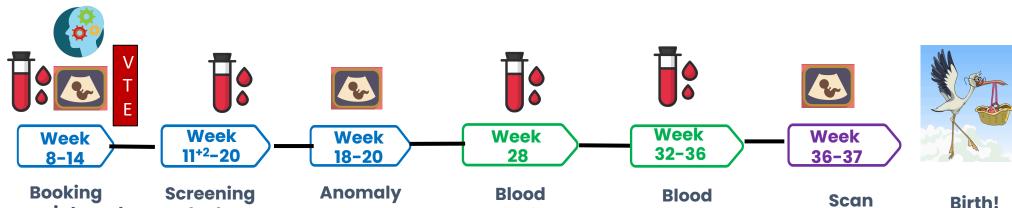


Your Antenatal plan of care. Add and/or remove items as needed.



appointment

Full history

Booking blood tests

Dating scan

VTE, SGA and Mental health assessments

FW8 issued

Screening tests

NIPT test

Some women start 75-150mgs

RhD test

Aspirin daily (see below)

Fetal GROW chart generated

Anomaly scan

Detailed scan to check baby structures Mat B1 form issued Pertussis/Flu/Covid

vaccines discussed

Blood test

Blood test for anaemia and antibodies.

Some women offered GTT

Fundal height every 2 weeks

History of Polycystic Ovarian Syndrome (PCOS)

blood test **

Blood test

Blood test for anaemia and platelet count

Scan

If needed, scan for growth or presentation

For intrapartum care at home, complete "planning your home birth" document

4 weekly appointments until 28 weeks of pregnancy

Week 28-36, 2 weekly appointments 36-birth, weekly appointments

Groups requiring aspirin from 12 weeks gestation until birth of baby	
One high risk factor for this group	Two or more risk factors in this group
Hypertensive disease during a previous pregnancy	First pregnancy
Chronic kidney disease	40 years or older
Type 1 or type 2 diabetes	Body mass index of 35kg/m ² or more
Chronic hypertension	Pregnancy interval of more than 10 years
Autoimmune disease (e.g systemic lupus erythematosus or antiphospholipid syndrome)	Family history of pre-eclampsia
	Multi-fetal pregnancy

** Risk Factors for Gestational Diabetes Mellitus	
BMI above 30	
Previous baby weighing 4.5 kg or above	
Previous gestational diabetes	
Family history of diabetes (first-degree relative with Type 1, Type 2 or gestational diabetes)	
People from South Asian and Black communities	

We acknowledge that in some cases the family dynamic may be different from that detailed (for example surrogates, same sex or transgender relationships) and we will plan respectful and individualized care accordingly.