

Fact Sheet

Antenatal Clinic Visits

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Standard Schedule of visit for low risk women having their first baby

8-12 weeks

- you will need to arrange a booking in visit with a midwife at Westmead Hospital. Allow approximately 1 ½ hours for this visit. You are encouraged to bring your partner to participate in the second half of the visit
- you or your GP will need to send the referral letter to the Women's health Clinic by mail or Fax. See Booking in for Pregnancy page. You will then be given a booking –in appointment.

Bring to your visit the following:

- pathology (blood tests) results
- ultrasound scan reports

The midwife will check your:

- blood pressure
- height
- weight
- Urine or urine results from the GP
- blood test results

At the visit:

If the blood tests are not complete you may be asked to have some more blood tests.

Screening for genetic abnormalities such as Down's Syndrome (Trisomy 21) will be offered to you. (Your GP can also refer you for genetic screening) You will be given an ultrasound referral form for 18-20 week morphology scan to check your baby from head to toes.

You may be referred to the doctor's clinic if there are any risk factors.

You will be provided with a variety of low risk options of care that you may choose from or allocated to an appropriate model based on your medical and obstetric needs.

20-22 weeks

Bring to your visit the following:
Ultrasound (Morphology scan) results

The midwife will check your:

- blood pressure
- weight
- size of your abdomen (abdominal palpation) to assess the growth of your baby
- baby's heart beat and pattern of baby movements
- urine if you have any symptoms of a urinary tract infection or raised blood pressure
- blood test and ultrasound scan results

At the visit:

You will be given a referral form for a blood glucose tolerance test to check for gestational diabetes at 24-28 weeks of pregnancy.



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Whooping Cough (Pertussis) vaccination will be discussed and an appointment made for vaccination at 28 weeks of pregnancy.

We will also discuss Flu vaccination
The midwife will discuss normal baby movement patterns. (See link on fetal movements on pregnancy page on website)
You should book for your childbirth and parenting classes, (see website for bookings.)

24-28 weeks

May have 2 appointments in this period.
Bring to your visit the following:
Blood glucose tolerance test results

The midwife will check your:

- blood pressure
- weight
- size of your abdomen (abdominal palpation) to assess the growth of your baby
- baby's heart beat and pattern of baby movements
- urine if you have any symptoms of a urinary tract infection or raised blood pressure

At the visit:

The midwife will give you a form for a blood test to check your haemoglobin level which relates to anaemia. You can have this blood test in the clinic.

The midwife will discuss your blood glucose results and the importance of healthy eating, exercise and healthy lifestyles in pregnancy.

You can have your appointment for whooping cough vaccination.

32 weeks

Bring to your visit the following:

Any blood test results

The midwife will check your:

- blood pressure
- weight
- size of your abdomen (abdominal palpation) to assess the growth of your baby
- baby's heart beat and pattern of baby movements
- urine if you have any symptoms of a urinary tract infection or raised blood pressure

At the visit:

Your midwife will discuss breastfeeding, please read some of the many breastfeeding resources from our website and the Australian Breastfeeding Association (ABA).

You may start planning for your birth by discussing with the midwife the choices for birth, pain relief and breastfeeding your baby.

36 weeks

Bring to your visit the following:

A Birth Plan

The midwife will check your:

- blood pressure
- weight
- size of your abdomen (abdominal palpation) to assess how your baby is growing
- position of the baby's head in the pelvis
- baby's heart beat and pattern of baby movements

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- urine if you have any symptoms of a urinary tract infection or raised blood pressure

At the visit:

You and the midwife can continue the discussions on breastfeeding and birthing choices, signs of labour, pain relief options and managing your labour (see fact sheets)

The midwife will discuss with you preparations for coming to hospital and bringing your baby home including child car seat restraints.

38 weeks

Bring to your visit the following:

Any questions you have

The midwife will check your:

- blood pressure
- weight
- size of your abdomen (abdominal palpation) to assess how your baby is growing
- position of the baby's head in the pelvis
- baby's heart beat and pattern of baby movements
- urine if you have any symptoms of a urinary tract infection or raised blood pressure

At the visit:

You and the midwife can discuss early labour and when to call the hospital.

Continue discussions on caring for yourself after baby is born and post natal depression.

Discuss expressing breast milk and caring for your baby.

39 weeks

Bring to your visit the following:

Any questions you have

The midwife will check your:

- blood pressure
- weight
- size of your abdomen (abdominal palpation) to assess the growth of your baby
- position of the baby's head in the pelvis
- baby's heart beat and pattern of baby movements
- urine if you have any symptoms of a urinary tract infection or raised blood pressure

At your visit:

You and the midwife can continue discussions on birth, breastfeeding, caring for yourself and your baby.

40 weeks

Bring to your visit the following:

Any questions you have

The midwife will check your:

- blood pressure
- weight
- size of your abdomen (abdominal palpation) to assess the growth of your baby
- position of the baby's head in the pelvis
- baby's heart beat and pattern of baby movements
- urine if you have any symptoms of a urinary tract infection or raised blood pressure

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At your visit:

The midwife will offer you a vaginal examination to check the cervix and readiness for labour. This may help start your labour.

The midwife will discuss ways to help your body prepare for labour.

The midwife will prepare you for the next visit by discussing induction of labour after 41 weeks (bringing on the birth)

41 weeks

Post dates visit:

This visit is in the Day Assessment Unit when you are exactly 41 weeks gestation. This appointment date may be different to your usual appointment day.

The midwife will check your:

- blood pressure
- weight
- size of your abdomen (abdominal palpation) to assess the growth of your baby
- position of the baby's head in the pelvis
- baby's heart beat and pattern of baby movements
- urine if you have any symptoms of a urinary tract infection or raised blood pressure

At this visit:

You will have a Cardiotocograph (CTG). A continuous electronic monitoring of the baby's heart beat onto graph paper to ensure baby is well.

You will have a bedside ultrasound to measure the amniotic fluid in the womb (uterus) around the baby.

You will have a vaginal examination to check the cervix and readiness for labour.

Based on these assessments a plan for induction of labour within the next few days / week will be made with you.

We welcome further feedback on this brochure as a way of continually improving our service.

Send your feedback to:

WSLHD-Get_Involved@health.nsw.gov.au