

Conway Road Medical Practice

80a Conway Road Sale Cheshire M33 2TB

MATERNITY CARE

Congratulations on your pregnancy. As there is a lot of information to take in we have tried to put the main points down in writing for you. The first thing you need to do is to either:

- self refer to the hospital by visiting
<https://mft.nhs.uk/saint-marys/services/maternity-services-obstetrics/you-have-just-found-out-you-are-pregnant/>

Booking appointment

The midwife will try to give you a date around which time your baby will be due, using the first day and the length of your cycle as a guide. An informed decision can be reached together as to which local hospital you wish to attend. You will receive a booking scan appointment when you are approx 12 weeks into your pregnancy.

Folic acid supplements

If you are not already taking folic acid, you should commence it at 0.4mg now. This is important in the prevention of spina bifida and other conditions which may cause the baby's brain or spinal cord to not develop properly.

Vitamin D Supplements

It is now recommended by public health that all pregnant and breastfeeding women should take a daily supplement containing 10 micrograms (mcg) of vitamin D. This is available over the counter or, if you qualify, from Healthy Start (see web site at www.healthystart.nhs.uk)

Tel: 0161 973 1151

Website: www.conwayroadsurgery.co.uk

Email: gmicb-tr.conwayroadmp@nhs.net

Dr. Frier Dr. Wilson Dr. Hynes Dr. Burlington Dr. Clarke Dr. Polson
Dr. Brocklehurst Dr. Hobman Dr. Cufflin

Pertussis (whooping cough) Vaccination

A pertussis vaccination is recommended in the **16th week** of your pregnancy. This is because there has been an increase in whooping cough infections and new babies are particularly vulnerable. Babies are not immunised until 8 weeks. By immunising pregnant mothers the immunity is passed to the baby offering them protection in early life. Please contact the surgery to arrange this vaccine with our nurse.

Food safety

Avoid liver and liver products, as too much vitamin A can be harmful.
Avoid soft and mould ripened cheese such as Brie, Camembert, Stilton and Gorgonzola.

Avoid pates and raw or lightly cooked eggs, being careful with homemade foods such as mousse or tiramisu.

New guidance in April 2022 is to avoid smoked fish

Thoroughly cook meat and poultry being careful in bar-b-que season.

Wash all fruits and vegetables and avoid unpasteurised milk

Avoid contact with cat litter trays and wear gloves for gardening

Do not watch lambing at farms.

For the most up to date information on foods to avoid during your pregnancy please see <https://www.nhs.uk/pregnancy/keeping-well/foods-to-avoid/>

Smoking

Please aim to stop smoking and do encourage those around you to do the same. If you need any help then please make an appointment with one of our nurses.

Alcohol

Experts are still unsure exactly how much, if any, alcohol is completely safe for you to have while you're pregnant, so the safest approach is not to drink at all while you're expecting.

The Chief Medical Officers for the UK recommend that if you're pregnant, or planning to become pregnant, the safest approach is not to drink alcohol at all, to keep risks to your baby to a minimum.

Drinking in pregnancy can lead to long-term harm to the baby, with the more you drink the greater the risk.

Please refer to the NHS Choices website for more information

<http://www.nhs.uk/conditions/pregnancy-and-baby/pages/alcohol-medicines-drugs-pregnant.aspx>

If you have a problem with the amount you drink then Trafford community alcohol team can help and we can refer you.

Recreational drugs

Drugs can be damaging to yours and your baby's health. If you need help with stopping these, Trafford community drugs team would be happy to see you.

Bloods and scans

At your first scan appointment you need to attend with a full bladder. The midwife will take a history of any previous problems, take bloods to check you are not anaemic and that your liver, kidneys and thyroid are all working properly and that you are not diabetic. Your blood group will be checked. Screening will be done for hepatitis B, syphilis, rubella and hiv. The screening for Down's syndrome and spina bifida at 16 weeks will be discussed and if you would like this, an appointment made. You will then see the doctor who will plan a shared care plan or if you have any problems, a hospital based plan. You will be given an appointment to go back for a further scan at

20weeks. At this scan the baby's kidneys, spine, heart and brain are looked at to try to detect any abnormalities.

Midwife

The community midwives from Wythenshawe Hospital run a clinic for our patients on a Tuesday or Friday afternoon. The midwife would like to see you every 4 weeks up to 30 weeks, then every 2 weeks to 36 weeks and then weekly until you deliver. If you cannot attend on a Tuesday/Friday afternoon (although your employers should give you time off) then please let the community midwife know. For each of these appointments you will need to bring a urine sample. If you are unwell and see the doctor a urine sample is always helpful as urinary tract infections are more common in pregnancy.

Antenatal classes

The midwives will arrange for you to attend antenatal classes locally. This will give you an opportunity to meet other mothers to-be who hopefully will provide a good support network both during pregnancy and when your baby is born and growing up. At these classes you will meet the team of midwives and health visitors who will give talks on feeding, bathing etc. The physiotherapist will give you advice on breathing techniques and positions for labour.

Antenatal follow up appointments

Your antenatal appointments are to check on your well being as well as your baby's. It is very important to be seen regularly because if there is a problem the earlier we find out about it the better. Pregnancy is quite an anxious time for many and we hope to be able to support you through this time. At 20 weeks a MAT B1 form can be issued to give to your employers to arrange your maternity pay.

Post-natal

Once your baby is born it will have a hearing check and a physical check with a paediatrician. When you are discharged home, the midwives will look after you and your baby. If they have any worries they will let us know. Once the midwives discharge you, they hand

over to the health visitor. This is usually between 2-4 weeks. The health visitor will arrange an appointment to call round to see you.

Registering the birth

You need to register the birth at the town hall (by appointment) in Sale or Manchester within 6 weeks.

Post-natal check

Between 6-10 weeks you and your baby need a check up. One of our GPs will do the baby check whilst your check will be done by our practice nurse. We will contact you to arrange these appointments.

The health visitor and her assistant, run baby clinics for weighing and advice every Monday at Conway Road Health Centre between 1.30-3.15pm. Your baby will need to be weighed and measured prior to their post natal check with the GP

Immunisations

Immunisations are at 8, 12 and 16 weeks and done by our Practice Nurse at the surgery.

We hope you find this information useful. “Emma’s Diary” is also a useful point of reference. If you have any further questions do not hesitate to ask one of the team.