

Here for You, 24/7



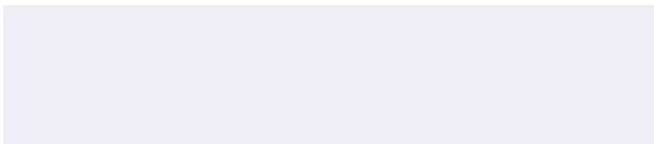
If we can do anything at all as a team to make your pregnancy and birth experience more comfortable, please don't hesitate to let us know.

For first time mums, pregnancy is an exciting time, but it can also bring a whole host of unexpected questions.

Remember that there are no questions that are too silly or embarrassing! Even if this isn't your first pregnancy, we'll be with you every step of the way to ensure the best possible experience.

You can reach out to us any time, day or night, and we'll always be available to you.

Your midwife's best contact number is:



Antenatal Classes

Antenatal classes are run at several locations across Auckland. They are usually run one evening a week over six weeks or over two Saturdays. Most expectant mums or couples attend from about 30 weeks of pregnancy.

You can contact any of the providers below to find out about antenatal classes locally. Of course, your midwife and specialist can answer any questions you may have, but classes do give new parents a good understanding of what to expect with a new baby.

What do Antenatal classes teach?

- Staying healthy during the last trimester of pregnancy
- What happens during labour
- Labour coping skills for the labouring mother and her partner/support person
- The first hours and days of your baby's life
- Information to help establish successful breastfeeding
- Your baby's adjustment to life - sleeping, feeding etc.
- Practical parenting



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Welcome to TotalCare



Your Appointments

You will see your specialist 5-6 times during pregnancy, and once post-natally. However, clinics will be run frequently so that your baby will be seen and monitored if necessary. You will of course see your midwife more often - exactly how many times is dependent on your the care plan you and your midwife set out (which you will both agree upon).

You will be in regular contact with both your midwife and obstetrician during your pregnancy. Anything of a day-to-day nature, your midwife will support you with, and your obstetrician will be there as back-up and always up to speed with what is happening. Both your midwife and obstetrician will of course be present at the birth of your little one.

Specialist Appointment Schedule (approximate)

Gestation	Purpose
6-7 Weeks	Meet & Greet Appointment
14 Weeks	Early Pregnancy Screening & NT Test
20-22 Weeks	Follow-up after Morphology Scan
30 Weeks	Follow-up after Growth Scan
36 Weeks	Review and Discuss Birth Plan
40-41 Weeks	Review regarding Delivery
6 Weeks Post-Delivery	Post-Natal Checkup



Scans & Checks

Dating Scan

This is one of the first scans you may have. It is done to check the size and likely age of your baby. Dating can be important in picking up if you are ‘overdue’ or if your baby appears too big or small for the dates according to your periods. It can also pick up twins and detect abnormalities with the uterus, such as fibroids, that may impact labour.

Nuchal Translucency Scan

This is an ultrasound in which the fluid-filled space at the back of your baby’s neck is measured. The thicker the nuchal translucency, the higher the risk of a problem, especially Down syndrome. Other chromosomal problems and heart problems can also be detected.

This scan is combined with a blood test which looks at the levels of three components in your blood. Combining the triple test with the ultrasound scan means we can pick up 85 to 90 per cent of babies who have Down syndrome.

Morphology Scan

At around 20 weeks you’ll have the morphology scan. At this stage your baby is well developed enough to let us have a good look at their organs and skeleton, but it’s still early enough to give us options in management if an issue is picked up.

The ultrasound specifically looks at your baby’s brain, face, spine, heart, lungs, stomach, kidneys, bladder, arms and legs, as well as the cord insertion at his belly button.

At this stage it’s often possible to determine the sex of your baby. Sometimes its position can make it difficult to tell, though. If you want to find out, let us know, but don’t go and buy the entire blue section of your local baby shop, just in case!



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Book

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