

BABY'S CHECK

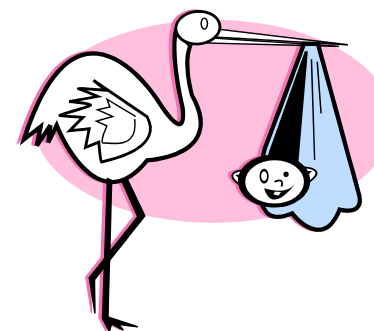
Your baby will have a check by the GP at 8 weeks of age and receive his first vaccinations. After this the Practice Nurses will give your baby the vaccinations he requires.



Try to remember to bring baby's little red book to each visit. If used regularly it will provide the only complete record of your child's health and developmental progress.

KINGSMILLS MEDICAL PRACTICE

**18 SOUTHSIDE ROAD, INVERNESS
IV2 3BG**



CARE WITHIN THE PRACTICE DURING & AFTER YOUR PREGNANCY

Midwives: Lorna MacAskill
Ishbel MacDonald **704342**

Reception: **235245**

Health Visitors **706700**

AFTER THE BIRTH OF YOUR BABY

Once you are home from the hospital the midwife will visit you until the baby is at least 10 days old and may visit longer if required.

A Health Visitor will visit after the 10th day to weigh your baby, support you to feed your baby and provide baby care advice.

BREAST FEEDING

Do try to breast feed your baby. There are many benefits for Mum and Baby. The midwife and Health Visitor can support you to feed your baby.

POSTNATAL CHECK

Please make an appointment with your GP for your 6 week postnatal check up. Your blood pressure, a blood test and a urine sample will be checked. You will be able to talk over any problems and contraception will be discussed.

A cervical smear, if needed, is best taken 12 weeks after the birth.

PLANNING YOUR PREGNANCY

The doctor, midwife and health visitor will be pleased to answer your questions. Leaflets are available at the surgery with advice on planning a pregnancy. Having a healthy lifestyle will benefit your unborn child, yourself and the whole family. **It is important to take a folic acid supplement when planning a pregnancy and until you are 12 weeks gestation.**

DO's & DON'Ts DURING PREGNANCY

Do take a folic acid supplements (400mcg). Some women require a higher dose of folic acid - check with your GP or midwife

Do take a daily supplement of vitamin D 10mcg

Do try to stop smoking

Do eat a healthy well balanced diet

Do keep active

Do avoid contact with cat's faeces

Don't drink alcohol

For more details on any of the above, see your midwife or GP or refer to the Ready Steady Baby book.

YOUR FIRST ANTENATAL APPOINTMENT

Your initial antenatal 'booking' appointment with the midwife will take about 20 minutes. You will be given a hand held record to complete, information on keeping healthy during your pregnancy and what to expect from your antenatal care. Bloods will be taken at your second antenatal appointment.

If you cannot get an appointment phone the Community Midwives on **01463 704342**

YOUR FIRST HOSPITAL APPOINTMENT

At around 11-14 weeks into your pregnancy, you will receive a hospital appointment to attend the Raigmore Antenatal Clinic. An ultrasound scan will be carried out to confirm your dates and a screening test for Downs syndrome will be offered. Partners are welcome to attend the scan.

ANTENATAL CARE

The midwife has an antenatal clinic every Tuesday and Wednesday from 1.10 – 3.30 pm and every Friday from 9.30 – 12.10pm . Appointments can be made via reception. If you wish advice from the midwife please contact Lorna or Ishbel on 704342. If the matter is urgent contact your GP or NHS 24. You should always contact someone if :-

- You have any vaginal bleeding
- You have a reduction in baby's normal movements
- You think your waters have broken
- You have unexplained headaches
- You have any other concerns.

ANTENATAL APPOINTMENTS

Outlined below is a rough guideline of how often you should be seen during your pregnancy. Extra appointments may be added as you, your midwife, GP or Obstetrician feels necessary.

Appointments will be sent out by the hospital. **Please make your appointments at the Midwives Clinic by contacting the reception at Kingsmills Medical Practice - 01463 235245**

Weeks	Who to see
As soon as you confirm you are pregnant	Midwife for 1 st booking appt
8-10 weeks	Midwife for 2 nd booking appt
11-14 weeks	Hospital for scan
15-16 weeks	Midwife
18-22 weeks	Hospital detailed scan (optional)
22 weeks	Midwife
28 weeks	Midwife
32 weeks	GP
35 weeks	Midwife
38 weeks	Midwife
40 weeks	Midwife
41 weeks	Midwife

PARENT CRAFT CLASSES

The hospital will tell you about these classes and give you a form to fill in and return to them. They generally begin at around 30 weeks. Partners are very welcome and there is no charge. Parent craft Sister can be contacted on **704344**.

