

PLANNING AND MANAGEMENT OF PREGNANCY – 22 WEEK VISIT

VISIT SCHEDULE

26 weeks Organise pregnancy diabetes screen and check iron deficiency anaemia.
This is a blood test done at 28 weeks of pregnancy

If you are a Negative blood group your first Anti-D injection will be organised. This is also due at 28 weeks of pregnancy.

This is usually a midwife visit.

30 weeks The results of your 28 week blood results will be discussed

Natural Delivery

The complications of vaginal deliveries and Caesarean Sections will be discussed

A 36 week growth scan will be offered if appropriate

Elective Caesarean Section

A date will be organised for your operation

The hospital booking form will be completed

The procedure for a Caesarean Section and its possible complications will be discussed

33 weeks Your GBS swabs will be discussed and organised if you are planning a natural delivery.

If you are planning a Caesarean Section any questions arising from your last visit will be addressed

This is usually a midwife visit

36 weeks **Natural Delivery**

Please remember to return your birth plan – any questions you have about it will be discussed today

If you have had a growth scan the result will be reviewed and discussed

Return your GBS swabs and these will be sent to the lab

You will be reminded to make an appointment to see a Hospital midwife if this is your first pregnancy

You will be given a list of things to bring with you into the hospital

We will discuss what to do when you think you are in labour or if you rupture your membranes

Elective Caesarean Section

This will usually be your last visit

We will review your admission time and fasting instructions

You will be given a list of things to bring with you into the hospital

We will discuss what to do if you labour or rupture your membranes before your planned operation date

If you would like a “sleeping tablet” for the night before your operation this will be given to you

Post – delivery contraception will be discussed and organised

You will be asked to book your 6-8 week post-delivery check

38 weeks The results of your GBS swabs will be discussed

Your post-delivery contraception will be discussed and organised

An induction will be organised in the event you do not deliver by your due date – if all is well this can be a week over your due date

You will be asked to book your 6-8 post delivery check if you would like one

40 weeks You will have an ultrasound in my rooms to ensure there is still enough amniotic fluid around your baby

A vaginal examination will be offered to assess your cervix

Please note The above are the routine visits for an uncomplicated pregnancy and extra visits will be scheduled if you are having problems

At all visits your weight and blood pressure is checked and either the babies heart is listened to with a “doptone” machine or you will have an ultrasound

ANTENATAL CLASSES

Ensure booking form has been sent to the Hospital if classes are required as they are popular and get booked up quickly

OBSTETRIC RECORD

You will be given an obstetric record today – if you would like a record of your pregnancy, bring this each visit and it will be filled in

It comes in handy if you need to see another Doctor and many patients like to keep them to compare future pregnancies or to monitor their weight gain

EXPECTED DATE OF CONFINEMENT CERTIFICATE

Most employers require one of these – you will be offered one today
If your husband needs one, you may require two

Some patients also need these for travel or to defer their gym memberships

PROBLEMS TO SEEK HELP FOR

These will be discussed today and you will be given a written list to help you remember

ANATOMY ULTRASOUND RESULT

Result will be reviewed and discussed

