

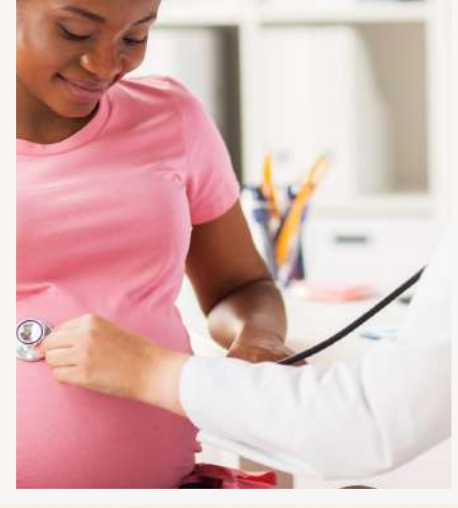
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I'm pregnant - What happens when

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Your antenatal appointments

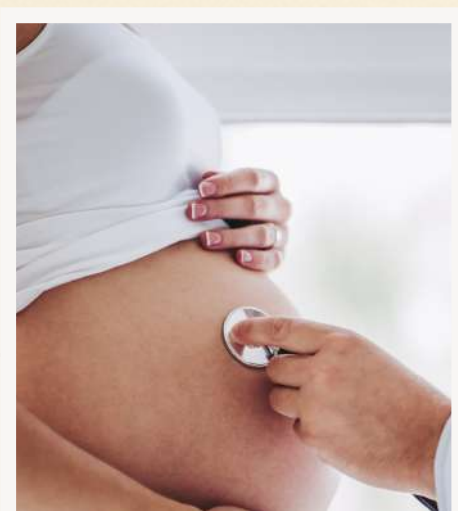
You'll have a number of antenatal appointments during your pregnancy, and you'll see a midwife or sometimes an obstetrician (doctor specialising in pregnancy).

They'll check the health of you and your baby, give you useful information and answer any questions.

Pregnant employees have the right to paid time off for antenatal care.

This page lists the appointments you'll be offered and when you should have them.

If you're pregnant with your first baby, you'll have more appointments than those already with children.



Time Scale

- 8 to 12 weeks: booking appointment
- 8 to 14 weeks: dating scan
- 16 weeks : Your midwife or doctor will give you information about the ultrasound scan you'll be offered at 18 to 20 weeks

They'll also help with any concerns or questions you have.

- 18 to 20 weeks : You'll be offered an ultrasound scan to check the physical development of your baby. This is also known as the 20-week scan.

Screening for HIV, syphilis and hepatitis B will be offered again by a specialist midwife if you opted not to have it earlier in pregnancy.

These tests are recommended as they greatly reduce the risk of passing infection from you to your baby.

From 16 weeks, you'll be offered the whooping cough vaccine. The best time to have this vaccine is after your scan, up to 32 weeks.

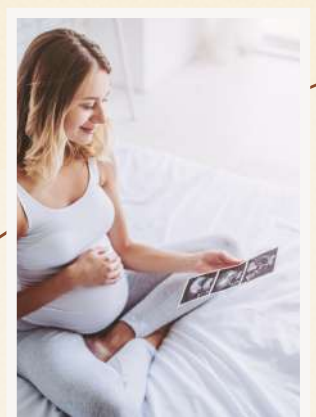
But if for any reason you miss the vaccine, you can still have it up until you go into labour.

25 weeks

You'll have an appointment at 25 weeks if this is your first baby.

Your midwife or doctor should:

- use a tape measure to measure the size of your uterus
- measure your blood pressure and test your urine for protein



28 weeks

Your midwife or doctor should:

- use a tape measure to measure the size of your uterus
- measure your blood pressure and test your urine for protein
- offer more screening tests
- offer your first anti-D treatment if you're rhesus negative
- consider an iron supplement if you're anaemic

31 weeks

You'll have an appointment at 31 weeks if this is your first baby.

Your midwife or doctor should:

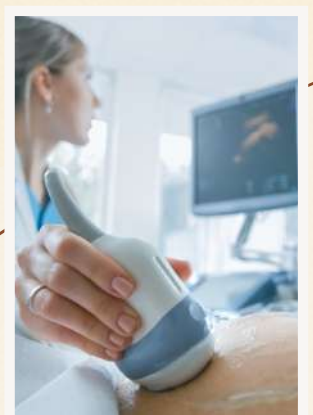
- review, discuss and record the results of any screening tests from the last appointment
- use a tape measure to measure the size of your uterus
- measure your blood pressure and test your urine for protein

34 weeks

Your midwife or doctor should give you information about preparing for labour and birth, including how to recognise active labour, ways of coping with pain in labour, and your birth plan.

Your midwife or doctor should:

- review, discuss and record the results of any screening tests from the last appointment
- use a tape measure to measure the size of your uterus
- measure your blood pressure and test your urine for protein
- offer your second anti-D treatment if you're rhesus negative



- Your midwife or doctor should give you information about caesarean section. This discussion may take place at the 34 week appointment, or at another time during your pregnancy.
- They'll discuss with you the reasons why a caesarean might be offered, what the procedure involves, the risks and benefits, and the implications for future pregnancies and births.

36 weeks

Your midwife or doctor should give you information about:

- breastfeeding
- caring for your newborn baby
- vitamin K and screening tests for your newborn baby
- your own health after your baby is born
- the "baby blues" and postnatal depression

Your midwife or doctor will also:

- use a tape measure to measure the size of your uterus
- check the position of your baby
- measure your blood pressure and test your urine for protein
- offer external cephalic version (ECV) if your baby is in the breech position

38 weeks

Your midwife or doctor will discuss the options and choices about what happens if your pregnancy lasts longer than 41 weeks.

Your midwife or doctor should:

- use a tape measure to measure the size of your uterus
- measure your blood pressure and test your urine for protein



40 weeks

You'll have an appointment at 40 weeks if this is your first baby.

Your midwife or doctor should give you more information about what happens if your pregnancy lasts longer than 41 weeks.

Your midwife or doctor should:

- use a tape measure to measure the size of your uterus
- measure your blood pressure and test your urine for protein

41 weeks

Your midwife or doctor should:

- use a tape measure to measure the size of your uterus
- measure your blood pressure and test your urine for protein
- offer a membrane sweep
- discuss the options and choices for induction of labour

42 weeks

If you have not had your baby by 42 weeks and have chosen not to have an induction, you should be offered increased monitoring of the baby.

Source : <https://www.nhs.uk/pregnancy/your-pregnancy-care/your-antenatal-appointments/>

