

Your antenatal appointments

Information and advice for mums-to-be

Maternity

This booklet gives you information about your antenatal appointments. Please keep it safe and bring it with you when you visit your midwife, doctor or any hospitals appointments.

Mums sticker

Telephone: _____

GP: _____

Your midwife's details

Your named midwife is: _____

Contact number: _____

Team sticker

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Hospital details

Hospital booked at: _____

Antenatal clinic: _____

Delivery suite: _____

Community office: _____

Minimum number of appointments for women who are low risk

Appointment	First pregnancy only	If you have had a pregnancy before
Booking		✓
Dating scan		✓
16 weeks		✓
Anomaly scan		✓
25 weeks	✓	
28 weeks		✓
31 weeks	✓	
34 weeks		✓
36 weeks		✓
38 weeks		✓
40 weeks	✓	
41 weeks		✓

If you have medical problems or problems develop in your pregnancy you may have more visits than this.

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Symptoms to report

If you are **6 – 15 weeks pregnant** and experience any of the symptoms below, please go to your **GP or nearest Emergency Department (ED)**.

If you are **16 – 42 weeks pregnant** and experience any of the symptoms below:

- Tummy pains
- Bleeding from your vagina
- Your waters break
- Severe headache
- Blurred vision
- Itching that isn't getting better, especially on your hands and feet.
- Your baby isn't moving as much (once you start feeling your baby move)

Please contact:

City Hospital: _____

Sandwell Hospital: _____

Your Birth Plan

Please feel free to write your thoughts and ideas or attach your birth plan here:

Further information and support

Alcohol, drugs and smoking

Drinkline 0300 123 1110

FRANK drugs helpline 0300 123 6600

NHS Smoking Helpline 0300 123 1044

Breastfeeding

La Leche League Breastfeeding 0845 120 2918

National Breastfeeding Helpline 0300 100 0212

Breastfeeding Community Service - 0121 622 6603

Health advice

NHS Choices www.nhs.uk

NHS Direct 111

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Pregnancy and childbirth

Antenatal Results and Choices 0845 077 2290

Midwives Online www.midwivesonline.com

National Childbirth Trust 0300 330 0700

Other organisations

National Domestic Violence Helpline 0808 2000 247

Further information

For more information about our hospitals and services please see our websites www.swbh.nhs.uk and www.swbhengage.com, follow us on Twitter @SWBHnhs and like us on Facebook www.facebook.com/SWBHnhs.

Sources of information used in this leaflet

- National Institute for Health and Care Excellence, CG62, 'Antenatal care: routine care for the healthy pregnant woman', March 2008

If you would like to suggest any amendments or improvements to this leaflet please contact the communications department on 0121 507 5495 or email: swb-tr.swbh-gm-patient-information@nhs.net



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