

PATIENT ANTENATAL PACK

Congratulations on your pregnancy!

This pack contains:

- Details on self-referring to the midwife
- A form to record your LMP (first date of your Last Menstrual Period) – please complete this form and hand to reception so they can record this on your record.
- An Emma's diary & labour information
- Antenatal care procedures and information sheet
- Postnatal information

Self-referring to the midwife

Please self-refer to the midwife by completing the attached form on page 2

Further information can be found by visiting the following link:

<https://www.porthosp.nhs.uk/departments-and-services/maternity-services/97964>

If you do not have access to the internet you can ring the **Portsmouth Maternity Centre on: 023 80 540 777** to register your pregnancy with the midwife. You will be asked to provide the date of your LMP. Please contact the midwife as soon as possible in your pregnancy so early screening can be discussed if necessary.

Your midwife will arrange to see you when you are approximately 10 weeks pregnant. You may be asked to attend appointments at both St Mary's and Queen Alexandra Hospital.

Your midwife will advise you on how to prepare for your baby's arrival as well as how to stay healthy throughout your pregnancy. Advice about when to see your GP will be given by your midwife and they will arrange your ultrasounds and blood tests. Your midwife is responsible for informing the GP when your baby is born and when you are discharged from hospital.

Once you have returned home you will have regular visits from the midwife, after a week or so the health visitors will take over. Please contact the Practice if you do not hear from the health visitor.

<u>9wks</u>	
<u>12wks</u>	

Official use only

SELF REFERRAL FORM

TODAYS DATE.....

FULL NAME MS/MISS/MRS/Dr.....

ANY PREVIOUS SURNAME.....

ADDRESS.....

..... **POSTCODE**.....

Mobile NO..... **Home NO**..... **D.O.B**.....

GP..... **GP Surgery**.....

EMAIL..... Is it ok to send an email yes/no

NHS NO.....

FIRST DAY OF LAST PERIOD..... **PREGNANCY TEST** YES/NO Date +ve test.....

Due Date..... **NO OF WEEKS**.....

NUMBER OF PREVIOUS CHILDREN/PREGNANCIES.....

	Name	D.O.B	PLACE OF BIRTH	Weeks at Birth	Weight	DELIVERY TYPE	Where is this child now
1							
2							
3							
4							
5							

SIGNIFICANT MEDICAL HISTORY /MEDICATION

.....

HISTORY OF GBS YES/NO **HEIGHT**..... **WEIGHT**..... **BMI**.....

PLANNED PLACE OF BIRTH –

IS IT OK TO LEAVE MESSAGE OR SEND TXT ON PHONE? YES/ NO

Please send completed form via secure email to:

Pho-tr.pmccitybookings@nhs.net if you live in PO1, PO2, PO3, PO4, PO5

Pho-tr.GrangeNorthBookings@nhs.net if you live if PO6, PO7, PO8, PO9, PO10, PO11, GU31, GU32, GU33

Pho-tr.BlakeWestBookings@nhs.net if you live in PO12, PO13, PO14

Pho-tr.fchwestbookings@nhs.net if you live in PO15, PO16, PO17, SO31.

ANTENATAL DETAILS FORM - Last Menstrual Period form

Name:.....

Date of Birth:.....

Address:.....
.....
.....

LMP (date of last menstrual period):.....

Please return this form to the receptionist at your practice once complete

Antenatal care procedures and information sheet

Useful contact numbers:

Portsmouth Maternity Centre – St Mary’s **023 82 540 777 (8am-8pm)**
Mary Rose Maternity Centre QA Hospital ward B5 **023 92 283 284 (24/7)**
Community Co-ordinator **07770 233 256 (24/7)**

A midwife is always available to help or you can leave a message for your midwife to contact you as soon as they are next on duty.

WEEKS	Routine low risk programme
Approx 10 weeks	Midwife will contact you to arrange a birth centre visit to discuss screening and complete your pregnancy notes Booking bloods to be taken as soon as possible
12-14+2	Dating scan, Nuchol Fold and bloods (Downs screening) as QAH
18	See midwife to confirm EDD (expected delivery date). Blood results will be documented in your notes.
20	Detailed scan at QAH (possible consultant review)
25	See GP
28-29	See midwife, blood test (and anti-D if RH negative)
31	See GP
34	See midwife
36	See GP/midwife
38	See midwife
40	See midwife
41	See midwife to arrange induction of labour if required

Any hospital appointments will be instead of the midwife/GP appointment. Extra appointments can be made if required.

If you have a previous problem free pregnancy you may not require the 25 & 31 week visits.

An Emma’s diary & labour information pack.

This pack can be downloaded from:

<https://www.emmasdiary.co.uk/about-us/our-publications/labour-information-pack>

Alternatively if you ask at your practice reception they will be able to provide a hard copy of this pack.

Maternity Exception Form

Please ask your practice reception for a Maternity Exemption Form (FW8) – pregnant ladies are exempt from paying prescription charges and payments for dental treatment. This form will then need completing and returning to your practice reception.

POSTNATAL INFORMATION

Please register your baby at the Practice by completing the forms held at reception. Once baby is registered you will need to book your post-natal with the GP when baby is between 6-8 weeks old.

Baby immunisations commence when baby reaches 8 weeks and are vitally important to ensure your child and the community stay safe. Your baby will usually have a health check when they are around 6-8 weeks old at the same time as your postnatal check.

However if they have not yet received this check, it is important your baby still receives their immunisations.

Please remember to bring baby's red book with you to these appointments

If you wish to research the vaccinations prior to the appointment please visit the vaccine knowledge project online at: <https://www.ovg.ox.ac.uk/research/vaccine-knowledge-project>

If you have any question please do not hesitate to contact the Practice.