

# Congratulations on your pregnancy

## Pregnancy Care Planner Jubilee Street GP Practice

Please make sure you attend all your scheduled appointments

Week	Description	Date	Time
8-9 weeks	<b>Booking Bloods appointment</b>		
<p style="text-align: center;"><b>If you haven't heard from the hospital about your appointment by your 12th week of pregnancy please call 0203 594 2572 or 0203 594 2573. If you continue to have problems getting an appointment please call Yasmin in reception at Jubilee St practice.</b></p>			
11+6 – 12+6	<b>Weeks One Stop Booking and Scan appointment (Dating/Nuchal Scan). Discuss <b>Whooping cough and offer Flu Vaccine. Pertussis vaccine for 16-32 week.</b></b>		
<p style="text-align: center;"><b>Shortly after your 12 week scan, please contact reception to pre-book all your antenatal appointments in the surgery.</b></p>			
16 weeks	<b>All women see Midwife and GP Separate appointments. <b>Book GTT for 25 weeks + review routine bloods+ Offer Flu Vaccine. Book your antenatal classes (complete form).</b></b>		
20 weeks	<b>Anomaly scan done. Ensure you get your <b>whooping Cough vaccine</b> this week at GP surgery.</b>		
<b>Antenatal Classes start now</b>			
25 weeks	<b>All women see Midwife. <b>Have GTT + routine bloods.</b></b>		
28 weeks	<b>Routine check-up with Midwife. Anti-D offered if Blood Group is Rh negative. Blood tests for anaemia &amp; sugar test (GTT) results.</b>		
31 weeks	<b>Routine check-up with Midwife (1<sup>st</sup> time mums only).</b>		
34 weeks	<b>Routine checkup with Midwife.</b>		
36 weeks	<b>Routine checkup with MW and Discuss preferences for Birth. 36 week scan done.</b>		
38 weeks	<b>Routine check-up With Midwife.</b>		
40 weeks	<b>Routine checkup with Midwife. Discuss induction of labour with the midwife.</b>		
41 weeks	<b>Routine checkup, sweep offered.</b>		

**We recommend you take folic acid supplements until your 14<sup>th</sup> week of pregnancy and take vitamin D supplements throughout pregnancy and during breastfeeding. These can be obtained from your midwife or bought over the counter.**