



*Maternity Care*



*Westcroft Health Centre*

## **INFORMATION FOR PATIENTS**

**Dr. Liesching  
Dr. Ahmad  
Dr. Malik**

## Introduction

Congratulations on your pregnancy. This leaflet is to let you know what services are available at our surgery. We aim for a happy, healthy family and your wishes for antenatal care are paramount. If you have any questions that are not answered below, please do not hesitate to ask any of the team involved in your care.

Your GPs are **Dr. Rowena Liesching, Dr. Jawad Ahmad, Dr. Jalil Malik** and the GP Registrar.

## The Community Midwifery Service

Your midwife is **Liz Graham**, a member of the Loughton Team. Liz is available for telephone consultations on Mondays and Tuesdays when she is at the Westcroft Surgery.

If you wish to speak to Liz outside these times, you can leave a message with the receptionists at the Westcroft Health Centre and she will contact Liz for you or ring between **9-9.30am** on **01908 243092**.

If you **think you are in labour** or wish to speak to a midwife outside normal hours, you can contact the labour ward on **01908 243478**. Labour Ward Staff is available for consultation 24 hours a day.

Research has shown that taking the **Vitamin Folic Acid** ( 0.4mg daily ) before conception and during the first three months of pregnancy may reduce the chance of abnormalities of the baby's spinal cord. These tablets may be bought over the counter at the Chemist without a prescription.

It is **important not to smoke** during pregnancy, to drink **as little alcohol as possible** and to take only medication which has been approved by your doctor or midwife.

## Visits to the Antenatal Clinics

Once you and your doctor have confirmed the pregnancy, your programme for the antenatal visits will be:-

- ❖ **10/12 weeks:** "Booking In" with the midwife ( 40mins ) ( blood tests ). Booking appointments should be made at the reception desk following your visit to see the doctor.
- ❖ **15/16 weeks:** Monitoring visit with the midwife ( 10mins )
- ❖ **25 weeks:** Monitoring visit with the GP
- ❖ **28 weeks:** Monitoring visit with the midwife ( Blood test )
- ❖ **31 weeks:** Monitoring visit with the GP
- ❖ **34 weeks:** Monitoring visit with the midwife ( Blood test )
- ❖ **38 weeks:** Monitoring visit with the GP
- ❖ **40 weeks:** Monitoring visit with the GP

Each time you attend we will let you know when you need to return and ask you who you wish to see.

At the "Booking In" visit, your health and history will be assessed.

There are **three categories of care**. Depending on your medical history, you will be allocated to one type of antenatal care.

- ❖ **Community-led care** between GP and midwife. No medical or previous delivery problems.
- ❖ **Advice** on management of care **by Consultant**. Medical or previous delivery problems which requires more specialist advice, e.g. previous Caesarean section or difficult delivery.
- ❖ **Consultant-led** antenatal care. A medical problem, such as diabetes, which requires specialist medical attention or a pregnancy which requires specialist obstetric supervision, such as a twin pregnancy. Care is led by the Consultant but you will also be cared for by your GP and midwife.

## **Ante-Natal Visits**

Each antenatal check involves answering your queries, checking how you are and measuring your blood pressure and testing a sample of your urine that we ask you to bring along with you; we also examine you, feeling the baby and listening to the baby's heart beat with a "sonicaid".

Should you have an appointment with a Consultant that coincides with a surgery appointment, cancel the surgery appointment, see the Consultant and simply follow on at the surgery when your next check is due.

If you wish to see either your GP or midwife before the next appointment then please feel free to make an extra appointment. Extra appointments may also be made at the request of your GP or midwife.

If your doctor or midwife feels it is appropriate to refer you to a Consultant or if you wish to be referred, an appointment will be made for you to see the Consultant Obstetrician of your choice.

Hospital appointments for ultrasound scans to check the baby's progress are routinely offered at 10/12 weeks and 18 weeks.

The doctor you see at your first visit after you suspect you are pregnant will give you your own "**Pregnancy Health Record**". After discussing various aspects of your pregnancy, diet, etc, she/he will direct you to Reception to arrange your booking appointment with the Midwife and to sign the **Maternity Medical Service form**. Thereafter, your antenatal care will be shared between our **Midwife, Liz Graham** and your **REGISTERED DOCTOR**, providing you care throughout your pregnancy and for the 8-week postnatal check.

The **Pregnancy Health Record** is **your personal record** for you to keep during the pregnancy. Please **bring it each time** you come to the clinic. **At each visit we will need a urine specimen** whoever you are seeing. Please feel free to start filling in your personal details in the records.

## **Ante-Natal Clinic Times**

Antenatal clinics are held by the midwife on Monday and Tuesday afternoons. Dr Liesching and Dr. Ahmad hold their own Antenatal clinics on Wednesday and Thursday afternoons respectively. If their clinics are full, they are happy to see antenatal patients at any time during their normal surgeries but please tell the receptionist that you need two slots (20mins), to give the Doctor adequate time to see you.

**Mr. Stock, Consultant Obstetrician and Gynaecologist at Milton Keynes Hospital, runs an antenatal clinic on Thursday at Milton Keynes General Hospital.**

## **Antenatal / Parentcraft Classes**

We encourage you to attend our antenatal classes. For women in their first pregnancy, the midwives and health visitors run a course of classes over 5 weeks. Topics such as breast feeding, labour, relaxation exercises and care of the newborn baby are covered. A visit to the hospital at the weekend will also be offered. Parents are welcome to attend the classes. The midwife will discuss the classes with you during your booking in appointment and you will be sent a written invitation to attend.

## **Home Confinements**

You have an option of considering a home birth but should discuss this with your GP and midwife at an early stage. The Doctors in this practice are not obstetricians and do not undertake home deliveries. There is full midwifery cover if required.

## **Post-Natal Care**

Your midwife will visit you at home regularly until your baby is at least 10 days old. Your doctor will also visit during that time.

When your baby is a few days old, the health advisor will contact you to arrange her first visit. Thereafter she will be available to provide support to the family through the pre-school years and beyond.

The **8-week post-natal check** is undertaken by the GP who provided you antenatal care. The surgery will send this appointment through the post.

**Do remember to REGISTER your baby's birth at Bletchley Register Office and to bring the pink card (from the Registrar) to the Health Centre to register the baby at the surgery.**

**CHANGE OF ADDRESS:** If you move out of the area during the pregnancy, please let your GP know so that arrangements can be made to continue your care. This may involve continuing care with Westcroft until the 8-week check or being advised to re-register with a GP in your new area.

**CAR PARKING:** Both Milton Keynes and Northampton Hospital have a "pay and display" scheme. At 37 weeks please ask your midwife for a parking permit for the Milton Keynes Hospital.

**SECURITY IN THE MATERNITY UNIT AT MILTON KEYNES HOSPITAL:** A security system is in place, restricting access to the wards and monitoring the doors with CCTV. To be effective, your co-operation and patience is needed.

If you have any queries that are not covered by the leaflet or you want more details, simply speak to your Doctor or Midwife. **We wish you a happy and enjoyable pregnancy.**

## **Enclosed with "Pregnancy Health Record"**

- ❖ Buckinghamshire Health Authority "Blood tests in Pregnancy"
- ❖ Food Standards Agency "While you are Pregnant"
- ❖ Buckinghamshire Health Authority "Healthy Eating for Pregnancy"
- ❖ Department of Health "Better for your Baby"
- ❖ Milton Keynes General NHS Trust "HIV Testing in Pregnancy"

### **Forms to complete:**

NHS Maternity Medical Services GMS2 - from GP  
NHS Exemption Certificate FW8 – from Midwife/GP  
Maternity Certificate MatB1 – from Midwife/GP after 20 weeks.



## **Westcroft Health Centre**

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