



Otaika Road Midwives

otaikaroadmidwives.co.nz

EXPECTATIONS FOR YOU DURING YOUR MATERNITY CARE.

Welcome to Otaika Road Midwives. This guide informs you what to expect during your care.

Week of Pregnancy	Reason for Appointment	What do I need to do?
Your first appointment	<p>To meet the midwives who will be caring for you. Complete your booking notes, discuss screening tests and booking blood tests for your iron levels, blood group, antibodies, RPR, HIV (if you choose this test), Hepatitis B.</p> <p>Free flu Vaccine at your GP</p> <p>A prescription will be given for folic acid and Iodine tablets.</p>	<p>Considerations: Where you would like to have your baby.</p> <ul style="list-style-type: none"> • Home • Hospital <p>Depending on your booking information, a referral to the obstetrician at Whangarei hospital may be indicated.</p>

If you book early in your pregnancy and before 13 weeks and 6 days	<p>An appointment will be made for a dating scan if you are unsure of your dates.</p> <p>If you choose to have the maternal serum screening for Downs Syndrome a Nuchal Translucency scan will be booked and a blood form will be given to you for the serum screening.</p>	Decide if you would like the screening test for Downs.
Before 18 weeks pregnancy	<p>A dating scan will be arranged for you.</p> <p>A) If the scan is done prior to 13+6 pregnancy you will have the option of the earlier Downs Screening test.</p> <p>B) If the scan is done after 14 weeks but before 20 weeks you will still have the option for Down's screening but a blood test only.</p>	Decide whether you wish to have the Down's screening.
14 – 16 weeks	You will have an antenatal check and to discuss your blood results.	
18 - 22 weeks	Ultrasound anatomy scan will be arranged.	You or your midwife can arrange this scan.
25 weeks	<p>Antenatal check</p> <p>Results from anatomy scan.</p> <p>Car Seat/clothing and bedding for baby.</p>	Book antenatal classes if you wish to attend.



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28 weeks	<p>Antenatal check You will need a blood test to check your iron levels, antibodies and a polycose (diabetes screen).</p> <p>You will be introduced to a birth plan/safe sleeping for baby/monitoring baby movements.</p>	<p>You may need a medical certificate for work.</p> <p>Consider what you would like on your birth plan.</p> <p>Topics to be discussed at your visits and information given for you to read.</p>
30 Weeks	<p>Antenatal Check</p> <p>Discuss skin to skin/rooming in/signs of pre-eclampsia/Vit K for baby/Well Child Provider/Pain relief/Plans for the Placenta.</p>	<p>Topics to be discussed at your visit and information given for you to read and make an informed consent.</p>
32 Weeks	<p>Antenatal Check</p> <p>Whooping cough vaccine between 31 -32 weeks free at GP.</p>	<p>How you wish to feed your baby.</p> <p>Drop in Breastfeeding clinic and lactation clinics.</p>
34 Weeks	<p>Antenatal Check</p>	<p>Discuss the difference between primary and secondary care.</p>
36 Weeks	<p>Antenatal Check</p> <p>Discuss the signs of labour and when to call the Midwife</p>	<p>Now is the time to have your bag and your baby's bag ready for hospital.</p> <p>Weekly visits now.</p>
37 Weeks	<p>Antenatal Check</p>	
38 Weeks	<p>Antenatal Check</p> <p>Review the signs of labour and when to call the midwife.</p>	<p>Discuss Induction of labour with your midwives and if agreed to an induction a referral letter will be sent to the antenatal clinic.</p>
39 Weeks	<p>Antenatal Check</p>	
40 Weeks	<p>Antenatal Check</p>	<p>Discuss Induction of labour between 41-42 weeks.</p> <p>Your midwives will offer you a 'stretch and sweep' to see if it will help you go into labour.</p>
41 – 42 weeks	<p>Induction of labour.</p>	<p>The process is started by the hospital staff and your midwives will be called in when you are in established labour.</p>
Write down any questions you may wish to ask.		