

# Antenatal Care Schedule

## - Routine Low Risk pregnancies



<b>AT EACH VISIT THE FOLLOWING WILL BE ATTENDED:</b>
<ul style="list-style-type: none"> <li>- Your history will be reviewed</li> <li>- Standard antenatal examination – blood pressure, fetal heart rate, symphysis-fundal height, abdominal palpation</li> <li>- Investigations discussed and/or offered as indicated</li> <li>- Education and information will be provided according to your needs</li> <li>- Ongoing care will be arranged</li> </ul>
<b>17 weeks: Booking In Visit with a Midwife</b>
<ul style="list-style-type: none"> <li>• Your health and maternity history will be obtained and the following will be checked:             <ul style="list-style-type: none"> <li>◦ current wellbeing – emotional/psychological, social and physical wellbeing</li> <li>◦ blood tests and ultrasound results including:                 <ul style="list-style-type: none"> <li>- blood group and antibody screen, blood count, iron levels, thalassaemia screening, diabetes testing, vitamin D, infections in pregnancy, down syndrome screening</li> </ul> </li> <li>◦ weight and height and BMI</li> </ul> </li> <li>• Your midwife will:             <ul style="list-style-type: none"> <li>◦ discuss options of maternity care that are available to you</li> <li>◦ offer you a booking form for childbirth and parenting/breastfeeding classes if desired</li> <li>◦ provide you with your Pregnancy Booklet and other information as required</li> <li>◦ discuss lifestyle considerations and perform a psychosocial assessment</li> <li>◦ complete referrals as indicated</li> </ul> </li> <li>• Within the week following your booking in appointment, an Obstetrician will review your paper file and:             <ul style="list-style-type: none"> <li>◦ confirm your due date</li> <li>◦ confirm your appropriate model of care</li> <li>◦ document the management plan</li> </ul> </li> </ul>
<b>22-24 weeks: Midwife or GP Appointment</b>
<ul style="list-style-type: none"> <li>• Your doctor or midwife will:             <ul style="list-style-type: none"> <li>◦ Review your 19-21 week morphology ultrasound</li> <li>◦ Order FBE/antibodies/OGTT (diabetes screen) to be completed prior to your 28 week visit                 <ul style="list-style-type: none"> <li>- <i>Note: blood tests should be done a few days prior to your next appointment to ensure results are available. If requiring anti-D, the antibody screen must be done within 72hrs before anti-D given</i></li> </ul> </li> <li>◦ Discuss healthy diet and regular exercise</li> <li>◦ Recommend first time parents book childbirth class, antenatal physiotherapy class and breast feeding class if not done so already</li> <li>◦ Provide you with education regarding decreased fetal movements after 26 weeks</li> </ul> </li> </ul>
<b>28 weeks: Midwife or GP Appointment</b>
<ul style="list-style-type: none"> <li>◦ OGTT/FBE/antibodies results will be checked and followed up according to results</li> <li>◦ Results will be added to investigations page on BOS</li> </ul>
<b>28 weeks: Antenatal Assessment Clinic appointment if Rhesus negative</b>
<ul style="list-style-type: none"> <li>◦ Anti-D immunoglobulin administered</li> </ul>
<b>31 weeks: Midwife or GP</b>
<ul style="list-style-type: none"> <li>• Your midwife will begin to discuss labour, birth, third stage and early parenting</li> </ul>

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Updated March 2018

<p><b>34 weeks: Midwife or GP</b></p> <ul style="list-style-type: none"> <li>Your midwife or GP will: <ul style="list-style-type: none"> <li>Provide you with a Group B Streptococcus (GBS) swab for you to attend at 36-37 weeks</li> <li>Give you the Newborn Screening Test handout</li> <li>Provide education tailored towards your individual needs. This may include: <ul style="list-style-type: none"> <li>preparation for labour, birth and parenting and birth options/plans</li> <li>non-medical methods of pain relief at home</li> <li>regular contractions 5 minutely lasting 60 seconds over 30 minutes;</li> <li>variances from normal and/or when to call hospital – e.g. premature labour; broken waters</li> <li>Discuss normal baby movements provide you with the <a href="#">Movements Matter</a> handout</li> </ul> </li> </ul> </li> <li><b>Note: Please call any time of day or night if your movements are reduced</b></li> <li>There is a virtual tour of Birth Suite/ Women’s Ward available to watch on the hospital webpage</li> </ul>
<p><b>34 Weeks: Antenatal Assessment Clinic appointment if Rhesus negative</b></p> <ul style="list-style-type: none"> <li>Anti-D immunoglobulin given. (Antibody screen not required to be taken prior to 34wk anti-D)</li> </ul>
<p><b>35+-36 weeks: Obstetric Consultant appointment at the hospital</b></p> <ul style="list-style-type: none"> <li>The obstetrician will: <ul style="list-style-type: none"> <li>Review your birth options</li> <li>discuss management options if your baby is a breech presentation</li> <li>Discuss the GBS swab and collect as required,</li> <li>Consider need for FBE, and order it if indicated</li> <li>Where indicated book caesarean section +/- anaesthetic review</li> </ul> </li> </ul>
<p><b>38 weeks: Midwife or GP</b></p> <ul style="list-style-type: none"> <li>Discuss labour, when to come to hospital and other relevant information</li> <li>Discuss regular contractions (5 minutely lasting 60 seconds over 30 minutes) or SROM</li> </ul>
<p><b>40 weeks: Midwife visit (or Medical review at the hospital if shared care)</b></p> <ul style="list-style-type: none"> <li>The midwife or doctor will: <ul style="list-style-type: none"> <li>offer a vaginal examination to assess the ‘Bishop Score’ and consider a ‘stretch and sweep’ to help bring on labour ‘naturally’. A bloody show can be expected after this examination and it is normal</li> <li>book a CTG for 40+4 weeks in Antenatal Assessment Clinic</li> <li>book CTG and Ultrasound for assessment of amniotic fluid volume (to be completed <b>prior</b> to the 41 week appointment in assessments)</li> </ul> </li> </ul>
<p><b>40+4 review in Antenatal Assessment Clinic</b></p> <ul style="list-style-type: none"> <li>The midwife will perform a CTG</li> <li>The doctor will provide education and counselling about induction of labour and will: <ul style="list-style-type: none"> <li>Plan and book your IOL as close to 42 weeks as possible on IOL share point site online</li> <li>Review supports for discharge</li> <li>Provide ‘Induction of labour’ information sheet</li> </ul> </li> </ul>
<p><b>41 weeks: Medical review by Reg in assessments after U/S and CTG</b></p> <ul style="list-style-type: none"> <li>The doctor will: <ul style="list-style-type: none"> <li>Review CTG and ultrasound/AFI /Assess BP</li> <li>Perform a VE to assess ‘Bishop score’ and consider ‘stretch and sweep’</li> <li>Confirm your understanding of IOL process/labour</li> <li>Confirm the time and date of your induction</li> <li>Arrange CTG second daily from 41 weeks</li> <li>Arrange ultrasound to measure AFI twice weekly from 41 weeks</li> </ul> </li> </ul>