

Antenatal Clinic Visits

What to expect from your pregnancy visit: Subsequent babies

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 visits is:

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. This will help to assess your emotional wellbeing
- Your blood tests and ultrasounds will be checked by the midwife and filed in your record
- Information will be provided about your options for antenatal care, referrals, further tests, and future visits.
- Your baby's heart rate, your blood pressure, weight, and urine sample will be checked
- A breath test for carbon monoxide levels, called a Smokerlyser, will be offered to you.

Key discussion points

- Your estimated due date will be confirmed and timing of birth discussed
- Healthy eating and healthy weight gain
- Smoking and vaping in pregnancy
- Vaccinations (and their benefits) offered in pregnancy
- Breastfeeding information booklet – “How Breastfeeding Works” (will be given to you)

- Community and mental health support services available
- Check you have a referral for your morphology ultrasound that should ideally be attended between 18 and 20 weeks

After the booking-in appointment, you will be given follow up appointments (visits) with the midwives or the obstetric doctor if there are needs 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 18–20 week ultrasound (morphology) results
- You will be offered a pathology form for further recommended 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) ie. O Negative; you will be asked to have another blood test for blood group and antibody screen taken before your next visit at 28 weeks

Key discussion points

- What to expect with baby movement patterns
- Any questions you have after the booking-in visit
- Information about the recommended blood tests
- Hepatitis B vaccine and Vitamin K medication for your baby when born
- How to book pregnancy and birth classes
- Breast changes in pregnancy
- **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 (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**

26-28-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 vaccination and Vitamin K medication for your baby when born

32-34-week visit

- If your blood group is rhesus negative, you will be offered another Anti-D injection
- You will be given information about Group B Strep (GBS) testing and given a swab 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

- Planning for labour and birth
- Planning for breastfeeding
- Group B Strep testing and what it means if you test positive
- Length of hospital stay and midwifery home visiting program
- Newborn bloodspot screening
- 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 visit
- You will be asked to weigh yourself

Key discussion points

- Preparing and planning for labour and birth
- Discussing your previous birth/s
- 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 newborn medication consent form if not already attended
- **From 36 weeks your baby's position will be checked by hand, feeling across your abdomen**

38 & 40 week visits

- You will have antenatal visits with routine assessments

Key discussion points

- Signs of labour, when to come into the hospital, how to call and access the birth 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
- Discussion about the timing of birth, including your preference for induction of labour after 41 weeks
- You can discuss with your midwife about readiness for labour, including if a vaginal examination to check your cervix and “membrane sweep” is appropriate for you. 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 well-being. This visit may occur in the Day Assessment Unit at Gosford 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 around the baby, or a referral to have this attended outside the hospital.
- You will be recommended a vaginal examination to check the cervix and readiness for labour. This information helps to plan the type of induction that may be indicated.
- Based on these assessments a plan for induction of labour will be offered and discussed. A date will be booked in discussion with you.

Key discussion points

- Ask questions about the findings of the assessments.
- Ask questions about the type of induction offered.
- Ensure you are comfortable with the ongoing plan, whether that be further monitoring, and/or an induction of labour or other birth plan.
- Make sure you understand the plan before you leave this visit.



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 test (Pap Smear) and discuss contraception.
- Child and Family Health will provide support with feeding, settling, developmental milestones and immunisations until your child reaches 5 years old.

Discussion points for along the way

- Any concerns you may have about yourself or baby
- Healthy eating and food safety in pregnancy
- Apps and online pregnancy information and support networks
- Safe complementary and alternative therapies in pregnancy
- Travel 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

Breastfeeding preferences

Discussion points for along the way

- Breast changes in pregnancy
- Breast examination in preparation for breastfeeding
- Benefits 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
- Achieving asymmetric 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



Vaccinations in pregnancy

Information

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

