Antenatal care is provided by midwives and GP (general practitioners) at every Health Care Centre nationwide.
Women are offered regular antenatal appointments to check the health of the mother and her baby and they are referred to appropriate specialists as needed.

Centre for Antenatal Health Services (Miðstöð mæðraverndar) at Þönglabakki 1, 109 Reykjavík, telephone number 585 1400, offers:

- Smoking Cessation Clinic for parents to be. Intervention programme for pregnant women and their partners.
- Nutritional consultation.
- Childbirth preparation classes both in English and Polish.

Centre for Antenatal Health Services official homepage is www.heilsugaeslan.is
Follow the link Mæðravernd which offers educational issues for parents to be in foreign languages.

Emergency phone number: 112

Siblings are welocme to join you at the antenatal appointments.

Authors:Jóna Dóra Kristinsdóttir, Karitas Ívarsdóttir, Ragnheiður Bachmann, midwivess at Centre for Antenatal Health Services 2008

REYKJAVIK HEALTH CARE SERVICES
Centre for Antenatal Health Services

Welcome to antenatal care

AIMS OF ANTENATAL CARE:

- To promote health and wellbeing of mother and child
- To give professional care and support
- To predict possible problems during pregnancy and provide an appropriate treatment
- To provide information on pregnancy and birth

Midwifes name:

_____

Telephone appointments:

_____

SUMMARY OF YOUR ROUTINE APPOINTMENTS DURING PREGNANCY

At each appointment you should be given information with an opportunity to discuss issues and ask questions.
You should usually be asked to keep your own case note at home with you and bring them to appointments.
Your midwife or doctor should tell you the results of all tests and have a system in place to do this.
As well as face-to-face information you should have access to antenatal classes and written information that is based on the best research evidence available.

Wherever possible you should be cared for by a small group of people with whom you feel comfortable.
They should assess your particular needs as an individual and give you continuity of care.

Yes Have you had a baby before ? **No**

Yes Were the pregnancy and birth uncomplicated? **No**

You should discuss this with your midwife or carer. You may need additional care.

7: total appointments if you've had a baby before

√	Before 12 weeks (may be 2 appointments)	Give information on diet and lifestyle considerations, pregnancy care services, maternity benefits, and screening tests. Your midwife or doctor should: • Find out if you need additional care. • Tell you how taking folic acid (400 micrograms per day for up to 12 weeks) can reduce certain health risks for your baby. • Offer you screening tests and make sure you understand what is involved before you decide to have any of them. • Offer you information about ultrasound and combined screening test. • Measure your blood pressure, height and weight and test your urine for the presence of protein. • If you smoke you will be offerd help to stop smoking. • Offer you an ultrasound scan at 19-20 weeks to check the physical development of the baby.
√	At 16 weeks	Your midwife or doctor should review, discuss and record results of any screening tests, measure your blood pressure and test your urine.
	25 weeks	Checks on the size of your abdomen. Measure your blood pressure and test your urine.
√	28 weeks	Checks on the size of your abdomen, your blood pressure and test your urine. More screening tests for anaemia. If you are RhD-negative you will be offered red cell antibodies tests.
	31 weeks	Checks on the size of your abdomen, your blood pressure and test your urine.
√	34 weeks	Checks on the size of your abdomen, your blood pressure and test your urine.
√	36 weeks	Checks on the size of your abdomen, your blood pressure and test your urine. Check to see if the baby is head first – discuss options to turn the baby if it is feet first (breech position). Offer red cell antibodies if your RhD is negative.
√	38 weeks	Checks on the size of your abdomen, your blood pressure and test your urine. Check your baby's position.
	40 weeks	Checks on the size of your abdomen, your blood pressure and test your urine. Check your baby's position.
√	41 weeks	Checks on the size of your abdomen, your blood pressure and test your urine. Check your baby's position. You should be offered membrane sweep. Discuss wether you want your labour to be induced before week 42.

Total appointments if this is your first baby: **10**