

## Your antenatal care

### Contacting your midwife or GP

Get in touch with a midwife or GP as soon as possible. Ideally, this should be by 10 weeks of your pregnancy. Telling your GP and/or midwife promptly will help to make sure you receive maternity healthcare that takes into account all



### Find maternity units in your area

<http://www.nhs.uk/Service-Search/Maternity-services/LocationSearch/1802>



### What is antenatal care?

The care you receive from healthcare professionals during your pregnancy.



### Starting your antenatal care

You can book an appointment with your GP or directly with your midwife as soon as you know that you are pregnant. Your GP surgery or a Children's Centre can put you in touch with your nearest midwifery service.



### **How many appointments will you have**

Up to 10 antenatal appointments



### **Your first visit and booking appointment**

Your first visit to your midwife or GP is the appointment in which you will tell them that you are pregnant. During this visit, you will be given information about:

- Folic acid and vitamin D supplements
- Nutrition, diet and food hygiene
- Antenatal screening tests, including screening for sickle cell disease and thalassaemia, infectious diseases and screening for Down's syndrome. You should be offered screening for sickle cell disease and thalassaemia before 10 weeks.



### **Later visits**

From around 24 weeks, your antenatal appointments will usually become more frequent. Later visits are usually quite short. Your midwife or doctor will do the following:

- Check your urine and blood pressure
- Feel your abdomen to check the baby's position
- Measure your uterus to check your baby's growth
- Listen to your baby's heartbeat if you want them to



### **Checking your baby's development and wellbeing**

Measuring and keeping track of your baby's movements

In normal pregnancy you will get 2 ultrasound appointments one at 10 weeks and another at 20 weeks



### **Your maternity notes**

When you are booking an appointment, your midwife will enter your details in a record book, which she will add to during each visit. You will be asked to keep your maternity notes at home and to only bring them along to all your antenatal appointments.