups of tea and 4 or less cups of coffee
- **Alcohol.** You are strongly advised not to drink alcohol at all
- **Smoking and street drugs.** You should stop completely

### Things you should avoid

- **Too much vitamin A**
  - Do not eat liver, pate, cod liver oil or Vitamin A tablets
- **Listeriosis**
  - Do not eat undercooked meat or eggs, soft cheeses (e.g. brie, camembert), shellfish, raw fish, unpasteurised milk (including goats or sheeps milk)
- **Fish containing mercury.** E.g. shark, marlin, swordfish
  - Limit tuna to two portions per week
- **Sheep, lambs, cats faeces and litter.** To prevent infection
- **Peanuts.** If you have a history of allergy, eczema or asthma

### Other things to consider

- **Immunisation.** Against rubella, hep B and chicken pox
  - against hepatitis B if you are at risk of getting this
  - chickenpox if you are a healthcare worker or have not had it
- **Medication.** Any currently prescribed, over the counter or herbal
  - Always discuss these with your Dr, midwife or pharmacist
- **Medical Conditions.** Always discuss these with your Dr or midwife
- **Work Environment.** Do you work with things that may be harmful?
- **Psychological impact.** Talk to your midwife or Doctor about this.
- **Whooping cough vaccine** 28-38 weeks
- **Flu jab**

## Do you think you are Pregnant?

If you suspect you are pregnant there are a whole range of feelings you may be experiencing. You may be absolutely delighted but you may be absolutely terrified!

The advice below aims to guide you through the next steps to take in order for you to consider options appropriate for you.

### Confirm the pregnancy

- **Buying a Pregnancy Test**
  - **Where?** Go along to your local Pharmacy, or store
  - **How much?** These may range in price but are largely easy to use and accurate. You are able to purchase one for approximately £3 - £4.
  - **What next?** Follow the instructions on the box and confirm your suspicions.

### Positive test

- **Contact the surgery**
  - Make a 'booking appointment' with the Midwife
  - These are between 8 and 10 weeks of pregnancy
- **Booking Appointment**
  - Information: the Midwife will give you information
  - It is normal to have questions, and the Midwife is skilled and experienced in with dealing with your anxieties, problems and queries
- **Routine Blood Tests (at the booking appointment)**
  - to check if you are immune against rubella, and to screen for hepatitis B, syphilis, and HIV
  - Some rare anaemias
  - Screen for diabetes in pregnancy
- **Do you have Pregnancy concerns?**
  - You may not be 'over-the-moon' at the prospect of having a baby. If you feel that you would like to discuss your concerns then you must contact the surgery to make an appointment with the GP (you may wish to visit open morning surgery where it is not necessary to wait for an appointment).
  - We have surgery leaflets regarding termination-please ask.