**PREGNANCY PLANNER INFORMATION FOR**

**HILLINGDON HOSPITAL**

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| PREGNANCY WEEKS | **WHAT TO EXPECT AT YOUR APPOINTMENT** |
| 6-12 weeks | At your 1st antenatal check your GP or Community Midwife will discuss with you where you would like to give birth. You will be given a copy of “The Pregnancy Book” (if this is your 1st baby) which gives advice on diet and lifestyle for the pregnancy. Send off Form FW8 obtained from your GP for your free prescriptions and dental treatment card. Your MW will fill in your notes with you. Please bring you notes to every antenatal appointment. |
| 15-16 weeks | You will have an antenatal appointment, blood will be taken for the routine blood tests, optional screening tests will be offered such as HIV and Serum screening for Downs Syndrome and Spina Bifida. While you are in the clinic ensure you have booked your parenthood education classes. |
| 18-20 weeks | If you have chosen to have an anomaly scan (a scan to see if your baby has any serious abnormalities) it will be performed now. |
| 24 weeks | Ensure that you make an appointment to see a MW or GP for an antenatal check. You should have booked your Parent craft by this point. |
| 26-28 weeks | You can now collect your MatB1 form from your GP or MW. At 28 weeks your blood is taken for your Iron level. If your blood group is Rhesus Negative you will receive an injection of Anti-D, this will be repeated at 34 weeks. |
| 34 weeks | Have you thought about your plans and hopes for the baby’s birth? If you have other children, have you begun to prepare them for the new baby? When do you hope to come home from hospital and who will look after you? Have you discussed these plans with your community MW or GP? Your blood is taken again for your Iron level. |
| 36 weeks | Preparing for the birth: The hospital booklet contains a list of items you may like in with you. You will need to arrange your own transport to the hospital. You may wish to write down your ideas about your care during labour. There is a special page for this in your notes. (see reverse of page LB1). |
| 41 weeks | If your labour has not started, you will need to attend the Antenatal Clinic for an appointment to discuss if, how and when your labour could be induced. |

Detailed below is a plan of visits we recommend you undertake under the care of your GP, Midwife & Hospital Consultant.

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|  | PREGANCY WEEKS | | | | | | | | | | | | | | | | |
| 6 | 12 | 14 | 16 | 18 | 20 | 22 | 24 | 26 | 28 | 30 | 32 | 34 | 36 | 38 | 40 | 41 |
| GP/MW | **x** |  |  |  |  |  |  | **x** |  | **x** |  | **x** | **x** | **x** | **x** | **x** |  |
| ANC |  |  |  | **x** |  |  |  |  |  |  |  |  |  |  |  |  | **x** |
| SCAN |  | **x** |  |  |  | **x** |  |  |  |  |  |  |  |  |  |  |  |

If this is your 1st baby you should have an extra check at **30 weeks**.

**Please bring a urine sample to every visit**.