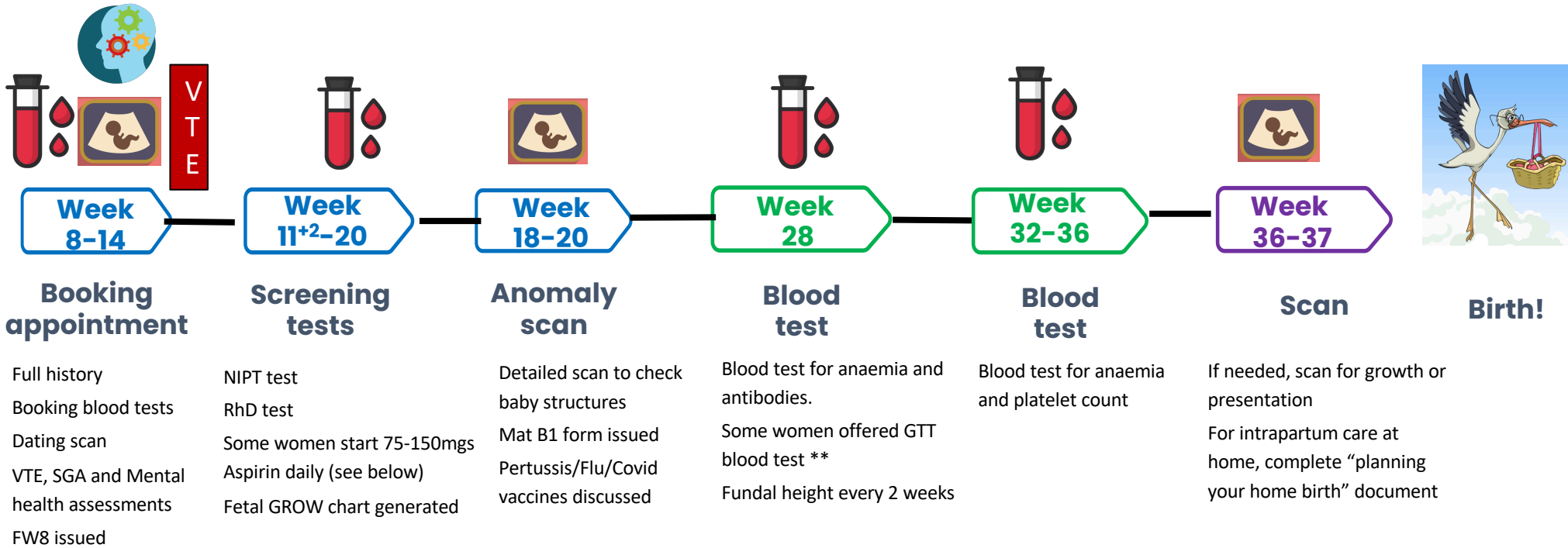


Your Antenatal plan of care. Add and/or remove items as needed.



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
History of Polycystic Ovarian Syndrome (PCOS)

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.