

## ROUTINE ANTE-NATAL CLINIC SCHEDULE

- As soon as you know you are pregnant arrange your pre-booking visit with the Midwife. This appointment will take approximately 1 hour
- 12 weeks—Booking visit and dating scan at Heathfield Suite, Ayr Hospital. This appointment will be sent out to you.
- 16 weeks—midwife appointment at Heathfield Suite
- 20 weeks—second scan at Crosshouse Maternity Unit
- If this is your first baby—at 22 weeks you will be seen by the Midwife at Heathfield Suite
- 28 weeks—midwife appointment at Heathfield Suite. This appointment will be 30 minutes.
- Again, if this is your first baby—at 31 weeks you will be seen by the midwife at Heathfield Suite
- 34 weeks—midwife appointment at Heathfield Suite and a home visit to discuss your birthing plan
- 35 weeks—midwife appointment at Heathfield Suite
- 38 weeks—midwife appointment at Heathfield Suite
- And again, if this is your first baby—at 40 weeks you will be seen by the midwife at Heathfield Suite
- 41 weeks—midwife appointment at Heathfield Suite

## Barns Medical Practice



40 Dalblair Road  
AYR  
KA7 1UL  
Tel 01292 281439  
[www.medicayr.com](http://www.medicayr.com)

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### Ante Natal Care Patient Information Leaflet



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## CONGRATULATIONS!

Congratulations on your pregnancy. This leaflet gives a guide to what you can expect, and who you will meet during your pregnancy and on the birth of your baby.

**Community Midwife**—Normally most ante-natal care is undertaken by the community Midwifery Team, but you may see a GP if required. Our Community midwife is Jennifer Conway, though you may see other members of the midwifery team.

**Ante-Natal Clinics**—Ante-natal clinics are held twice weekly at the Heathfield Suite at Ayr Hospital, on a Thursday and Friday afternoon. If you are unable to attend during the clinic times, alternative arrangements can be made for you.

At your first visit to the Community Midwife, she will discuss with you the types of care which are available to you during your pregnancy. She will also explain the types of routine tests which you are likely to undergo during pregnancy eg blood testing, ultrasound scanning, and how often you will be seen throughout your pregnancy.

**Hospital Maternity Unit**—At the beginning of your pregnancy you will be referred to an Obstetrician at our local Maternity Unit which is now at Crosshouse Hospital. The Hospital Team will look after you during your pregnancy along with the Practice.

## CLASSES

### **Ante Natal Classes**

Your Midwife will give you details of the local ante-natal classes which take place in the evenings. The evening classes are open to your husband or Partner also. The following topics are covered:

- Minor disorders of pregnancy and early signs of labour
- Labour and pain relief
- Post-natal care
- Feeding

All classes are carried out by a midwife and a physiotherapist. You will spend approximately 2 hours at the class, split between discussion and relaxation.

**Useful Telephone Numbers:**  
**Community Midwives—01292 285893**  
**Crosshouse Hospital—01563 521133**

### **Breastfeeding**

All health care professionals involved with pregnant mothers actively encourage breast feeding.

The benefits to both mother and baby are stressed throughout pregnancy.

The WHO (World Health Organisation) recommends that expectant mothers breast feed their babies for at least one year, however it is accepted that this is not always feasible, due to women returning to work post-natally. There is a policy, however, to encourage mothers to feed for as long as possible and to express and store their milk.

An Infant Feeding Workshop is run for all expectant mothers.

This is run in both community and hospital settings.

Mothers have the opportunity to ask questions and share their experiences. You will also be shown feeding techniques, and instructed on how to minimise the risks of engorgement and mastitis. A video is shown and further questions and discussion are actively encouraged.

### **Postnatal**

The Community Midwife will visit you usually until 10 days after the birth of your baby.

Your care will then be passed to the Practice Health Visitors. A leaflet giving details of the role of the Health Visitor is available.

## IMMUNISATIONS

### **Pertussis (Whooping Cough) Vaccination**

Pertussis vaccination is offered to all pregnant women from 16 weeks on. This is highly effective in protecting your baby from developing whooping cough in the first few weeks of their life. The immunity you get from the vaccine will pass to your baby through the placenta and provide passive protection for them until they are old enough to be routinely vaccinated against whooping cough at 2 months old.

### **Influenza Vaccination**

A national flu vaccination campaign runs each year between 1 September and 31 March. Pregnant women have a higher chance of developing complications if they get flu, and so are advised to get vaccinated.

Flu and Pertussis vaccinations can be given at the same time