

## CONTACTS

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If you have any problems or queries throughout your pregnancy contact the Midwife or GP for advice.

### MEASHAM MEDICAL UNIT

8:00 – 18:30 Mon – Fri

01530 270933

### MIDWIFE – CATHY ALDRIDGE

9:00 – 17:00 Mon – Fri

01827 288495

01283 566333

Ext 4351

### WEEKENDS

01283 566333

Ask for Maternity Discharges

### EMERGENCIES OVERNIGHT

01785 253521

## USEFUL INTERNET LINKS

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Below are some useful links with further information which may be useful during your pregnancy:

Surgery: [www.meashamdoctors.co.uk](http://www.meashamdoctors.co.uk)

NHS Pregnancy site:

[www.nhs.uk/planners/pregnancycareplanner](http://www.nhs.uk/planners/pregnancycareplanner)

Breastfeeding Information:

[www.breastfeeding.nhs.uk/](http://www.breastfeeding.nhs.uk/)

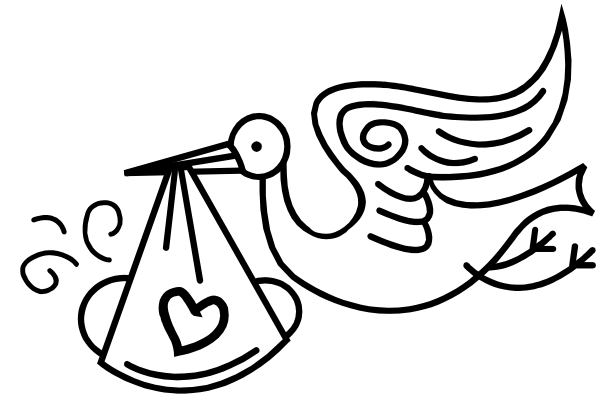
Families Team Financial Services Authority:

[www.parentsguidetomoney.co.uk](http://www.parentsguidetomoney.co.uk)

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**CONGRATULATIONS ON  
YOUR PREGNANCY**

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Our Midwife, Cathy Aldridge, your antenatal GP and the associated clinical team look forward to caring for you during your pregnancy.

Your antenatal care will be shared between Cathy and one of the GP's at the Medical Unit. A GP will be allocated to you at your first appointment with the Midwife.

You need to make an appointment to see the Midwife, ideally before you are 9 weeks pregnant. Please read the enclosed leaflets before attending your first appointment with the Midwife and fill in as many of the forms as you can.

At the first appointment your Midwife will discuss with you the most appropriate place for you to have your baby, and book you accordingly. She will also talk to you about the various screening programmes available to you. She will need to take some blood samples at the first appointment. Please bring a urine sample with you to this appointment.

For most women, all their care with the exception of Scans can be done in the Community by the Midwife and GP. Some women will need to be booked under the care of a hospital Consultant, and so some of their appointments will be at the hospital. The Consultant will tell you when he/she wishes to see you at your first appointment with them.

The following is a guide for routine antenatal care:

<b>Weeks</b>	<b>Appointment</b>	<b>With/Where</b>
8-10	Booking & Blood Test appointment	Midwife at Medical unit
11-12	Nuchal Translucency Or Dating Scan	Hospital
16-18	Screening tests/ Antenatal check	Midwife or Consultant at Hospital
20	Anomaly Scan	Hospital
25	Antenatal check, Mat B1	Midwife or GP
28	Antenatal check / Blood test	Midwife or GP
31	Antenatal check / Blood test	Midwife or GP
34	Antenatal check Discuss Parentcraft	Midwife or GP
36	Antenatal check Discuss Birthplan	Midwife or GP
38	Antenatal check	Midwife or GP
40	Antenatal check	Midwife or GP
41	Antenatal check/ arrange induction of labour	Midwife

Some additional blood tests may be necessary throughout your pregnancy – most of these can be taken at the Medical Unit. Please discuss this with the Midwife or GP if extra blood tests are required.

If you need Folic Acid or medication for indigestion please the Medical Unit to request this.