

## Information about prenatal care, baby movements and birth plan

### Introduction

Congratulations on your pregnancy! Your prenatal care is done by a gynaecologist at Ziekenhuis Amstelland. This may be due to problems in a previous pregnancy or a certain condition that started before or during the pregnancy.

This leaflet provides you with more information about:

- the prenatal care at the hospital;
- making a birth plan;
- feeling baby movements.

For more general information about the (preparation for the) birth please see the information booklet 'Giving birth at Ziekenhuis Amstelland'.

### Prenatal care

During your pregnancy you will have regular prenatal care at the Gynaecology Outpatient Clinic.

Review the prenatal care schedule to see when and for what appointment you are expected at the hospital. If necessary this may be adapted to your personal needs.

### Who carries out the prenatal care?

The prenatal care are carried out by the gynaecologist, clinical midwife or junior doctor. It may be that you are first seen by a trainee doctor.

During the second check the physician assistant will give more information about the procedures concerning the pregnancy.

We aim to let you meet most of the gynaecologists before the birth, but you may always indicate a preference. We will try to take this into account.

### Baby movements

During the pregnancy there are a number of characteristics you must pay attention to. From the 20-22nd pregnancy week you can feel your baby move. If there are suddenly less baby movements than normal, we would

like to hear this from you.

The movements are usually at their peak between week 28 and 35, with a minimum of 10 movements during a day with normal activity. More information is provided in the leaflet 'Feeling baby movements'.

### Making a birth plan

Before the birth you can make a birth plan. In a birth plan you describe your wishes concerning the birth. Some women like to prepare themselves for the birth in this way. It is intended to show the care providers what you find important and what your ideas and wishes are. At the same time it is a way to discuss with your partner what your expectations are concerning the birth and each other.

The birth plan keeps you involved in the things that are happening around the birth and the decisions that are made at that time. Also at times when you are not able to express properly what you want.

### Questions / problems

If you have any questions or problems, please contact the Obstetrics Department on telephone number 020 - 755 7111. Outside office hours you can phone the general number at Amstelland Hospital, 020 - 755 7000.

# Prenatal care schedule

## What do I need to bring with me to a prenatal care appointment?

Please bring this schedule and the 'Checklist zwangerschapsbegeleiding Ziekenhuis Amsteland' [checklist pregnancy support Amstelland Hospital] to each appointment to show the doctor or midwife.

## Duration

The first appointment takes 20 minutes, subsequent appointment usually 10-15 minutes.

Appointment	Number of pregnancy weeks	What to expect?
1st appointment General information may be provided to you and other pregnant women at the same time.	8-10 weeks	<ul style="list-style-type: none"> <li>• questions about your and your family's health.</li> <li>• usually a scan.</li> <li>• advice with regard to living and eating habits.</li> <li>• blood test.</li> <li>• discussing any prenatal screening or prenatal diagnostics.</li> </ul>
2nd appointment	12-13 weeks	<ul style="list-style-type: none"> <li>• information about pregnancy, lifestyle, maternity care</li> </ul>
3rd appointment	15-20 weeks	<ul style="list-style-type: none"> <li>• discussing any blood results and possibly combination test.</li> <li>• possibly making an appointment for 20 week scan.</li> </ul>
4th appointment	26-27 weeks	<ul style="list-style-type: none"> <li>• assessing baby's growth.</li> <li>• information about any symptoms.</li> <li>• results 20 week scan.</li> <li>• any extra blood tests (baby's blood type, pregnancy diabetes, Hb).</li> </ul>
5th appointment	30 weeks	<ul style="list-style-type: none"> <li>• instructions about when to contact the hospital</li> <li>• information on breastfeeding / information evening</li> <li>• scan.</li> </ul>
6th appointment	33-34 weeks	<ul style="list-style-type: none"> <li>• birth information</li> <li>• in the case of breech position: discuss the turning of the baby</li> </ul>
7th appointment	36-37 weeks	<ul style="list-style-type: none"> <li>• birth information</li> <li>• possible attempt to turn the baby if in a breech position (from 35 weeks)</li> </ul>
8th appointment	39-40 weeks	<ul style="list-style-type: none"> <li>• birth information</li> </ul>
9th appointment	41 weeks	<ul style="list-style-type: none"> <li>• amniotic fluid scan, possibly discussion about induction</li> </ul>