

# Your Antenatal Care

## **Our priorities are to provide you with safe, kind care, and to reduce the risks of the general public contracting COVID-19 (coronavirus)**

Due to the advice regarding coronavirus and to protect our pregnant women and newborn babies we have to make some changes in how we see you during your pregnancy. This is being reviewed regularly in line with evidence.

Attending antenatal and postnatal care when you are pregnant and have a new baby is essential to ensure the wellbeing of you and your baby.

Where possible we currently want to limit your contact with us in line with guidance. However, there are points in your pregnancy where we recommend seeing you face to face, at other times we are recommending contact via telephone.

All of our consultant clinics are now being held virtually and you will be contacted with an appointment. If your consultant does recommend a face to face appointment you will be contacted and informed on how this will be arranged.

### **Your routine antenatal care**

#### **Midwife booking appointment**

Please contact your local [maternity centre](#) to arrange your initial booking appointment. This is currently being completed by telephone and a shorter appointment will be made for you to have your blood tests.

#### **12 week ultrasound scan**

An appointment will be arranged and sent to you after your initial booking appointment

#### **Midwife 16 week antenatal appointment**

You will be contacted by your midwife by telephone at a time arranged to discuss your pregnancy and any concerns.

#### **20 week ultrasound scan**

An appointment will be arranged for you after your 12 week scan

#### **Midwife 25 week antenatal appointment (1<sup>st</sup> baby only)**

You will be contacted by your midwife by telephone at a time arranged to discuss your pregnancy and any concerns.

#### **Midwife 28 week antenatal appointment**

You will have a face to face appointment with your midwife to discuss your pregnancy and any concerns and have recommended blood tests

**Midwife 31 week antenatal appointment (1<sup>st</sup> baby only)**

You will be contacted by your midwife by telephone at a time arranged to discuss your pregnancy and any concerns.

**Midwife 34 week antenatal appointment**

You will have a face to face appointment with your midwife to discuss your pregnancy and any concerns

**Midwife 36 week antenatal appointment**

You will be contacted by your midwife by telephone at a time arranged to discuss your pregnancy and any concerns and to support you to think about your birth preferences.

**Midwife 38 week antenatal appointment**

You will have a face to face appointment with your midwife to discuss your pregnancy and any concerns

**Midwife 40/41 week antenatal appointment**

You will have a face to face appointment with your midwife to discuss your pregnancy and any concerns

If you have had a plan made by a consultant outside of the pathway above your midwife will discuss with you separately.

If you are well, you should attend your face to face antenatal care. If you have symptoms of possible coronavirus infection, you should postpone routine visits until after the isolation period is over and seek advice from [The NHS 111 Service](#). If you have symptoms of a possible coronavirus infection please contact your local [maternity centre](#) to postpone your appointment. For other queries about coronavirus and pregnancy the following website may be helpful

[Royal College of Obstetricians and Gynaecologists –Information for pregnant women and their families](#)

If you do not have an urgent pregnancy concern you can also contact us via our maternity queries email on [ruh-tr.maternityqueries@nhs.net](mailto:ruh-tr.maternityqueries@nhs.net)

**Antenatal Education**

We are unable to hold group face to face sessions at this current time which we understand is disappointing. Please discuss with your midwife our Hello Baby video sessions which cover preparing for birth, labour, feeding your baby and care at home.

Royal United Hospitals Bath NHS Foundation Trust  
Combe Park, Bath BA1 3NG  
01225 428331 [www.ruh.nhs.uk](http://www.ruh.nhs.uk)

**[Bath Birthing Centre 01225 824447](#)**