



## Antenatal and postnatal care in the capital area.

### Antenatal care

There are [17 primary health care centres](#) at the capital area. At these centres midwives offer a series of antenatal appointments to check on the health of the mother and her baby and they refer to family doctors (GP) and specialists as needed.

As a part of the antenatal care women are offered a number of screening tests. The purpose of these tests is to check whether they have any conditions or infections that could affect their health or their baby's



health. Screening test for some chromosomal abnormalities in the fetus, is also offered. The test is a combined test (an ultrasound test and a blood test) and is done from 11 to 14 weeks. This test is the only test that has to be paid for. An ultrasound scan is offered around 20 weeks of the pregnancy to check for physical abnormalities in the baby.



Women who have valid Icelandic health insurances have access to antenatal care at their nearest primary health care center free of charge. Other women have to pay for each visit and for the screening tests.

[Prenatal classes in English](#) and [Polish](#) are offered at The Department of Antenatal Care and Centre of Prevention, Education, Research and Development, at Pönglabakki 1, 109 Reykjavik. Tlf. 585 1400. Registration is at the website [www.heilsugaeslan.is](http://www.heilsugaeslan.is).



Breastfeeding classes are only offered in Icelandic but if they could be of use please welcome and register at [www.heilsugaeslan.is](http://www.heilsugaeslan.is)

These classes are held at the same place as the prenatal classes.

### The birth

The choice about where to give birth will depend on the woman's needs and risks. It's important to have all the information needed to make choices about where to give birth. The midwives at the antenatal care centres are willing to give more information.

At the hospital Landspítali (LHS) there is a labour ward, *fæðingarvakt* where all women can give birth after the 22nd week of pregnancy. Women are looked after by midwives and doctors are available when needed.





At [www.landspitali.is](http://www.landspitali.is) there are videos that show the Labor and Delivery ward. You find it under: *Deildir eftir sviðum/Kvennadeildir*. There you can also find a video in Polish.

For home birth or other options ask your midwife.

## Postnatal care

At LSH after normal birth of a healthy baby, women/parents can stay at a postnatal ward; *meðgöngu- og sængurlegudeild* for up to 24 hours and then get midwifery care at their home for the first week.



After cesarean section women/parents can stay at the *meðgöngu- og sængurlegudeild* for up to 48 hours and then get midwifery care at their home for the first week.

The spouse/partner have to pay for their stay.

Women with health problems or social difficulties and women whose child is hospitalized may have to stay longer at the hospital/*meðgöngu- og sængurlegudeild LSH*. The decision for the length of the hospital stay is always made for the best interest of the mother, baby and family.



After the hospital stay and/or midwifery care at home, a health care nurse/midwife from the family's primary health care centre offer visits to the family at home 1 to 3 times, or as needed until the baby is 6 weeks old

This service is called *ung- og smábarnavernd* and offers a series of reviews, vaccinations and information to support parents and help them give their child the best chance of staying healthy and well. Regular visits at the primary health care centres is offered at *ung- og smábarnavernd* from the babies birth and until it goes to school. Then the school health care system offers this service.

The antenatal care, birth services and infant services is free of charge for all women and families who have valid Icelandic health insurances. Others have to pay for this service.