

## *St. Mary's Medical Centre*

### *Who's who? - Advice for Pregnant Ladies*

Now that you are pregnant, it can be quite an exciting, confusing and occasionally worrying time. The idea of this short leaflet is to hopefully relax you, and inform you about whom you will get to meet during and after your pregnancy, together with an idea about what services they will be able to offer to you.

#### GP

The first person to see when you are planning to be pregnant, or think that you are pregnant, is the doctor. The doctor will be able to talk through any specific concerns that you may have, advise re healthy lifestyles, help with stopping smoking, arrange pregnancy tests etc. If you are pregnant, then the doctor will advise you to book in to see the midwife at one of the children's resource centre's in the area. From then, the midwife will perform most of your care. However, the doctors are always available, within normal surgery appointments, to discuss any health concerns that you may have.

#### COMMUNITY MIDWIFE

The midwife runs the ante-natal clinic at one of the resource centres. She will closely follow your care right through until after you have had your baby. As you will usually only come in to contact with the same few midwives who run the clinic, then hopefully you will develop a trust in them, and feel free to discuss with them any issues that are bothering you. The midwife will provide you with:

- Your own maternity record book for you to keep, and to bring to all ante-natal appointments both here and at the hospital.
- A copy of Emma's diary - an excellent book detailing what you can expect throughout your pregnancy - with lots of little tips and advice!
- An initial scan appointment - so as to work out when your baby is due. From this scan, dates of future scans can be worked out and appointments given to you..
- Whatever blood tests are deemed necessary by your discussions with her - to ensure that you stay healthy and the baby is born without any problems.
- A regular pre-planned and booked appointment with her. At first you will only have to come every few weeks, but the nearer you get to your baby being born, the more often you will usually have to attend.
- As much support and advice as you need.
- Post-natal care - she will see you at home after the baby is born. She will do checks to ensure that both you and your baby are doing fine. If she has any concerns, then she has direct links through to both your doctor and to the hospital.

## HOSPITAL

Most of your care will usually take place at the resource centre you attend. There will have to be times when you need to go to the hospital however - scans, some ante-natal appointments, delivery etc. However these are kept to a minimum if at all possible as we believe that your care is best dealt with in the community. However if you do develop a complication in your pregnancy, then you will usually be expected to attend the hospital more frequently.

## HEALTH VISITOR

The health visitor is a well-qualified nurse who is able to check that both you and your baby are well. She will usually first see you about 10 days after the baby is born. She will then make planned visits to your home as discussed between you. She will be able to offer advice, help and support in the care of your baby. She is able to deal with minor illnesses, so that you may see her instead of having the need to see the doctor in times of concern. She works closely with our practice. She will follow you and your baby through life's events until your baby is old enough to attend infant school. She will provide regular advice and support with regards to current vaccination schedules. She will perform assessments on your baby to ensure that he/she is developing as expected.

## BABY CLINICS

These occur in the surgery on a Wednesday morning. You will receive an appointment time in the post to bring your baby along. Currently baby examinations occur when he/she is 8 weeks. Currently baby injections occur when he/she is 2 months, 3 months and 4 months old. There are also injections when he/she is 1 year old and also prior to going to infant school.

## POSTNATAL CHECKS

We do not currently see ladies at home routinely when they have just had a baby. The midwives usually do the care at that time. If you do have concerns and want the help of the doctors, feel free to contact us at the surgery.

We do encourage you to make an appointment to see one of the doctors when the baby is 6 weeks old. This is to discuss your own health, any concerns that you may have, contraception advice, smear checks etc.