

## Your Pregnancy Plan (Easy Read)



Your Midwife is called .....

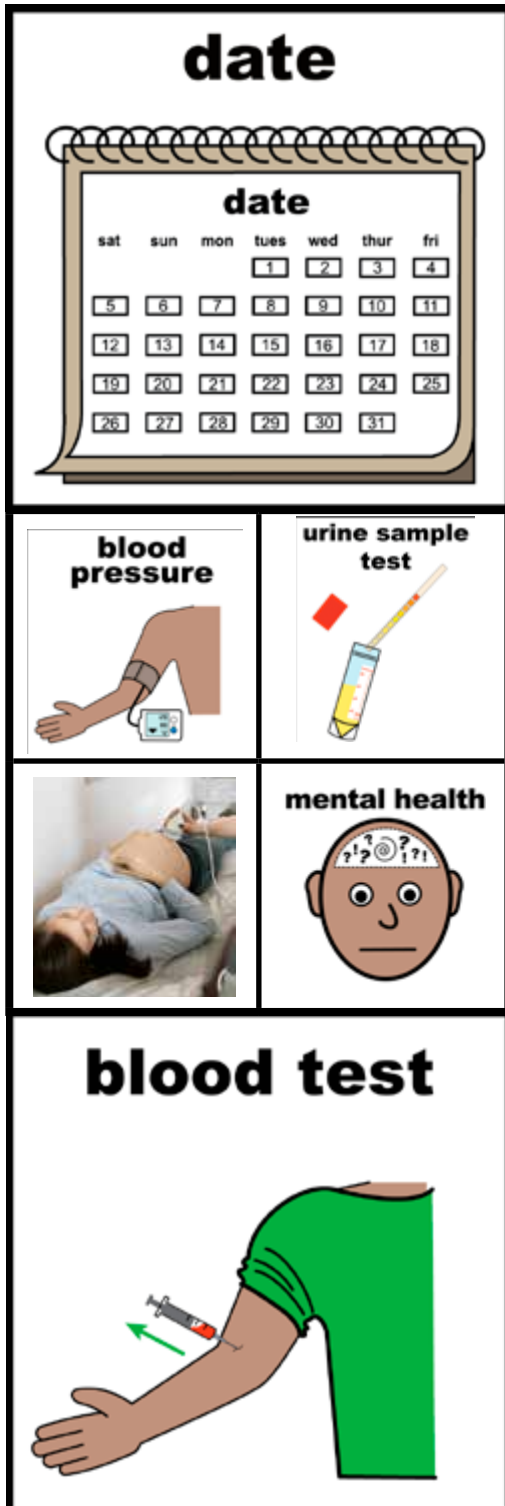
Midwife work address .....

Midwife phone number is .....

- Your Midwife may not work every day.
- If you need to speak to a Midwife and cannot get hold of your Midwife please call **Maternity Triage** on **01392 406616**
- It is important that you do not leave urgent messages on your Midwife's answerphone.

# Appointments

## 8 weeks



### Booking appointment







- At about 8 weeks you will meet your Midwife
- You can take someone with you.
- Your Midwife will ask you lots of questions about your health.
- The Midwife will check your blood pressure and wee.
- The Midwife will ask if she can take some blood tests from your arm.
- The Midwife will talk to you about some screening tests to check that your baby is well.
- Your Midwife will order your first scan appointment.
- You will get a date for your first scan in the post.

# 12 weeks



- You will have your scan at about 12 weeks
- The sonographer will ask you to lie on the couch.
- They will then put cold jelly on your tummy.
- The sonographer will put a probe on your tummy and move it around.
- This probe will show your baby on the screen in the room.
- The sonographer will take measurements of your baby from the picture on the screen.
- The Sonographer will then tell you the date your baby is due.
- It is important to remember that this date is not exact.

# 16 weeks

<b>blood pressure</b> 	<b>urine sample test</b> 
	<b>mental health</b> 
<b>Carbon Monoxide Test</b> 	
<b>ask questions</b> 	

My **16-week** appointment is on

.....at.....

I will see my Midwife at

.....

Your Midwife will;

- Talk to you about your blood results
- Talk to you about your pelvic floor
- Blood pressure
- Test your wee
- How do you feel?
- How is your mood?
- Feel your tummy
- Any Questions?

# 20 weeks



At about **20-weeks** you will have another scan.

This is called an anomaly scan

My Anomaly scan is on

.....

at.....

in Clinic 1 at The Centre for Womens Health

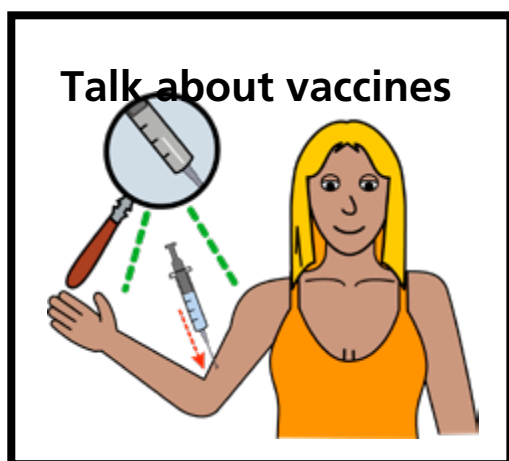
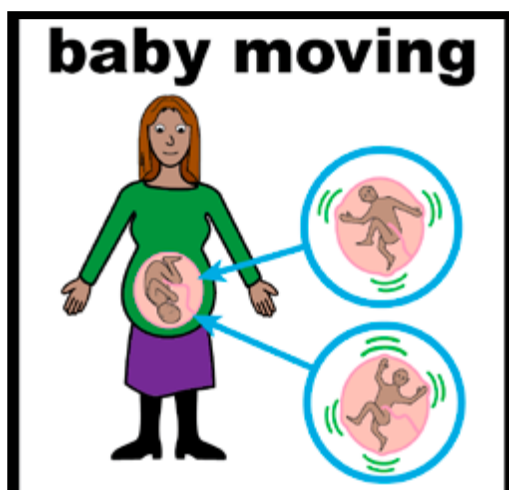


At this scan the sonographer will look at your baby's;

- Bones
- face
- Heart
- kidneys
- Brain
- abdomen
- spinal cord

They are also looking for rare conditions

# 24 weeks

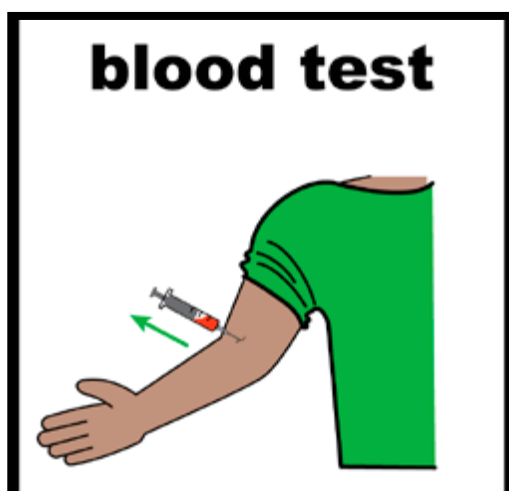
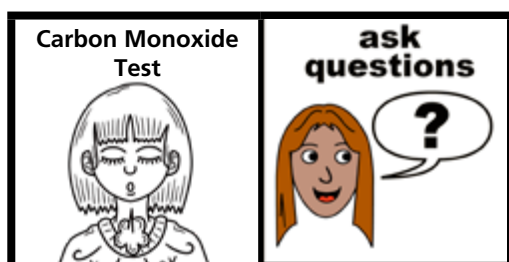
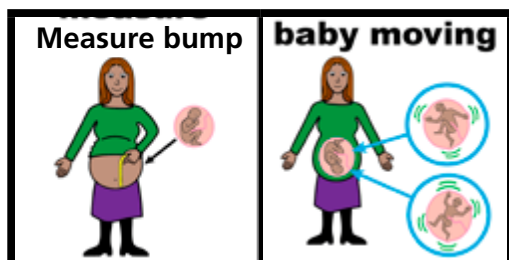
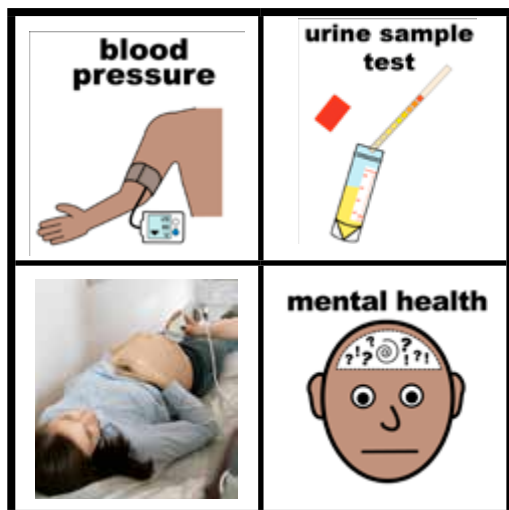


My **24-week** appointment is on  
.....  
at.....  
with.....

At this appointment your Midwife will check;

- Blood pressure
- Wee
- Baby's heartbeat
- Baby's movements
- Talk to you about your 20-week scan
- How are you?
- How is your mood?
- Explain vaccines
- Carbon monoxide monitoring

# 28 weeks



My **28-week** appointment is on .....

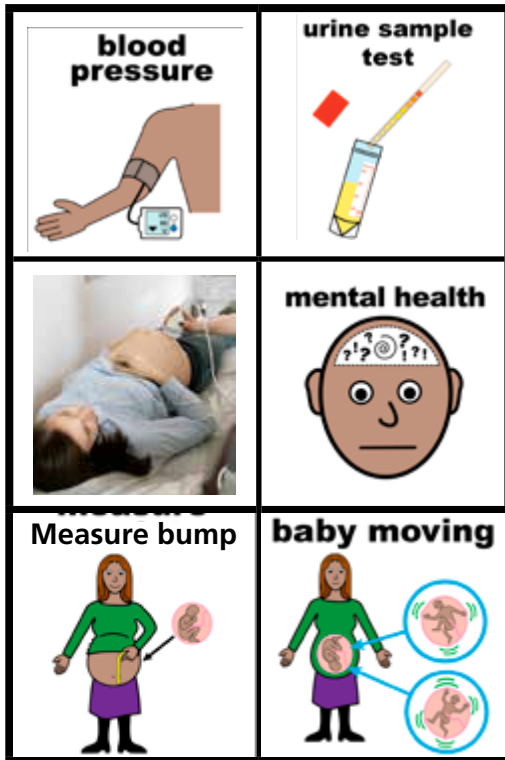
at.....

with.....

Midwife will

- Blood pressure
- Wee
- Baby's heartbeat
- Baby's movements
- How are you?
- How is your mood?
- Carbon Monoxide monitoring
- Measure your bump
- Blood test
- Questions?

# 34 weeks



My **34-week** appointment is on









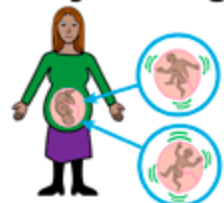
.....  
at.....  
with.....

Midwife will

- Blood pressure
- Wee
- Baby's heartbeat
- Baby's movements
- How are you?
- How is your mood?
- Carbon Monoxide monitoring
- Measure your bump
- Blood test
- Questions?



# 36 weeks

<b>blood pressure</b> 	<b>urine sample test</b> 
	<b>mental health</b> 
<b>Carbon Monoxide Test</b> 	<b>ask questions</b> 
 <b>Birth plan</b>	
<b>Measure bump</b> 	<b>baby moving</b> 

## Safe Sleeping



My **34-week** appointment is on .....

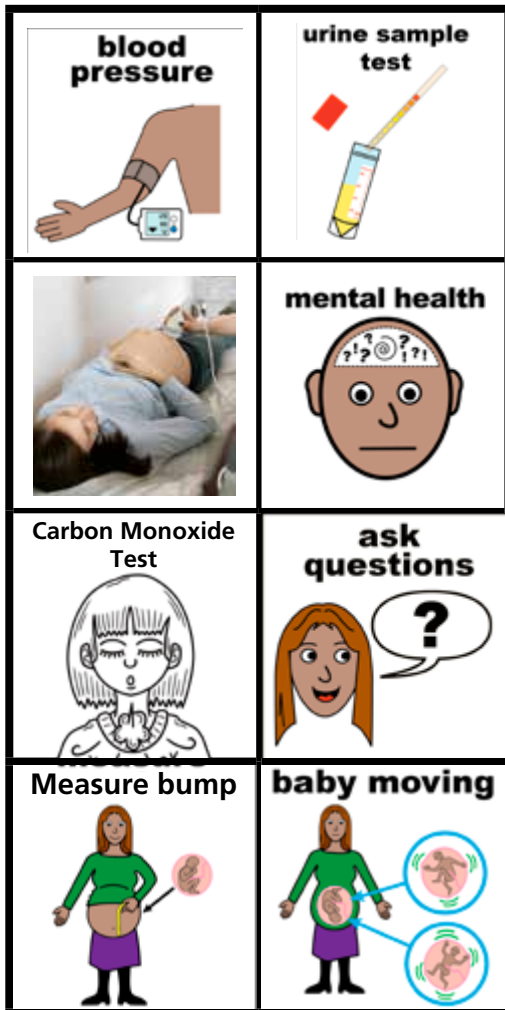
at.....

with.....

Midwife will

- Blood pressure
- Wee
- Baby's heartbeat
- Baby's movements
- How are you?
- How is your mood?
- Carbon Monoxide monitoring
- Measure your bump
- Blood test
- Questions?

# 38 weeks



My **38-week** appointment is on

.....

at.....

with.....

Midwife will

- Blood pressure
- Wee
- Baby's heartbeat
- Baby's movements
- How are you?
- How is your mood?
- Carbon Monoxide monitoring
- Measure your bump
- Blood test
- Questions?

# 40 weeks



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My **40-week** appointment is on

.....

at.....

with.....

Midwife will

- Blood pressure
- Wee
- Baby's heartbeat
- Baby's movements
- How are you?
- How is your mood?
- Carbon Monoxide monitoring
- Measure your bump
- Blood test
- Questions?

This information can be offered in other formats on request, including a language other than English and Braille.

RD&E (Eastern Services) main switchboard: 01392 411611      NDDH (Northern Services) main switchboard: 01271 322577

For Royal Devon services log on to: <https://royaldevon.nhs.uk>

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