

# Your antenatal appointments

Information and advice for mums-to-be

## Maternity

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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.

Hospital sticker

Telephone: \_\_\_\_\_

GP: \_\_\_\_\_

## Your midwife's details

Your named midwife is: \_\_\_\_\_

Contact number: \_\_\_\_\_

Team sticker

## 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.

## Your appointments

Date	Time	Where	Reason	With Whom

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 or your GP surgery.

## 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, includes Edwards Syndrome or Patau'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 4387.

## 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:

- Abdominal (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 or you notice a change to baby's usual pattern of movements (once you start feeling your baby move).

**Please contact:**

**Maternity Triage, Midland Metropolitan University Hospital:**

0121 507 4181 (open 24 hours a day, seven days a week)

## 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 0800 169 0169

### Breastfeeding

National Breastfeeding Helpline 0300 100 0212

### Health advice

NHS Choices [www.nhs.uk](http://www.nhs.uk)

NHS Direct 111

### Pregnancy and childbirth

Antenatal Results and Choices 0207 713 7486

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 website

[www.swbh.nhs.uk](http://www.swbh.nhs.uk), like us on Facebook [www.facebook.com/SWBHnhs](https://www.facebook.com/SWBHnhs) or Instagram @swbhnhs

## Sources of information used in this leaflet

National Institute for Health and Care Excellence (2021). *Antenatal care* [NICE Guideline 201]. [Online]. London: NICE. Available at: <https://www.nice.org.uk/guidance/ng201> [Accessed 12 January 2026].

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A Teaching Trust of The University of Birmingham

Incorporating the Midland Metropolitan University Hospital, City Health Campus, Sandwell Health Campus and Rowley Regis Hospital.

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ML5946

Issue Date: January 2026

Review Date: January 2029