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.

Telephone: ________________________________

GP: ________________________________

Your midwife’s details

Your named midwife is: ________________________________

Contact number: ________________________________

Team sticker
Your antenatal appointments
Information and advice for mums-to-be

Maternity

Hospital details

Hospital booked at: _____________________________________________

Antenatal clinic: ________________________________________________

Delivery suite: __________________________________________________

Community office: ________________________________________________

Minimum number of appointments for women who are low risk

<table>
<thead>
<tr>
<th>Appointment</th>
<th>First pregnancy only</th>
<th>If you have had a pregnancy before</th>
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</thead>
<tbody>
<tr>
<td>Booking</td>
<td></td>
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<tr>
<td>Dating scan</td>
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<tr>
<td>16 weeks</td>
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<tr>
<td>Anomaly scan</td>
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<tr>
<td>25 weeks</td>
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<td>28 weeks</td>
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<td>31 weeks</td>
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<td>38 weeks</td>
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<td>40 weeks</td>
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<tr>
<td>41 weeks</td>
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</table>

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

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Your appointments

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Where</th>
<th>Reason</th>
<th>With Whom</th>
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</tbody>
</table>

If you need to change an appointment please telephone:

Hospital Appointment: ________________________________

Community Appointment: ______________________________

**What to bring to your appointments**

Please bring a urine sample with you to every appointment so it can be tested to see if you have any complications. You can get a urine sample pot from the reception desk at the antenatal clinic.

**Your first scan**

You will be sent a letter in the post offering you a scan for when you are 10 – 14 weeks pregnant. This scan will confirm your pregnancy, the number of babies and when you are expected to give birth. You will also be offered a test to find out how likely it is that your baby will have Down’s Syndrome. Your midwife can give you more information about this.

If you do not receive an appointment letter please call the antenatal appointments hub on 0121 507 4388.
Your antenatal appointments

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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
Your antenatal appointments

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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