

# The Haven Practice

100 Beaconsfield Villas

Brighton

BN1 6HE

## MATERNITY CARE

Antenatal clinics are held at:

Stanford Medical Centre

175 Preston Road

Brighton

To make an appointment to see a midwife please call on 506361.

A Community Midwife will look after you throughout your pregnancy and after discharge from hospital, giving continuity of care.

The clinic runs on a Monday from 9am until 4pm.

Your care can be shared between your GP and your midwife. The following is a guide to the schedule of appointments during your pregnancy:

**6-10 weeks** Initial visit with your midwife to discuss your pregnancy, advise on diet and exercise etc, to discuss screening options if required, and to organise a scan if appropriate.

**10-14 weeks** An hour long booking appointment, to complete paperwork and for routine blood tests to be taken.

**16 weeks** Check booking blood and urine test results and antenatal check –up.

**21 weeks** Routine screening ultrasound scan.

**24 weeks** Antenatal check-up, to measure blood pressure, check urine and measure the growth of baby. Maternity certificate can be issued.

**28 weeks** Second blood tests taken. If your blood group is rhesus negative, an appointment will be made for you to receive anti-d at the hospital you'll deliver in.

**31 weeks** For first pregnancies, a check-up with you GP

**34 weeks** Antenatal check-up (2<sup>nd</sup> Anti D injection if rhesus negative)

**36 weeks** Antenatal check-up

**38 weeks** Antenatal check-up

**40 weeks** Antenatal check-up, and to discuss for induction of labour if necessary

**41 weeks** Antenatal check-up. If no baby yet we will offer a membrane sweep in the hope to get things started.

Appointments are for 20 minutes, and provide an opportunity for you to discuss any concerns and questions you may have. We ask you to be prompt for your appointments; With warmest wishes for a happy pregnancy and birth experience! Chloe and Jo

To speak to your midwife:

ring the centre on the clinic day, or leave a message with the community midwives office on 664794.

To speak to a midwife urgently telephone the labour ward (24hrs) 664793.