

Antenatal Clinic Visits

What to expect from your pregnancy visit: First baby

When the Antenatal Clinic receives your referral from your local doctor (GP), the booking officer will call you and arrange your first antenatal visit. This is known as your *booking-in appointment*.

The standard schedule of antenatal clinic visits when expecting a first baby is:

GP 6–12 weeks before booking-in

- Routine antenatal blood and urine tests
- Ultrasounds including a dating scan and/or an early anatomy scan
- Information about prenatal testing
- A referral to CCLHD Antenatal Clinic (GP completes this referral online)
- If needed an early pathology referral for testing for Gestational Diabetes if risk factors are present
- GP to discuss Cervical Screening (Pap Smear)

Booking-in visit (approx. 14–18 weeks)

- 90 minutes long
- Involves taking your medical, surgical, and pregnancy history
- You will be asked questions about your mental health and support
- You will be asked to complete a Mental Health Screening to assess your emotional wellbeing
- Your blood tests and ultrasounds will be checked by the midwife and filed in your record
- You will be given information about options for your antenatal care, any referrals needed for further tests and future appointments booked

- Your baby's heart rate, your blood pressure, weight and urine sample will be checked
- You will be offered a breath test for carbon monoxide levels, called a Smokerlyser

Key discussion points

- Your estimated due date will be confirmed and timing of birth discussed
- Healthy eating and healthy weight gain. You will be offered a referral to the Get Healthy in Pregnancy Program.
- Smoking and vaping in pregnancy
- Vaccinations (and their benefits) offered in pregnancy
- Breastfeeding information booklet – “How Breastfeeding Works” (this will be given to you)
- Community and mental health support services available
- Check you have a referral form for your ultrasound that needs to be attended between 18 and 20 weeks
- If your blood type is Rhesus Negative you may be offered an extra blood test to determine your babies blood type.

After the booking-in appointment, you will be given follow up appointments (visits) with the midwives (or the obstetric doctor if there are risks identified for you or your baby). Attending regular antenatal visits will help to improve your health and the well-being of your baby. Please remember to bring your yellow antenatal card to your visits and advise your midwife/doctor of any blood tests or scans you have had since your last visit.



Routine assessments at each antenatal visit will include

- **30 minutes long visit**
- **Your baby's heart rate will be listened to with a handheld doppler**
- **You will be asked about your baby's movements**
- **At any stage of pregnancy, you may be asked to have your urine sample tested**

20-week visit

- The midwife or doctor will review your 19–20 week ultrasound (morphology) results
- Key discussion points
- What to expect with baby movement patterns
- Any questions you have after the booking-in visit
- Breast changes in pregnancy
- How to book pregnancy and birth classes

24-week visit

- You will be offered a pathology form for further blood tests. This includes gestational diabetes, full blood count, and syphilis testing to be attended before your next visit.
- If you have a negative blood group (rhesus negative) you will be asked to have another blood test for blood group and antibody screen taken before your next visit.

Key discussion points

- Information about the recommended blood tests
- How to book pregnancy and birth classes
- Immunisation recommendations including Flu Vaccine in “Flu Season”, Whooping Cough vaccine from 24-36 weeks and RSV vaccine from 28-36wks

From 24 weeks, your abdomen from the top of your uterus (fundus) to your pubic bone will be measured with a measuring tape. This measurement is called your symphysial fundal height, or SFH and usually the measurement in centimetres is equal to the weeks of pregnancy (within 2cm). This shows that your baby is growing as expected.

After 24 weeks sleeping on your side will be discussed.

28-week visit

- Your blood test results will be checked
- You will be offered to repeat the mental health screening from the booking-in visit
- You will be offered to repeat the Smokerlyser test from the booking-in visit
- You will be offered Flu, Whooping Cough and RSV vaccines if you have not yet had them
- If you have a negative blood group (rhesus negative) you will be offered an Anti D injection

Key discussion points

- Iron rich foods
- Hepatitis B immunisation and Vitamin K medication for your baby when born

32-week visit

- You will have an antenatal visit with routine assessments as per above

Key discussion points

- Planning for labour
- Preparing to feed your baby





34-week visit

- If you have a negative blood group (rhesus negative) you will be offered an Anti-D injection
- You will be given information about Group B Strep (GBS) testing and given a pathology form for Group B Strep testing if you choose to do it.
- You will be offered a pathology form for a full blood count (blood test) to attend before your next visit

Key discussion points

- Group B Strep testing and what it means if you test positive-see handout
- Length of hospital stay and midwifery home visiting program
- Newborn bloodspot screening – see handout
- SIDS and safe sleeping
- Car seat safety

36-week visit

- Your midwife will check your pathology results
- The GBS swab can be collected at this appointment
- You will be asked to weigh yourself

Key discussion points

- Preparing and planning for labour
- The stages of labour and when to call and present to hospital
- Support people for labour
- Pain management options
- Monitoring baby in labour
- Management of the third stage of labour (birthing the placenta)
- Signing Hep B and Vit K consent form
- From 36-week visit your baby's position will be checked by feeling your abdomen

38, 39 and 40 week visits

- You will have antenatal visits with routine assessments as per page 2

Key discussion points

- Signs of labour, when to come into the hospital, how to call and access the birthing suite, where to park the car.
- Labour and birth plans and ask any questions you may have.
- Postnatal plans including length of hospital stay, bringing baby home, and support at home.
- Tips for bringing on labour.
- At 40-week visit discussion about the timing of birth.
- You can discuss with your midwife about readiness for labour, a vaginal examination to check your cervix and “membrane sweep” (if you are low risk and over 38 completed weeks). This may help start your labour.

41-week visit (postdates assessment)

- At this visit you will be offered an assessment and monitoring of the baby's wellbeing. This visit may occur in the Day Assessment Unit at the Hospital and take longer than your usual visits.
- You will be recommended a Cardiotocograph (CTG). A continuous electronic monitoring of the baby's heartbeat onto graph paper to ensure baby is well.
- You may be offered a bedside ultrasound to measure the amniotic fluid in the womb (uterus) around the baby.
- You will be recommended a vaginal examination to check the cervix and readiness for labour. This information helps to plan the type of induction you will need.
- Based on these assessments a plan for induction of labour will be offered and discussed. A date will be booked with you for the following days to a week.

Key discussion points

- Ask questions about the findings of the assessments.
- Ask questions about the type of induction offered.
- Make sure you understand the plan before you leave this visit.



Breastfeeding

Discussion points for along the way

- Breast changes in pregnancy
- Breast examination in preparation for breastfeeding
- Importance of breastfeeding for mother and baby
- Recommendations, expectations and tips for successful breastfeeding
- First breastfeed, first hour after birth
- The importance of skin to skin for neurological development
- Discuss latch/positioning/attachment
- Breastfeeding in the first days after birth
- Getting to know baby feeding cues and normal newborn behaviour
- Establishing milk supply
- How to know if baby is getting enough milk
- Plans for feeding baby
- Antenatal expressing of breastmilk
- Australian Breastfeeding Association 24hours hotline
-1800 686 268

After baby is born

- It is recommended that you and your baby have a GP appointment around the time baby is 6 weeks old, for a postnatal check and newborn assessment.
- If you had a Caesarean birth, it is recommended to see your GP for a review at 3 and 6 weeks after birth to review your wound.
- Your GP may offer you a cervical screen (Pap Smear) and discuss contraception.
- Child and Family Health will provide support with feeding, settling, developmental milestones and immunisations until you child reaches 5 years old.

Discussion points for along the way

- Any concerns you may have about yourself or baby
- Healthy eating and food in pregnancy
- Apps and online pregnancy information and support networks
- Safe complementary and alternative therapies in pregnancy
- Medications in pregnancy
- Ceasing alcohol, smoking or other substances in pregnancy
- When to stop working
- Discomforts of pregnancy and strategies for managing these
- Perineal massage
- Water immersion for labour and birth
- Pain management options
- Monitoring baby in labour
- Caring for a newborn
- Community supports and resources for you and your baby

Vaccinations in pregnancy Information

Visit
www.health.nsw.gov.au/pregnancy-vaccinations

