

## Pregnancy and beyond Information Sheet

### A Guide from College Road Surgery

This explains what to expect from your GP Practice Team and local NHS services throughout your pregnancy and birth up to your child's 11th birthday. It includes contact details for local services, support groups and advice.

#### Antenatal Care

QUESTION	ANSWER	CONTACT DETAILS	NOTES
What should I do if I think I am pregnant?	Do a pregnancy test	Pregnancy Testing Kits available to purchase from pharmacies and supermarkets.	Most pregnancy kits will provide an accurate result from the first day of your missed period.  There is no need to have a positive result confirmed by a GP.
Once you know you are pregnant you should:	Book your first midwife appointment (Antenatal Booking Appointment).	Self refer to Ashford and St Peter's (ASPH) maternity unit.  <a href="https://www.asphmaternity.co.uk/maternity-self-referral-form/">https://www.asphmaternity.co.uk/maternity-self-referral-form/</a>	Booking Appointment should ideally happen between 7 - 9 weeks.  The appointment lasts about 80 minutes. You will be given health, nutrition, maternity benefits advice and details about antenatal screening tests etc
	Sign up to Start4life weekly e-mails	<a href="http://www.nhs.uk/start4life">www.nhs.uk/start4life</a>	For NHS advice and videos on pregnancy, birth & postnatal information and tips.
	Check NHS website	<a href="http://www.nhs.uk/pregnancy">www.nhs.uk/pregnancy</a>	For healthy pregnancy advice
	Consider joining the National Childbirth Trust (NCT)	<a href="http://www.nct.org.uk">www.nct.org.uk</a>	A charity with a mission to offer support through pregnancy, birth and early parenthood.

#### Antenatal Care Timeline

TIMING	APPOINTMENT TYPE / PLACE	FOR YOU	FOR BABY	NOTES
As soon as you know you are pregnant	Antenatal Booking Appointment  At GP surgery or maternity hub (with Midwife)	<ul style="list-style-type: none"> <li>You will be asked to fill in an online health questionnaire</li> <li>Check your medical history</li> <li>Blood tests eg sickle cell disease / thalassaemia / HIV / Syphilis / Hep B.</li> <li>You will be given an appointment for your 11-14 week &amp; 18-21 week scans.</li> <li>Receive your 'Maternity Notes'. A record of appointments, test results etc</li> </ul>		Take your 'Maternity Notes' to all antenatal, birth and postnatal appointments.
7 - 9 weeks	At GP surgery or maternity hub (with Midwife)	<ul style="list-style-type: none"> <li>Healthy pregnancy information</li> <li>Antenatal care plan</li> <li>Maternity benefits</li> <li>Options for giving birth</li> </ul>		
14 weeks	At GP surgery or maternity hub (with Midwife)	<ul style="list-style-type: none"> <li>Check your health</li> <li>Offer you the whooping cough vaccine (Best time to have this is after your 18-21 week scan)</li> <li>Provide information about the 18-21 week scan</li> </ul>	<ul style="list-style-type: none"> <li>Review screening test results</li> </ul>	

TIMING	APPOINTMENT TYPE / PLACE	FOR YOU	FOR BABY	NOTES
18-21 weeks	Ultrasound scan At Hospital	<ul style="list-style-type: none"> <li>Receive your Maternity Certificate (form MATB1) to:               <ul style="list-style-type: none"> <li>Verify your pregnancy</li> <li>Confirm expected week of confinement (EWC)</li> <li>Confirm actual birth date (after birth)</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Check baby's physical development</li> </ul>	<ul style="list-style-type: none"> <li>Use MATB1 to claim:               <ul style="list-style-type: none"> <li>Statutory Maternity Pay (SMP) from your employer</li> <li>Maternity Allowance (MA) and Sure Start Maternity Grant (SSMG) from Jobcentre Plus</li> </ul> </li> </ul>
24 weeks	Letter from the Health Visiting Team	<ul style="list-style-type: none"> <li>Introduction to the Health visiting team and the service they provide.</li> <li>Invitation to 'Bump and Beyond the 4th trimester', a virtual group.</li> </ul>		
25 weeks (if this is your first baby)	Midwife appointment At Hospital		<ul style="list-style-type: none"> <li>Health checks and advice about baby's movements</li> </ul>	
28 weeks	Midwife appointment At Hospital	<ul style="list-style-type: none"> <li>Check your health</li> <li>Check your uterus size (unless on additional ultrasound scans)</li> <li>Discuss labour and birth preparation</li> <li>Offer first anti-D treatment if you're rhesus -ve</li> <li>Blood test to check iron levels</li> <li>Offer RSV vaccine</li> </ul>	<ul style="list-style-type: none"> <li>Check baby's movements</li> <li>Offer additional screening tests</li> </ul>	RSV vaccine protects you and your baby from birth from respiratory syncytial virus. Offered on NHS from September 2024
31 weeks (only if this is your first baby)	Midwife appointment At Hospital	<ul style="list-style-type: none"> <li>Check your health</li> <li>Check your uterus size</li> <li>Discuss results of any screening tests from last appointment</li> </ul>	<ul style="list-style-type: none"> <li>Check baby's movements</li> </ul>	
34 weeks	Midwife appointment At Hospital	<ul style="list-style-type: none"> <li>Information about preparing for labour and birth</li> <li>Check your health</li> </ul>	<ul style="list-style-type: none"> <li>Check baby's movements</li> </ul>	
36 weeks	Midwife appointment At Hospital	<ul style="list-style-type: none"> <li>Check your health</li> <li>Provide breastfeeding and caring for your newborn information.</li> <li>Looking after your own health</li> <li>Discuss your birth plan</li> </ul>	<ul style="list-style-type: none"> <li>Check baby's movements</li> <li>Check your baby's position</li> <li>Vitamin K and screening tests.</li> </ul>	
38 weeks	Midwife appointment At Hospital	<ul style="list-style-type: none"> <li>Check your health</li> <li>Measure your uterus size</li> </ul>	<ul style="list-style-type: none"> <li>Check baby's movements</li> </ul>	
40 weeks	Midwife appointment At Hospital	<ul style="list-style-type: none"> <li>Check your health</li> <li>Measure your uterus size</li> <li>Offer a membrane sweep</li> </ul>	<ul style="list-style-type: none"> <li>Check baby's movements</li> </ul>	
41 weeks	Midwife appointment At Hospital	<ul style="list-style-type: none"> <li>Check your health</li> <li>Measure your uterus size</li> <li>Discuss induction of labour</li> <li>Offer a membrane sweep</li> </ul>		
42 weeks	Midwife appointment At Hospital	<ul style="list-style-type: none"> <li>If you haven't had your baby and have chosen not to be induced, you should be offered increased monitoring of the baby</li> </ul>		

## Birth

QUESTION	ANSWER	CONTACT DETAILS	NOTES
What should I do if I think I'm going into labour?	<ul style="list-style-type: none"> <li>Go to the hospital where you are booked</li> </ul>	<ul style="list-style-type: none"> <li>St Peter's or Royal Surrey: 0300 123 5473</li> <li>Frimley Hospital: 0300 013 2004</li> </ul>	<ul style="list-style-type: none"> <li>Your hospital booking will have been discussed at your previous midwife appointment</li> </ul>
Who can accompany me at hospital	<ul style="list-style-type: none"> <li>2 birth partners</li> </ul>		
What would I bring with me?	<ul style="list-style-type: none"> <li>Packed bag with items for labour.</li> </ul>	<ul style="list-style-type: none"> <li><a href="https://www.nhs.uk/pregnancy/labour-and-birth/preparing-for-the-birth/">https://www.nhs.uk/pregnancy/labour-and-birth/preparing-for-the-birth/</a></li> </ul>	
How long should I expect to stay in hospital?	<ul style="list-style-type: none"> <li>Varies but typically:               <ul style="list-style-type: none"> <li>1 night for a vaginal delivery or</li> <li>1 to 2 nights following a C-section</li> </ul> </li> </ul>		

## Postnatal Care

WHEN	WHAT TO EXPECT	NOTES
Shortly before, or just after the birth	You will receive a Personal Child Health Record (PCHR), often called the "red book" to record your baby's weight, height, vaccinations etc	Bring this book to all appointments You can add information to this book eg. Child illnesses, accidents, medicines etc
10 - 14 days after birth	<ul style="list-style-type: none"> <li>Your care will transfer from the midwife to a health visitor.</li> <li>A visit by health visitor to your home will be arranged by phone</li> </ul>	

## Postnatal Care Timeline (Until baby reaches 2 years old)

TIMING	APPOINTMENT TYPE	REASON	NOTES
Within 72 hours of birth (before hospital discharge)	Baby screening tests and neonatal examination  At hospital or At home by trained midwife for home birth	<ul style="list-style-type: none"> <li>To identify early any issues with baby's eyes, heart, hips and for boys, testicles.</li> <li>You will get the results at the appointment</li> </ul>	
5-8 days	Heel prick test  At postnatal clinic or At home by midwife	<ul style="list-style-type: none"> <li>Screening test for cystic fibrosis and sickle cell disease</li> </ul>	
1-2 weeks	New baby Review  At home by Health Visitor	<ul style="list-style-type: none"> <li>To check baby is regaining any lost birthweight</li> <li>To give advice on:               <ul style="list-style-type: none"> <li>Safe sleeping, vaccinations, baby feeding</li> <li>Adjusting to life as a new parent</li> <li>Health promotional advice</li> <li>Contact details for local clinics and support groups</li> </ul> </li> </ul>	

TIMING	APPOINTMENT TYPE	REASON	NOTES
6-8 weeks	Baby physical examination  At GP Practice or At home by a Health Visitor	<ul style="list-style-type: none"> <li>Identify any physical conditions not identified previously (eyes, heart, hips and testicles (boys))</li> <li>Check on your physical and emotional health.</li> <li>Share baby vaccination timetable</li> </ul>	
8 weeks	3 Vaccinations  At GP Practice by nurse	<ol style="list-style-type: none"> <li>6-in-1 vaccine: Diphtheria; Hepatitis B; Hib (Haemophilus influenzae type b); Polio; Tetanus; Whooping cough (Pertussis)</li> <li>Rotavirus</li> <li>MenB</li> </ol>	
12 weeks	3 Vaccinations  At GP Practice by nurse	<ol style="list-style-type: none"> <li>6-in-1 vaccine (2nd dose)</li> <li>2. Pneumococcal (PCV) vaccine</li> <li>Rotavirus (2nd dose)</li> </ol>	
16 weeks	2 Vaccinations  At GP Practice by nurse	<ol style="list-style-type: none"> <li>6-in-1 vaccine (3rd dose)</li> <li>MenB (2nd dose)</li> </ol>	
Up to 6 months old.  Maximum once per month.	Baby review  At Well Baby clinics by Health Visitor	<ul style="list-style-type: none"> <li>To measure baby's weight and length</li> <li>Answer any questions you may have</li> <li>You will be encouraged to attend an 'Introducing Family Food' workshop run by Health Visitor.</li> </ul>	
6-12 months.  Maximum once per 2 months.	Baby developmental and wellbeing review  At Well Baby clinics by Health Visitor	As above	
10-12 months	Baby developmental review.  At Development Clinic by Health Visitor	<ul style="list-style-type: none"> <li>Health advice given eg. Safety, diet, sleep, dental care, vitamins and immunisations</li> <li>Includes an 'Ages and Stages Questionnaire' (ASQ-3) to check your baby's development vs key milestones: <ul style="list-style-type: none"> <li>Gross &amp; fine motor skills</li> <li>Problem solving skills</li> <li>Social &amp; emotional skills</li> </ul> </li> <li>Discuss return to work</li> </ul>	You will be invited by letter to book an appointment and choose which Development Clinic venue to attend.
1 year	4 Vaccinations  At GP Practice by nurse	<ol style="list-style-type: none"> <li>Hib/MenC (1st dose)</li> <li>MMR (1st dose)</li> <li>Pneumococcal (PCV) (2nd dose)</li> <li>MenB (3rd dose)</li> </ol>	
>1 year.  Maximum once per 3 months	Baby developmental review  At Well Baby Clinic by Health Visitor	<ul style="list-style-type: none"> <li>To measure baby's weight and length which will be recorded in baby's red book</li> <li>To discuss any concerns</li> </ul>	
27 months	Baby developmental review.  At a Development Clinic by Health Visitor	<ul style="list-style-type: none"> <li>A group review of your toddler's development</li> <li>Includes an 'Ages and Stages Questionnaires' (ASQ-3) and ASQ SE2 to check developmental milestones as described in the 10-12 review (see above) and identify any delay in speech &amp; language.</li> <li>Parents/carers can report on toddler's activities and discuss any concerns.</li> <li>Health advice given (as 10 - 12 month review) including socialisation and nursery.</li> </ul>	You will be invited by letter to book an appointment and choose which Development Clinic venue to attend.

## Child Care Timeline (from 2 to 11 years old)

TIMING	APPOINTMENT TYPE	REASON	NOTES
3 years and 4 months	2 Vaccines	1. MMR (2nd dose) 2. 4-in1 pre-school booster (diphtheria, polio, tetanus, whooping cough)	
4-5 years	School Nurse check up including height, weight, vision and school readiness.	Part of the National Child Measurement Program.	Reception year. You will be sent a letter with an opt out clause
10-11 years	School Nurse check up - height and weight.	Part of the National Child Measurement Program.	Year 6. You will be sent a letter with an opt out clause

## Useful information, support groups and contact details

SERVICE	CONTACT DETAILS	NOTES
St Peter's Hospital Abbey Wing, Guildford Rd, Chertsey, Surrey, KT16 0PZ	Ultrasound queries: 01932 722 665 Antenatal Clinic: 01932 722 389 Maternity Unit: 01932 722 835 Neonatal Ward: 01932 722 667	
Call a Midwife Surrey Advice line	0300 123 5473 24 hours/day, 7 days per week	Help for any concerns during pregnancy and up to 28 days after birth.
Health Visitor advice line	01883 340922 (08:00 - 17:00, Monday to Friday)	From pregnancy until child is 19 years old
Baby Buddy App (by best beginnings)	Free to download from your App Store.	Pregnancy and parenting app for new parents in Surrey. UNICEF approved and evidence based tips, videos and tools to support you and your children from pregnancy until age 5.
NHS website	<a href="http://www.nhs.uk/pregnancy">www.nhs.uk/pregnancy</a>	Advice for a healthy pregnancy and a pregnancy planning toolkit.
Woking family services e-newsletter	<a href="http://woking.gov.uk/wfsenews">woking.gov.uk/wfsenews</a>	A quarterly e-newsletter with news of upcoming courses, groups & support from Woking family support teams, family centres, and wider partner agencies.
Breastfeeding support (NHS)	<ul style="list-style-type: none"> <li>• <u>Eastwood clinic</u>: Albert Drive, Sheerwater GU21 5RF. 01883 340922 (Wednesdays 09:30 - 11:30), online via ZOOM: Fridays at 10:00</li> <li>• </li> </ul>	Most community breastfeeding groups are run by Health Visitors within clinics.
	<ul style="list-style-type: none"> <li>• More options available at <a href="https://childrenshealthsurrey.nhs.uk/services/infantfeeding">https://childrenshealthsurrey.nhs.uk/services/infantfeeding</a></li> </ul>	
	<ul style="list-style-type: none"> <li>• Facebook page (type Breast feeding and infant feeding Surrey into search engine)</li> </ul>	Facebook page is open to all to join. It is non interactive. Information is added daily.
Breastfeeding support (Private groups)	<ul style="list-style-type: none"> <li>• National Childbirth Trust <a href="http://www.nct.org.uk">www.nct.org.uk</a></li> <li>• La Leche League <a href="https://www.laleche.org.uk/">https://www.laleche.org.uk/</a></li> </ul>	
Sleeping advice	Help and advice is available from your Health Visitor.	For school age children, contact the school nurse team at Eastwood clinic (see breast feeding support above).
Tongue tie service	Available via referral from your Health Visitor	
Parentcraft classes	Bump and Beyond the 4th Trimester - a virtual group	Access details are in your 24 week pregnancy letter from your Health Visitor.

SERVICE	CONTACT DETAILS	NOTES
Mother and toddler groups	There are many groups and can be accessed via The Family Grapevine magazine, your Health Visitor, local libraries or online: <a href="https://thefamilygrapevine.co.uk/west-surrey/events/">https://thefamilygrapevine.co.uk/west-surrey/events/</a>	Mother and Toddler groups include: <ul style="list-style-type: none"> <li>• Baby massage</li> <li>• Sensory groups</li> <li>• Swimming</li> <li>• Nurseries etc</li> </ul>
Mental Health support	Perinatal Mental Health Service <a href="https://www.sabp.nhs.uk/our-services/mental-health/perinatal/contact/perinatal-north-west">https://www.sabp.nhs.uk/our-services/mental-health/perinatal/contact/perinatal-north-west</a>	<ul style="list-style-type: none"> <li>• Requires referral from a Health Visitor, GP or mental health professional.</li> <li>• Self referral counselling and CBT eg. Mind Matters are available. Your Health Visitor can provide details.</li> </ul>
	Mindworks <a href="http://www.mindworks-surrey.org">www.mindworks-surrey.org</a>	A child and young person's emotional wellbeing and mental health service.
	<a href="http://chathealth.nhs.uk">chathealth.nhs.uk</a>	NHS confidential help from trained staff in the local area. Designed for school age children
New father support groups	Baby Buddy App (by best beginnings)	Download from your App Store as above
	DadPad: <a href="https://thedadpad.co.uk/">https://thedadpad.co.uk/</a> Email: <a href="mailto:hello@thedadpad.co.uk">hello@thedadpad.co.uk</a> Phone: 07403 274757	A guide for new fathers developed with the NHS
Child health, development and parenting advice	<a href="https://childrenshealthsurrey.nhs.uk/">https://childrenshealthsurrey.nhs.uk/</a> 01883 340 9922 (08:00 - 17:00 Monday to Friday excluding bank holidays)	Local Surrey NHS news and advice for parents and carers of children (up to age 19)
Bed Wetting	<a href="http://eric.org.uk">eric.org.uk</a>	National charity aimed at improving children's bowel and bladder health.
Is my child too ill for school?	<a href="https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/">https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/</a>	Contains a list of common illnesses with government guidelines about when children should and should not be kept off school