



Marren Campbell & Mackie

OVERVIEW OF ANTENATAL CARE

The obstetricians at MC&M are happy to see couples early in their pregnancy. Women are then seen 4-weekly till 28-weeks; fortnightly till 36-weeks; then weekly till delivery. At times, more frequent visits may be required.

At each visit, you will be given the opportunity to discuss the progress of your pregnancy. Examination will include a blood pressure and abdominal examination.

The table below outlines key discussion points according to stage of pregnancy.

Stage of pregnancy	Key discussion points
1 st visit 6 – 12 weeks	<ul style="list-style-type: none">- Confirm on-going pregnancy- Complete routine investigations- Discuss early pregnancy symptoms- Discuss nutrition and exercise- Provide overview of pregnancy care- Discuss hospital options- Discuss 1st trimester screening- Provide referrals (if required)- Complete 'antenatal record'- Provide psychosocial assessment
12 – 18 weeks	<ul style="list-style-type: none">- Review routine investigations- Confirm hospital choice- Arrange 'hospital booking'- Discuss antenatal classes- Review 1st trimester screening- Discuss 18 – 20 week ultrasound- Review psychosocial assessment
Pregnancy management visit 18 – 24 weeks	<ul style="list-style-type: none">- Review 18 – 20 week ultrasound- Reinforce overview of pregnancy care- Discuss birthing options- Discuss importance of fetal movements- Ensure emergency contact (specific labour ward) known
24 – 34 weeks	<ul style="list-style-type: none">- Routine review and investigations (28-weeks) as scheduled- Anti-D if required

Stage of pregnancy	Key discussion points
34 – 36 weeks	<ul style="list-style-type: none"> - Routine review and investigations (36-weeks) as scheduled - 34 – 36 week ultrasound for presentation and growth/well-being - Anti-D if required - Review birthing options - Plan caesarean section if necessary - Reinforce importance of fetal movements - Ensure emergency contact (specific labour ward) known
36 – 39 weeks	<ul style="list-style-type: none"> - Routine review
40-weeks	<ul style="list-style-type: none"> - Routine review - Plan induction of labour
6-weeks post-natally	<ul style="list-style-type: none"> - Review pregnancy and delivery - Maternal post-natal check - Perform pap smear if indicated - Discuss contraception - Psychosocial assessment