

Welcome to Verloskundigen Oosterpark

In the upcoming months we will have regular appointments at the practice. In the beginning, the check-ups are not yet that frequent; but towards the end increasingly often. During the appointments we discuss how you are doing; both physically and mentally. And of course we control the growth and development of the baby. In addition, we inform you about all kinds of issues concerning pregnancy and childbirth and there is always time for asking questions. Appointments are scheduled for 15 minutes, but sometimes we decide that extra time is needed and so we plan more time.

<i>week</i>	<i>What to expect?</i>
5-10	Intake 45 min; acquaintance, information about the Dutch system, information about scans/ultrasounds, prenatal tests en blood tests.
7-8	If indicated or desired: early vitality ultrasound
10-12	Term scan to set the calculated date of delivery
11-14	If desired: prenatal screening: NIPT or first trimester screeningtest
16	check-up: i.a.. discuss blood- and scan results
19-22	if desired 20- week anomaly scan
24	check-up. i.a. information about fetal movement
24-28	If indicated: blood test on gestational diabetes
27	check-up. If indicated: blood test on rhesus antibodies
30	check-up: i.a. blood test on hemoglobin; information about babyfeeding, brochures about delivery
30-36	group meeting / information about the delivery (in dutch....)
33	check-up
34 -36	check-up and conversation about childbirth (30min)
36- 40	check-ups weekly or every other week depending on the course of your pregnancy.
40-42	check-ups once or twice a week. We (among others) discuss whether to wait or to induce depending on your condition and/or preference.
maternity	homevisits 3 to 4 times
6 wk after birth	postnatal check-up and evaluation at the practice

Good to know:

- ✓ regarding blood tests: we will only contact you if the blood tests show unexpected results. So if you don't hear from us; all is fine!
- ✓ You will receive the results of the NIPT by mail ; and if you wish by email. In case of a n abnormal or unsuccessful NIPT result, we will contact you by phone.
- ✓ If indicated extra scans are made between 28 and 36 weeks to check the growth and / or position of the baby. We will discuss this with you during the checks.
- ✓ The above weeks are indicative: sometimes you come a little earlier or later; depending on your needs and preference.

Things to arrange

Before 11 weeks:

- register at midwifery, practice, schedule intake intake between 5 and 10 weeks
- Decide whether you want to have your unborn baby tested on chromosomal disorders such as Down syndrome, Edwards or Patau syndrome. This can be done through the first trimester screening or NIPT. We will inform you about your options before 11 weeks.

14-20 weeks:

- Register with a maternity care agency. We will provide you with several leaflets from agencies with whom we work pleasantly.
- Decide whether you want a 20-week fetal anomaly scan. If desired, make an appointment at our scancenter VCO on the 2e Oosterparksstraat 274M, tel 020 - 4630661
- Inform your insurer about your pregnancy; you may receive a maternity package from them.
- Will you be needing daycare for your child? Visit some crèches and register.
- Inform your doctor and pharmacy about your pregnancy.

20-25 weeks:

- If you wish, sign up for a prenatal course
- Are you unmarried? Make an appointment with the municipality if you wish the father of this baby to be officially registered as such.
- Arrange your maternity leave. Discuss this with your employer or personnel officer. If you are self-employed: contact the UWV.

30-36 weeks:

- visit our group meeting about childbirth. See the website for data.
- optional: write a birth plan. (you will receive a format from us).
- maternity care contacts you around 30 weeks to plan an intake.
- make sure you have a maternity package at home. This contains items that you will need during and after the delivery

After 36 weeks:

- Pack a suitcase to bring to hospital, containing: clean clothes and toiletries, clothes for the baby, the green maternity booklet and your pregnancy file.
- Order bed raisers via Thuiszorg Cordaan, tel 088-1020100. These raisers must be under the bed at the time of delivery. (also when you deliver at the hospital)
- If desired, visit an information meeting about breastfeeding

After birth:

- The baby must be registered at the municipality within 3 working days.
- If the father of the baby was already registered as such during pregnancy; you can file for custody after the birth's registration. You will receive information on how to do this (online) from the municipality.
- Report the baby's birth to your health insurance within 12 weeks.