

CONGRATULATIONS!

**Welcome to
Bicester Midwives Community Care**

**Our names are Hayley and Lise and we are
your Midwives for Montgomery-House
Surgery.**



Our clinics are on a Tuesday (Hayley) and Thursday (Lise).

Making appointments

If you are booking in for your first appointment with the midwife, please ask for either of the first two morning slots, which is an hour's appointment, 09.15 or 10.15. All follow up antenatal appointments will be from 11.15 onwards and are 20 minute appointments.

In your blue notes there should be an 'antenatal check-up list'. Please follow the arranged appointments. Please book all appointments through reception.

If you cannot get in to a clinic for that specific week of your pregnancy please book the next available one (one week difference is ok.)

If you cannot get in at all, please call The Bicester Midwives on: **01869 243 763** and ask to be added to the "drop in" clinic list. We do these on a Mondays and Wednesdays at the Courtyard hub in Bicester opposite Garth Park and also have some appointments at our office in Bucknell at the weekends. A midwife will see you here.

What to bring to appointments

Please always bring your blue notes (when you have been given them) and a urine sample. Please could you also do your weight and height in the corridor opposite room 3, free of charge for your first appointment.

You will also need to bring a Urine sample for each midwife appointment. You can collect a sample post from the patient Services front desk – **Please have the urine sample ready for your appointment.**

Who to call

If you have any non- urgent queries or questions please call Bicester Midwives on 01869 243 763 between 9-5pm to speak with a community midwife or leave a message for us to get back to you.

Before 16 weeks please call the GP or 111, the out of hours GP line, if it is not in between the hours of 9-5pm, if you are concerned regarding your pregnancy.

After 16 weeks, if you have any urgent queries, please call the Maternity assessment unit (MAU) on 01865 220 221. For example, you would call this if you were worried regarding baby's movements, bleeding, labour etc.

What to expect

Every time we see you we will check your blood pressure, test your urine sample, and sometimes do blood tests. We will always listen to the baby (from 16 weeks) and check on its position. We will measure your abdomen too, to make sure that your baby is growing appropriately.

We will always ask you the following:

- Have you had any headaches at the front of your head?
- Do you have any pain right underneath your rib cage? (Epigastric pain)
- Have you had any nausea or vomiting?
- Do you have any swelling?
- Is your baby moving?
- Do you have any blurred vision or visual disturbances?

This is to screen for **Pre-Eclampsia**. If in between appointments you feel these symptoms, please let us know on either the community midwife number or MAU number.

Vitamins

Recommended vitamins to take are:-

- 400 micrograms (mcg) of folic acid each day – you should take this from before you are pregnant until you are 12 weeks pregnant.
- Pregnant and breastfeeding women, need 10 micrograms (10mcg) of vitamin D a day.
- Other vitamins like Pregnacare, for example are fine too.

If your BMI is over 30

You need to take extra folic acid, 5 milligrams (mg) up to 12 weeks.

You need to take extra Vitamin D, 25 micrograms (mcg) as advised above.

You will need a Glucose Tolerance Test (GTT), to check for diabetes between 24-26 weeks. Your midwife will arrange this at your 16 week appointment.

Screening Tests For You And Your Baby Information Leaflet

Please access this link to screening tests in pregnancy, which will explain all the tests and scans which will be offered to you.

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/834584/Screening_tests_for_you_and_your_baby_information_leaflet_for_parents_260919.pdf

This link is also available on The Montgomery-House Surgery website, under Practice Information, and Patient Leaflets & Forms.

Scans

You have one around 11-13 weeks, which is your dating/nuchal scan, where you will also be offered the combined screening for Down's, Edward's and Patau's Syndrome.

Mid-pregnancy scan around 20 weeks, which checks for lots of different abnormalities

Growth scan at 36 weeks, which checks that baby, is growing sufficiently.

Test results

When we do tests with your consent, if the results are normal you will not be told automatically. If it is abnormal your GP is responsible for letting you know as soon as possible. If you haven't heard from a result that you were worried about please call the surgery or Bicester Midwives. Normally allow 2-3 days for results.

Vaccinations

Please arrange a flu jab (any time of pregnancy, one per year) and a whooping cough jab (one per pregnancy, only after 20 weeks) with the practice nurse.

Support Groups

Michelle and Sam run "TAP", which is for mums who are 19 and under.

Parent education sessions are run every Thursday in Bicester at 18:30-20:30 in Tesco community room in Bicester. Please call Bicester Midwives when you are around 28 weeks pregnant to book on to them, free of charge. **Unfortunately these are only offered to first time mothers.**

We hope you are happy with your care here, please don't hesitate to get in touch if you have any issues. We look forward to seeing you soon.

Thank you,

Hayley and Lise