

<b>OXFORDSHIRE GUIDE TO ANTENATAL APPOINTMENTS</b>		
<b>6-8 Weeks GP</b>	All Women	Your GP or Midwife will provide you information on maternity services. You will be given information on diet, folic acid, what screening tests are available and what blood tests are taken in pregnancy. In addition you will be given an information booklet about the John Radcliffe maternity services and if this is your 1st baby the NHS pregnancy Book. A booking appointment with your midwife will be arranged and if you wish a the ultra sound scans for sates, anomalies and downs syndrome.
<b>10 Weeks Midwife</b>	All Women	Booking Appointment. At this appointment your midwife will take a detailed history or your health, family and pregnancy history and discuss a healthy lifestyle with you. You will be able to discuss who will care for you during your pregnancy and decide is a referral for an obstetric consultant opinion is appropriate. Your midwife will give you information on parent education classes and discuss screening tests with you. She will check your blood pressure, weight and urine sample and following discussion will take some blood samples and a urine sample.
<b>16 Weeks Midwife</b>	All Women	If you have been referred to the hospital you should have by now received a hospital appointment and if you requested one a date for your anomaly and downs syndrome scan. At this visit your midwife will review your blood tests with you and if you wish to take another sample for the Downs and Spina Bifida test. She will check your blood pressure and urine sample, listen to your baby's heart rate and discuss with you the signs of the more serious complications of pregnancy such as pre-eclampsia
<b>19-22 Weeks</b>	Optional	
<b>25 Weeks GP</b>	1st Baby	If you want to attend parent education classes you should be booking them now. If you are entitled to maternity pay you should ask for a Mat B1 to give to your employer. At this visit your GP will check your blood pressure, urine sample and your baby's growth and heart rate.
<b>28 Weeks Midwife</b>	All Women	At this visit your midwife will check your blood pressure, urine sample and your baby's growth and heart rate. In addition she will ask to take another blood sample to check your iron levels and for any antibodies in your blood. If your blood group is Rhesus negative you will be offered an injection of Anti D.

<b>31 Weeks GP</b>	1st Baby	At this visit your GP will review your blood tests with you and will check your blood pressure, urine sample, and your baby's growth and heart rate.
<b>34 Weeks Midwife</b>	All Women	Have you thought about how you want to feed your baby? At this visit you may wish to talk this over with your midwife who will give you the hospital information booklet on breastfeeding. Your midwife will also check your blood pressure, urine sample, and your baby's growth and heart rate. She will also ask to take another blood sample to check your iron levels. If your blood group is Rhesus negative you will be offered an injection of Anti-D.
<b>36 Weeks Midwife</b>	All Women	Preparing for the birth. You may want to discuss your birth preferences with your midwife and write them down, there is space for this on the back of the yellow sheet in these notes. You should check with your midwife who to contact when you go into labour. Your midwife can also provide you with information on what to do if your waters break before labour and skin-to-skin contact with your baby after birth. She will also check your blood pressure, urine sample, your baby's growth, heart rate and the position of your baby.
<b>38 Weeks GP</b>	All Women	Arrangements: You will need to arrange your own transport in to hospital and ensure you have thought about who will care for any children at home and who will help you once you come home from hospital. Your GP will check your blood pressure, urine sample, your baby's growth, heart rate and the position of your baby.
<b>40 Weeks Midwife</b>	1st Baby	At this visit your midwife will discuss the options for induction of labour and stretch and sweep with you. She will also check your blood pressure, urine sample, your baby's growth, heart rate and the position of your baby.
<b>41 Weeks Midwife</b>	All Women	As your baby is now overdue your midwife will offer you a stretch and sweep and discuss the options and arrangements for induction of labour. She will also check your blood pressure, urine sample, your baby's growth, heart rate and the position of your baby.