

Breast Feeding

Although artificial feeds are now excellent, there is still no doubt that breast feeding will give your baby the best possible start in life. Not only is your milk ideally formulated for your baby, it is also sterile, cheap and readily available at any time, which is a real help when travelling or in the middle of the night. Even if you have to change over to formula milk later, perhaps to go back to work, please start off breast feeding as the milk of the first few days contains substances that help the baby fight infection and is particularly important.

Your Midwife will happily discuss this with you during your pregnancy, and help you with feeding once your baby is born.

TIMETABLE OF SHARED CARE BETWEEN YOUR GPs AND THE MIDWIVES

This is a rough guide to when you can expect to be seen during your pregnancy. However, if you have any problems or concerns, you are welcome to attend any time to discuss this with your G.P:

Your initial Hospital Booking will be made by the G.P, or you can contact the Midwife directly on 605304

Triple Blood Testing at 15/16 weeks by the Midwives if indicated.

An initial scan will be performed between 8 and 14 weeks. This is used to check the dates of the pregnancy.

Your 18-20 week scan will be performed at the Hospital. This scan checks for structural abnormalities.

The number and timing of your antenatal checks will be determined by your Midwife

P o s t - n a t a l C a r e

Please telephone the Surgery on the first working day after you come home from Hospital with your baby, as we like to check with you all is going well for you and your baby.

Usually the baby has a neonatal check by the Doctor at about ten days. During the early post-natal days the Community Midwives visit regularly and can advise regarding any early problems, such as feeding.

After this the Health Visitors take over this role.

Future Contraception

This is usually addressed at the six week post natal check, but please feel free to make an appointment with either one of the GPs or Janet Suddaby, our Family Planning Nurse, to discuss your future contraception plans, at any time.

Congratulations! Your Ante-Natal Care Explained



*A guide for patients of
The Hedon Group Practice
at
Market Hill House Hedon
Tel: (01482) 899111
And
Chapel Lane
Keyingham
Tel: (01964) 622706*

Hospital Clinics

You will shortly receive an appointment for your booking visit at the Hospital, where blood tests will be carried out and arrangements made for a scan.

Community Midwifery Clinics

BOOKING CLINIC—Rosedale Community Unit, Wednesdays 9–12.00 (Appointment only)

ANTENATAL FOLLOW UP—Rosedale Community Unit, Thursdays 1.20–5.00 (Appointment only)

POST NATAL—Rosedale Community Unit, Mondays 10–12.00, Thursdays 10-12.00 (Appointment only)

ANTENATAL CLINIC—Hedon Children's Centre, George Street, Hedon, Fridays 9-11.00 (Appointment only)

Appointments for the above clinics must be arranged through the Antenatal Clinic, Hull Women & Children's Hospital.

Should you wish to contact a Midwife the telephone number of The Maternity Hospital is 382658

The Community Office is open Monday to Friday 9.00 a.m. to 5.00 p.m. For out-of-hours and weekends, the Labour Ward should be contacted.

G.P. Ante-natal Care

If you need to make an appointment for Ante-natal care with a G.P. please make an appointment for a normal surgery with the G.P. of your choice. All employers are required by law to give you time off to attend

We communicate with the clinics through the Co-Operation Book which you will be given at your booking appointment with the Midwife and you should bring this with you each time you attend, along with a water sample.

With Ante-natal care being split up as it is, it is very important that whenever you leave one consultation you understand from the Midwife or Doctor exactly where you should be for your next one.

Your next appointment for now will be at the Hospital Booking clinic, and you will receive an appointment for this through the post.

Drugs and Medicines

In general, it is best to avoid all medicines during pregnancy. If you are prescribed anything, or take regular medication, remind the Doctor that you are pregnant. If you do need a painkiller, Paracetamol is the one recommended.

Folic Acid

This substance is now known to protect against Spina Bifida, if taken during the first three months. Ideally, it should be taken from before the conception (remember for next time!), but now is not too late to start.

- Eat plenty of fresh vegetables
- Choose fortified bread and breakfast cereals (look out for the words "With extra vitamins")
- See the Chemist about a Folic Acid supplement for use in pregnancy

Smoking harms babies, so if you do smoke, please give up.

Women who smoke during pregnancy have:-

- A 27% higher chance of miscarriage
- A 33% higher chance of stillbirth
- Double the chance of a premature labour

Once your baby is born, smoke in the air around it continues to cause harm.

The children of parents who smoke have:-

- Twice as many chest infections
- Increased risks of asthma and deafness
- High Hospital admission rates
- An increased chance of Cot Death

Giving up smoking is the most important thing you can do now for the future health of your baby. We have a Stop Smoking Clinic Drop In facility at the Hedon Group Practice on Wednesday afternoons.

Infectious Diseases

You should have been immunised against Rubella (German Measles) in your teens. Other illnesses that can cause harm are rarer, but whilst you are pregnant you should not change cat litter or come into contact with pregnant sheep, as both of these animals can pass on diseases that can harm developing babies. Chicken-Pox can be a serious disease during pregnancy, and if you catch this we should see you. It is recommended that you should have a seasonal flu vaccine in pregnancy.

Activity

Normal daily activities and exercise cannot do harm, and on the whole continue your life as normal. Certain activities are not recommended, but these tend to be unusual (e.g. water-skiing), so if you do lead an interesting lifestyle please ask! Normal pregnancies come to no harm during sex.

Diet

There is no need to eat for two. Try to avoid processed foods, and eat more fresh vegetables, fruit and fibre. You should be aware that concerns have been raised about the safety of eggs, liver, nuts, pre-prepared salads, raw/undercooked seafood, soft cheese and pate during pregnancy.



Blood Loss

Many women have some vaginal bleeding during pregnancy. In most cases the pregnancy continues normally. However, it should be taken seriously and if you do have any bleeding, please telephone the Surgery for advice.