

Antenatal care (care during your pregnancy)

Will I still see a midwife for my appointments, when and where will I see them?

Yes, you will be seen regularly however some of the appointments will be telephone or video call if appropriate.

- Booking – Most of the paper work for the booking will be completed during a telephone consultation. This will then be followed by a face-to-face appointment for physical checks.
- 12 week ultrasound scan - face to face appointment in the Fetal Medicine Scan Department
- 18 weeks- Phone call/video call
- Anomaly ultrasound scan - Face to face appointment in the Fetal Medicine Scan Department. Your Blood Pressure and urine will be checked at this scan
- 25 weeks - Phone call to be made to first time Mums only
- 28 weeks - Face to face clinic appointment for all
- 31 weeks - Phone call to be made to first time Mums only
- 34 weeks - Face to face clinic appointment for all
- 36 week ultrasound scan - face to face appointment in the Fetal Medicine Scan Department. Your blood pressure and urine will be checked at this scan
- 37 weeks – Face-to-face clinic appointment for all
- 40 weeks – Face-to-face clinic appointment for first time Mums only
- 41 weeks – Face-to-face clinic appointment for all which will include Induction of Labour (IOL) booking.

Should I still contact my community midwife/call the midwife if I am concerned about my pregnancy?

Yes you should make contact as usual if you have concerns regarding your pregnancy and **not delay**. It is still important that you get advice if you have any of the symptoms that your midwife discusses with you such as a change in fetal movements, a persistent headache which does not resolve after taking paracetamol, itching particularly on the hands and feet. Call the midwife number is 01634 825277.

Do I have to come to the hospital if I have a consultant referral?

Under some circumstances it is necessary to have a face to face appointment however in some case it is possible to have this appointment via a phone call/video call.

Can my partner come to the midwife/doctor appointments?

Due to the need for social distancing and protecting staff, no one is to accompany you in the appointments, even your partner.

What happens when I come for an ultrasound scan – can my partner come, can I video it, will I get pictures from the scan?

You should attend for your scan alone; if someone brings you to your appointment, they should wait outside the hospital. We understand that this is a special time and disappointing that your partner cannot be there. The sonographer will try to record the scan for you and take some 4D images for you. You may ask if you can take some video recording of your scan yourself, however this will be at the discretion of the sonographer

I have a disability and I need help and support from my partner during my scan and the birth. What support can I have?

Any additional needs/support required should be discussed with your community midwife who can ensure that plans are put into support you at all your appointments. This will be dealt with on a case by case basis to ensure appropriate care and facilities are available

I suffer from severe mental health problems and these changes are causing me a lot stress.

Unfortunately these changes are out of our control and we are extremely sorry that you are affected in this way. If you would like to talk to someone about your feelings, we have a perinatal mental health service at the Trust. Please ask your midwife for the details