

Maternity Care Guide

Information and advice for women

Welcome to Sandwell and West Birmingham NHS Trust for women and newborn babies. Thank you for choosing to have your care at our hospital.

Your antenatal care may be from the midwife and the GP (Midwife-led care), while some women may need to be seen by an Obstetrician (Obstetric-led care). At all antenatal appointments (apart from scans and after 26 weeks), your baby's growth will be monitored, and your blood pressure and urine will be checked. It is your responsibility to check your next appointment has been made. At your first appointment, your midwife will show you how to access the portal where you can read information leaflets in a language you can understand better.

Week of pregnancy	Reason for Appointment	What do I need to do?
8-12	Dating Scan	
14-16	Antenatal Check Checking of booking blood results Combined Down's Syndrome result Quadruple screening if required Risk assessment	Make sure you have this appointment: <ul style="list-style-type: none"> • GP surgery • Call your community midwife • Ask about the Whooping Cough vaccine
18-22	Anomaly Scan	Read the section in the screening booklet titled ' Having a mid-pregnancy ultrasound scan? ' prior to the scan
25	Antenatal Check This appointment is only required if this is your first baby Risk assessment	Ask for your Mat B1 certificate
28	Antenatal Check Book a blood test to check (iron levels, blood group & antibodies) You will be re-offered previously declined blood tests from booking Risk assessment	Make sure if you are rhesus negative, you have your Anti-D appointment booked
31	Antenatal Check This appointment is only required if this is your first baby Risk assessment	Start planning the date you leave work and inform your employer
34	Antenatal Check Risk assessment	Start thinking about your birth plan
36	Antenatal Check Discuss birth plan Risk assessment	Start preparing your bags ready for delivery

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38	Antenatal Check Risk assessment	Read up about having a 'stretch and sweep' ready for your next appointment
40	Antenatal Check You will be offered a sweep Your midwife can offer you a sweep Risk assessment	
41	Antenatal Check Your midwife can offer you a sweep You will be offered a sweep Induction date will be booked. If you are seeing a Consultant, they will make a plan of when you will be induced; it may be earlier	Check that you have been given an appointment for induction of labour.
42	Hospital admission for induction of labour This is the latest date you will be induced	

If you would like to suggest any amendments or improvements to this leaflet please contact SWB Library Services on ext 3587 or email swbh.library@nhs.net.



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