

## **Midwife Information**

Ante-natal care at The Rycote Practice is led by our midwife, Wendy Newby.

The Thame midwives can be contacted on 01491 826037 or by leaving a message with reception staff.

### **What to do if you think you may be pregnant**

If you think you may be pregnant, we recommend you buy a urine pregnancy test and check yourself. The practice does not offer pregnancy testing. If you are pregnant and not already taking it, we recommend starting folic acid. You should then book an appointment with a GP who will explain what to do next.

### **What Happens Next?**

Usually around 9 weeks gestation you will be offered a scan. This is to determine more precisely the expected delivery date, and also a screening test for Down's Syndrome. Click [here](#) for information on Down's Syndrome screening.

Wendy will arrange to meet you at around 10 weeks gestation.

Most women are looked after in primary care, with care shared between Wendy and your GP. If you have problems with your pregnancy you may be referred to the hospital for input from a consultant. Most patients choose to go to Oxford or Aylesbury.

### **Where can I deliver?**

Mothers have a choice of where they wish to deliver. Towards the later stages of your pregnancy your midwife will be able to discuss this with you. Your options may be affected by complications during your pregnancy.

The main choices are:

Home delivery

Delivery at the midwife-led unit in Wallingford

The Spires midwife-led unit on level 7 of the John Radcliffe Hospital Women's Centre

Stoke Mandeville Hospital Claydon Wing

John Radcliffe Hospital delivery suite

Stoke Mandeville Hospital delivery suite

### **What other services are available?**

There are numerous other services available in Thame and Wallingford. These include

Antenatal preparation for parenthood classes

Antenatal breastfeeding workshops

Pregnancy Yoga Classes

NCT classes

Baby cafe

For more information you can contact Wendy.