

## 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 60 min; acquaintance, information about the Dutch system, information about scans, prenatal tests, blood tests and lifestyle.
7-8	If indicated or desired: early vitality ultrasound
10-12	Term scan to set the calculated date of delivery
11-15	If desired: prenatal screening: NIPT and/or 13-week anomaly scan
16	check-up: a.o. discuss blood- and scan results
19-21	if desired 20- week anomaly scan
from 22	'22-week vaccin': whooping cough vaccination programme
24	check-up. a.o. 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: a.o. blood test on hemoglobin; information about babyfeeding, brochures and informative video's about delivery
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 discuss whether to wait or to induce depending on your condition and/or preference.
maternity	Homevisits averagely 3 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 through post ; and if you wish by email. In case of an 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 between 5 and 10 weeks
- Decide whether you want test your unborn baby on chromosomal disorders such as Down syndrome, Edwards or Patau syndrome. This can be done through NIPT. Also opt for 13-weeks anomaly scan. We will inform you about your options during the intake.

### 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 Oosterparkstraat 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 your partner to be officially registered as a parent.
- Arrange your maternity leave. Discuss this with your employer or personnel officer. If you are self-employed: contact the UWV.

### 30-36 weeks:

- Watch our informative video's about childbirth.
- 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 (we will supply you with one).
- Order bed raisers via Medipoint 088-1020100 of Vegro Thuiszorg 0800-28877. These raisers must be under the bed at the time of delivery, also when you deliver at hospital.
- If desired, visit an information meeting about breastfeeding

### After birth:

- The baby must be registered at the municipality within 3 working days.
- If your partner was already registered as a parent 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.