

## **Strawberry Hill Medical Centre – Midwife Information (Fuchsia Team)**

Booking appointments with the community midwives are made by telephoning 0118 322 8964 / Option 1.

More information is available on our website [www.strawberryhillmedicalcentre.co.uk](http://www.strawberryhillmedicalcentre.co.uk).

Our community midwives can be contacted on: 077687 52564, 07500 835270 or 0118 322 8059

Antenatal clinics are held on Mondays, Tuesdays, Wednesdays and Thursdays for follow-up antenatal appointments. These clinics are held here at Strawberry Hill Medical Centre.

Labour Line, Royal Berkshire Hospital (ring when in labour): 0118 322 7304 or the hospital where you plan to have your baby. This number should be on the front of your antenatal notes.

<b>Stage of Pregnancy</b>	<b>Recommended for first time mothers or all?</b>	<b>Who will you see?</b>	<b>What happens during the visit</b>
8-10 weeks	All	Midwife	Booking Appointment: 1. Place of birth 2. Assess risk factors 3. Fill in paperwork, liaise with health Visitor 4. Discuss diet and exercise 5. Discuss screening tests 6. Arrange Nuchal/dating scan (11-13 weeks) 7. Blood pressure, urinalysis 8. Healthy Start/financial matters 9. Calculation of BMI 10. Answer patient's questions 11. Family medical history
12 weeks	All	Hospital	Ultrasound scan and combined screening.

16 weeks	All	Midwife	Antenatal Examination including fetal heart, blood results, BP check, urinalysis. Discuss antenatal classes to be booked after 20 weeks. Discuss injection of Anti-D – if blood group Rh negative Book with a Practice Nurse for whooping cough vaccination.
19-22 weeks	Scan	Hospital	Anomaly scan
From 24 weeks it is important to keep a careful note of the baby's movements. If your baby is not moving as it normally does contact your hospital immediately.			
25 weeks	First time pregnancies	Doctor	Antenatal check. Give MatB1 form
28 weeks	All	Midwife	Antenatal examination, blood results, give MatB1 form (if not given before).
31 weeks	First time pregnancies	Doctor	Antenatal Check.
34 weeks	All	Midwife	Antenatal examination, blood results. Confirm presentation of baby. Preparing for birth talk.
36 weeks	All	Midwife	Antenatal examination.
38 weeks	All	Doctor	Antenatal examination.
40 weeks	First Time Pregnancies	Midwife	Antenatal examination. Offer membrane sweep.
41 weeks	All	Midwife	Antenatal examination. Discuss and arrange induction of labour. Offer membrane sweep.

See below a list of hospitals offering Maternity Services:

Great Western Hospital Marlborough Road Swindon Wiltshire SN3 6BB	Antenatal Clinic Antenatal Appointments Delivery Suite Scan Department	01793 604071 01793 604070 01793 604575 01793 604822
North Hampshire Hospital Aldermaston Road Basingstoke Hampshire RG24 9NA	Labour Triage Antenatal Ward Ultrasound Switchboard	0300 123 9001 01256 314720 01256 314776 01256 473202
Royal Berkshire Hospital London Road Reading Berkshire RG1 5AN	Day Assessment Unit Switchboard Triage Line	0118 322 8741 0118 322 5111 0118 322 7304

**Midwives give the following information to the patients:**

**Anti D Clinic at WBCH:** Appointment arranged by midwife (Friday mornings)

**Antenatal Classes:** Information given by midwife for patient to make booking

**Health Visitor:** Helen Walker/Tel: 01635 273626

**Planned Home Births:** Book home birth with the midwife, who will refer you to the Home Birth Team, or self-refer by emailing [rbft.homebirthteam@nhs.net](mailto:rbft.homebirthteam@nhs.net).

**Postnatal care**

The day after you come home with your baby a midwife will visit you between 8am-4.30pm at home. If nobody arrives by 4.30pm please telephone 0118 322 7319 to let us know.

We cannot offer a timed visit for home appointments

Women will be seen when they request a visit, or at least:

Day 1 at home

Day 3-4 for baby weight

Day 5-6 for Neonatal blood spot

From Day 10 for discharge at WBCH, at Strawberry Hill Medical Centre, or at home.

Visits however are flexible, if you require more support we will ensure you get it. Some visits may be conducted by our Maternity Care Assistants who are trained to a high standard with breast feeding and support issues.

## **Maternity Clinic at Newbury Hospital**

(Based in the Children's Clinic area of Newbury Community Hospital)

Rookes Way, Thatcham RG18 3AS

For information on Children's Centres visit:

[www.westberks.gov.uk](http://www.westberks.gov.uk)

### **Useful Websites:**

[www.rbhmaternity.co.uk](http://www.rbhmaternity.co.uk) – Patient Information Leaflets can be downloaded.

[www.infochoice.org](http://www.infochoice.org) – Information about options of procedures for births, breach, epidurals.

[www.womens-health.co.uk](http://www.womens-health.co.uk) – Information for women having babies

[www.nctpregnancyandbabycare.com](http://www.nctpregnancyandbabycare.com) – National Childbirth Trust Information

[www.nhs.uk/Planners/pregnancycareplanner/Pages/PregnancyHome.aspx](http://www.nhs.uk/Planners/pregnancycareplanner/Pages/PregnancyHome.aspx) - NHS pregnancy guide

[www.dsa-uk.co./frameset.htm](http://www.dsa-uk.co./frameset.htm) - Downs Syndrome Association

[www.eatwell.gov.uk](http://www.eatwell.gov.uk) – detailed information about healthy eating and drinking

[www.alcoholconcern.org.uk](http://www.alcoholconcern.org.uk) – concerns about drinking

[www.berkshirewomensaid.org.uk](http://www.berkshirewomensaid.org.uk) – for vulnerable women

[www.screening.nhs.uk](http://www.screening.nhs.uk) – for information on Downs syndrome and neonatal screening.

[www.kickscout.org.uk](http://www.kickscout.org.uk) – Information for new mum's to be.