

Antenatal Care Schedule for First Time Mums

If you need any additional appointments then they will be indicated below

P
R
E
G
N
A
N
C
Y

W
E
E
K
S

8-10

•You will have a Booking appointment with your midwife at home to discuss your needs and options for your care during pregnancy. This will take approximately one hour.

10-11

•You can have a scan to give an estimated date of birth for your baby and, if you wish, the scan can also look for Downs syndrome. Your midwife will give you further information.

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•See your midwife to discuss your blood results, measure your blood pressure and test your urine and listen to your baby's heart beat for the first time.

18-21

•You can have an Anomaly scan to assess the position of the placenta and look for structural anomalies in your baby.

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•See your midwife or GP to listen to your baby's heart beat, measure your blood pressure, test your urine and measure the size of your uterus. You will also will also recive a V.E. form.

28

•See your midwife to listen to your baby's heart beat, measure your blood pressure ,test your urine and measure the size of your uterus. Also have a blood test to check your iron levels and antibodies. If you have a negative blood group you will be offered Anti D.

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•See your midwife or GP to listen to your baby's heart beat, measure your blood pressure and test your urine and measure the size of your uterus.

34

•See your midwife to listen to your baby's heart beat, measure your blood pressure, test your urine and measure the size of your uterus.

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•See your midwife at home to listen to your baby's heart beat, measure your blood pressure, test your urine and measure the size of your uterus. You can discuss your birth plan and have screening for Group B Strep. You should also be weighed this week.

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•See your midwife to listen to your baby's heart beat, measure your blood pressure, test your urine and measure the size of your uterus.

40

•See your midwife to listen to your baby's heart beat, measure your blood pressure, test your urine and measure the size of your uterus. You can disscuss your options for induction of labour.

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•Depending on whether you have had Midwifery led care or maternity team care you will see either your midwife or consultant Obsetrician to plan for your induction of labour if you have not yet given birth.