



Theale Medical Centre

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Ante-Natal and Post-Natal Timetable

This leaflet is designed to give you an overview of a typical ante-natal and post-natal timetable, the leaflets available to you and a brief look at the roles of the clinical staff that will be looking after you and your baby during this period.

Timetable	Description	Appointment with:-	Other Literature (Please ask Receptionist)	Notes
Pre-Conceptual Care	Advise on Smoking, Diet, Alcohol, Substance abuse, Rubella, Genetically inherited conditions, Pre-existing conditions.	Practice Nurse	Pre-conceptual Care Leaflet	For couples considering starting a family the Life Style Clinic is available for advice.
6 Weeks	Confirm Pregnancy.	Doctor		
8 Weeks Initial booking.	1 st Routine Ante-Natal Care and start of care plan. Referral for Ultrasound and blood test card raised. Arrange dating scan.	Midwife	Antenatal - postnatal Additional information. Newbury Group Practice Information Leaflet (available from the Midwife).	Blood Tests are available at Theale Medical Centre. For other locations please ask the Mid Wife.
10 Weeks	Blood test	Phlebotomist		
10 Weeks	Dating Scan	Hospital Outpatients		
16 weeks	2 nd Routine Ante-Natal Care	Midwife		
19-22 Weeks	Ultrasound	Hospital Outpatients		Appointment arrives by post.
22-25 Weeks	3 rd Routine Ante-Natal Care. Results review	Doctor		
28 Weeks	4 th Routine Ante-Natal Care.	Midwife		Screening appointments arranged. Patients or couples requiring Ante-Natal Class information should ask at this time.
31 Weeks	5 th Routine Ante-Natal Care.	Doctor		
34 Weeks	6 th Routine Ante-Natal Care.	Midwife		Double Appointment. Discuss birth preferences.
36 Weeks	7 th Routine Ante-Natal Care.	Doctor		
38 Weeks	8 th Routine Ante-Natal Care.	Midwife		
40 Weeks	9 th Routine Ante-Natal Care.	Doctor		
41 Weeks	10 th Routine Ante-Natal Care.	Midwife		Discuss/arrange induction of labour and membrane sweep.
			Leaflets from the Health Visitors	
From 10 Days Old	1 st Development Health Care. Birth details, Health Visitor Assessment and hearing test.	Health Visitor	Immunisation. Post-Natal Exercise. Children's Information Centre. Crying Baby.	Red Book issued (Personal Child Health Record Book).
6 to 8 Weeks	2 nd Development Health Care. Moods and feeling questionnaire.	Doctor		
8 Months	3 rd Development Health Care. Moods and feeling questionnaire.	Health Visitor	Sleep. Safety. Dental Care. Healthy Eating. Parenting group.	
2 ^{1/2} Years	4 th Development Health Care.	Health Visitor	Dental Care. Talking. Safety. Behaviour. Potty Training.	Individual or group sessions
3 ^{1/2} Years	5 th Development Health Care. Development Questionnaire.	Health Visitor		

Ante-Natal Care comprises blood pressure and urine checks plus consultation on general well being.

Development Health Care normally comprises gross motor skills (walking, movement etc), fine motor skills (dexterity, co-ordination etc), eyesight, feeding advice, immunisation advice and safety advice.