

# Routine Antenatal Care for Healthy Pregnant Women



Your Named Midwife .....

Telephone .....

# Antenatal care

**This leaflet outlines the usual schedule of antenatal care.**

Midwives provide antenatal care for women with uncomplicated pregnancies. If there are concerns about you or your baby you will be offered additional appointments with specialist doctors and other health professionals.

If there is anything you are unsure about in this leaflet please talk to your midwife.

## Your antenatal appointments

**An explanation of the care you will be offered is written by each appointment.**

If it is your first baby you will be offered extra appointments at **25**, **31** and **40** weeks.

Ideally  
before

**10**  
weeks

- Blood pressure measurement
- Urine test for protein and infection
- Height and weight
- Routine blood tests
- Discuss your past and present health
- Discuss your social situation
- Discuss screening for Down's syndrome

**16**  
weeks

- Blood pressure measurement
- Urine test for protein
- Discuss screening test results

**25**  
weeks

- Blood pressure measurement
- Urine test for protein
- Measure your abdomen
- Discuss blood screening tests to be offered at 28 weeks
- Discuss antenatal classes
- Complete Health in Pregnancy, MAT B1 and Sure Start forms

**28**  
weeks

- Blood pressure measurement
- Urine test for protein
- Measure your abdomen
- Routine blood tests
- Anti-D if Rhesus negative

**31**  
weeks

- Blood pressure measurement
- Urine test for protein
- Measure your abdomen
- Discuss blood test results
- Discuss infant feeding

**34**  
weeks

- Blood pressure measurement
- Urine test for protein
- Measure your abdomen

**36**  
weeks

- Blood pressure measurement
- Urine test for protein
- Measure your abdomen
- Check position of the baby
- Discuss birth plan

**38**  
weeks

- Blood pressure measurement
- Urine test for protein
- Measure your abdomen
- Check position of the baby

**40**  
weeks

- Blood pressure measurement
- Urine test for protein
- Measure your abdomen
- Check position of the baby

**41**  
weeks  
Post dates  
clinic

- Blood pressure measurement
- Urine test for protein
- Measure your abdomen
- Check position of the baby
- Scan
- Membrane sweep
- Discuss induction of labour

# Screening tests

You will be offered screening tests in your pregnancy. This will include urine and blood pressure checks, blood tests and scans.

**Your midwife or doctor will discuss your care and choices about these tests with you.**

## Initial scan:

You will be offered an ultrasound scan between 12 and 14 weeks of your pregnancy to estimate when your baby is due. The scan will also show if you are expecting more than one baby. This may be part of a screening test for Down's syndrome (nuchal translucency scan).

## Anomaly scan:

This scan is conducted when you are 20-23 weeks pregnant. It is to check if your baby has any abnormalities.

You will also be offered cervical screening and uterine dopplers.

## Down's syndrome serum screening:

Women who miss the nuchal scan at 12-14 weeks are offered a blood test between 14 weeks, 0 days and 22 weeks, 6 days.

## Post dates clinic scan:

If your baby is not born before the 41st week of your pregnancy you will be offered a scan to assess the amniotic fluid volume and placental function.

**Maternity Helpline**  
**(9-5 mon-fri)**

**020 3299 1380**

**For more information about routine antenatal care:**

**Antenatal and newborn screening programmes**

[www.screening.nhs.uk/an](http://www.screening.nhs.uk/an)

**NICE**

[www.nice.org.uk](http://www.nice.org.uk)

**NHS Direct**

0845 4647

King's

King's College Hospital NHS Foundation Trust  
Denmark Hill, London SE5 9RS  
Switchboard: 020 3299 9000  
[www.kch.nhs.uk](http://www.kch.nhs.uk)

If you would like this information in a different  
format or language contact PALS: 020 3299 3601



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