



My pregnancy

H1

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02 Welcome

Congratulations! You're pregnant!

This brochure can be your guide throughout nine months full of anticipation and looking forward to new life.

We as a team of gynaecologists, paediatricians, midwives and supportive services hope to see you soon at our other info-sessions and finally at the maternity department.

Maternity (department H1)



1st trimester (week 1 - 14)

- 1st gynaecologist visit - 1st trimester ultrasound (confirmation ultrasound)
- NIPT or Not Invasive Prenatal Test
- Blood collection: toxoplasmosis - CMV - bloodtype
- Clinical examination
- Folic acid 0,4mg (best before conception)
- Consultationschedule gynaecologist for entire pregnancy
- Certificate employer (see certificate in pregnancy booklet)
- Find childcare (website Child & Family)

2nd trimester (week 15-28)

- 16 weeks at the midwife (hospital or primary care) or gen. practitioner
 - Check-up heartbeat baby
 - Urinesample infections + proteinuria
 - Nutrition for your baby
 - Experience and alarm signals
 - Choosing independent midwife
- 2nd trimester echo at the gynaecologist (anatomical check-up 20w)

- Extra consultation at midwife/general practitioner after 20 weeks
 - Check-up heartbeat baby
 - Clinical examination
 - Experience and alarmsymptoms
 - Blood collection
 - Recognition baby (if unmarried couple)
 - Request certificate maternity allowance (from 24 weeks)
 - Maternity care
 - Child & Family
 - Find an independent midwife
 - Physical therapy
 - Planning infosessions (breastfeeding + labor and childbirth)
 - Sugartest (24-28 weeks)
 - Pertussis vaccination
- Choosing a name for your baby
- Birth list, birth announcement
- Travel with train in first class (see pregnancy booklet)



3rd trimester (week 29-41)

- 3rd trimester ultrasound at gynaecologist (check-up growth)
- Extra consultations at gynaecologist/midwife/general practitioner after 30 weeks
 - Check-up heartbeat baby
 - Clinical examination
 - Experience and alarm symptoms
 - Vaginal swab streptococci (35-37 weeks)
 - Blood collection
 - Birthwishes
 - Planning info sessions
 - Heart tones via doptone
- Start maternity leave
- Make suitcase for childbirth

Childbirth

Bring:

- Identity card
- Blood group card
- Hospitalization card
- Brochures
- Marriage certificate / recognition papers



After childbirth

- Go to town hall (Sint-Truiden)
 - Birth registration within 15 calendar days
 - Certificate employer mum/partner
 - Certificate health insurance
 - Certificate child benefit fund
 - Notify independent midwife
- Child & Family will contact you at home
- Check-up paediatrician (after 4 weeks)
- Check-up gynaecologist (after 6 weeks)

04 Healthy nutrition during your pregnancy

A balanced diet during your pregnancy will benefit both you and your baby. Eat healthy, fresh, varied with enough calories, proteins, vitamins and minerals. Remember to drink enough (water)!

It is not necessary to eat for two when you are pregnant, but it's also not an ideal time to diet. Strive to have a healthy weight gain.

The food triangle below can help you to compose a balanced meal. Plant-based nutrition is preferred, try to avoid heavily processed foods.



Sugars provide energy for you and your baby, these sugars can be found in grains, bread (5 to 9 slices of bread per day), potatoes (3 to 5 potatoes per day), vegetables and fruit. Excessive snacking is not recommended.

Your baby needs **proteins** for its development. Sources of animal derived proteins are among other things fish, eggs, meat and milk products. Nuts, grains, legumes, mushrooms and soy have plant-based proteins. A healthy combination of animal and plant derived proteins is highly recommended. It's best you drink around 4 glasses of milk per day, or choose for a replacement like cheese, yoghurt, cottage cheese,...

Make sure you eat meals **high in fibre**, this eases digestion and prevents constipation. Whole wheat rice, whole wheat pasta, vegetables, fruits and whole wheat bread. The recommended amount of vegetables is 300 gr. per day.

Choose a piece of fruit as a healthy snack. You best eat 2 to 3 pieces of fruit per day. Avoid bananas and grapes if possible, these contain a lot of sugars.



Meat, fish, milk products and plantbased oils contain fats and are rich in vitamin A en D. It's recommended to eat 100 gr. meats or poultry per day or 125 to 150 gr. fish per day. Limit lubricating and cooking fats to 35 to 45 gr. per day.

Limit the use of highly processed foods.

Water is important for both your baby and yourself so make sure you drink enough, at least 1,5 litre per day. Avoid soft drinks and fruit juice and drink mainly water.

Folic acid

It's best you start taking a folic acid supplement when trying to get pregnant. It decreases the chance of neural tube defects, such as spina bifida, with up to 50%.

Toxoplasmosis

To avoid an infection with toxoplasmosis, you should pay extra attention to thoroughly washing your vegetables and it is recommended not to eat raw or halfcooked meat.

Cat feces can also contain toxoplasmosis, so avoid the litter box. While gardening it is recommended to wear gloves.

CMV

To avoid the chance of getting infected with CMV it is important to have good hand hygiene (washing or disinfecting) after contact with bodily fluids of small children, not to exchange cutlery with children, not to drink from the same glass,... These measures are best also followed by the partner.

Listeria

Soft cheeses based on raw milk (au lait cru) can increase the chance of a listeria-infection. Examples of soft cheeses are: camembert, brie and roquefort.

Alcohol

Beers, wine or strong liquor are best avoided during the pregnancy.

06 Vaccinations

Pertussis vaccination

What is pertussis?

Pertussis is a serious, transmittable bacterial infection of the respiratory tract. The illness can be transmitted by little drops during sneezing or coughing or through the hands.

Why should you get vaccinated?

The pertussis vaccination protects you against the disease and avoids others (and therefore also babies) from getting infected. The protection from the vaccination is not forever.



What are the practical arrangements for vaccination?

You get informed about the vaccination during your consultation at the midwife at 16 weeks. The optimal moment for vaccination is between 28 and 32 weeks of pregnancy. As a result, there is sufficient production of antibodies with the mother, with transfer to the fetus, which will protect the neonate during the critical first two months. It is necessary to get the vaccine again every pregnancy. You can get vaccinated by your general practitioner. The vaccine is free for you and your partner and for any

children in the family older than 18 years. For your partner and children the vaccine will work for 10 years.

Flu vaccination

Vaccination best occurs in october or november. Women who are pregnant at the moment of flu season belong to the high-risk groups and it is best for them to get vaccinated. A few simple precautionary measures decrease the risk of infection: practice good hand hygiene and use disposable tissues during coughing or sneezing.

07 Sugartest

What is gestational diabetes?

Insulin is a hormone that makes sure sugar can be absorbed in the tissues of the body. During the second half of your pregnancy hormones can cause insulin to work less than normal. Gestational diabetes means that your body can not handle the increased need for insulin and this makes your sugar level rise. On long and short term this may entail risks for mother and child. In most cases the blood sugar levels normalise after childbirth.

When to get tested?

Between 24 and 28 weeks of pregnancy.

Where to get tested?

You can have this test taken by your general practitioner, at some independent midwives or in the laboratory of the hospital.

How to get tested?

The test will be administered by drinking a high dose of liquid sugar. After this your blood will be collected to see how your body processes this sugar and how high your levels are. If the levels are abnormal, further tests are necessary. These will be followed by a possible treatment with diet, exercise and if necessary insulin.

More info?

Project Zoet Zwanger

Tel.: 09 242 85 33

E-mail: project@zoetzwanger.be

Website: www.zoetzwanger.be

08 Where to go?

During your pregnancy and nursing period there are multiple healthcare providers and instances where you can get support.

The midwife

You can always call on a midwife for follow up and guidance at home, both during your pregnancy and after childbirth. Consultations with a midwife in home care are mostly or fully refunded by your health insurance.

Because the list of independent midwives in the area changes a lot, you can get an overview at the reception of the ward or at the midwifeconsultation at 16 weeks.

The professional organisation of midwives offers the possibility to enter your postal code on their website after which you get a list of midwives in your area: www.vroedvrouwen.be.



If the midwife is contracted, the amounts that the midwife may ask for her visits are limited. These amounts can be found in the nomenclature list and the majority of these are 100% refunded by the health insurance fund after bringing in your certificate. If, in addition, the midwife is eligible for the third-party payer scheme it is paid directly by the health insurance fund.

If the midwife is not contracted, you get 75% of the predetermined amounts refunded by the health insurance.

During your pregnancy you are entitled to 12 consultations at the midwife, either at home or in the hospital. Keep in mind that monitoring at the maternity ward at the end of the pregnancy is considered part of the prenatal consultations.

After childbirth you are also entitled to 6 home visits that are refunded by the health insurance. Afterwards you can only get a refund subject to motivation.

Maternity care at home

After childbirth you can count on maternity care. The maternity nurse can support you and your family during the first days and weeks after childbirth. Light household chores are taken from you so you can quietly adjust to your new family life.

It's best to request maternity care at 20 to 25 weeks of pregnancy. The price per hour of maternity care depends on your family income. Some health insurances and hospitalisation insurance provide an intervention for the costs.

 de kraamtuin expertisecentrum kraamzorg	Expertisecentrum Kaamzorg 'De Kraamtuin' Tel.: 078 055 200 e-mail: info@dekraamtuin.be website: www.dekraamtuin.be
landelijke thuiszorg	Landelijke Thuiszorg Regio Limburg tel.: 089 32 80 65 e-mail: kraamzorglimburg@ons.be website: www.landelijkethuiszorg.be
 Familiehulp we zijn er voor jou	Familiehulp Regio Limburg tel.: 011 45 69 50 e-mail: hasselt@familiehulp.be website: www.familiehulp.be
OTV HOME CARE 	Kraamzorg OTV Homecare Regio Limburg tel.: 089 35 44 55 e-mail: kraamzorg@otvhomecare.be website: www.otvhomecare.be
 i-mens thuis in zorg aan huis	Kraamzorg i-mens Tel.: 078 15 25 35 website: www.i-mens.be

La Leche League

For even more questions and info on breastfeeding, you can always visit La Leche League's website. A breastfeeding organisation that has been active for more than 40 years.

e-mail: vragen@lalecheleague.nl

website: www.lalecheleague.nl

09 Good to know

Recognition

When you and your partner are not married, the baby will automatically get the surname of the mother. If you wish to change this, you best make an appointment at the civil registry of your town (this may be the town where you live). You can do this during the entire pregnancy. You only need a certificate from a doctor that confirms the pregnancy and the suspected delivery date. A 'recognition' will be drawn up which makes it possible for your baby to also get the surname of the father. This can also be arranged after childbirth.

Did you know that you can also opt for a double surname?

Health insurance

It's a good idea to check with your health insurance for more information about the impact of the choice of room when you check in to our maternity ward.

Maternity amount/starting amount

In Flanders you get a starting amount (maternity amount) of € 1.238,78. You can request this from 24 weeks of pregnancy. The gynaecologist will make you a certificate for this.

More info? Go to: www.groeipakket.be/en

Physical therapy

When you are in need of physical therapy during your pregnancy, you can also go to our hospital for this. If you choose for an external physiotherapist, you best make sure that this person is specialised in prenatal physiotherapy. With a certificate from your doctor you can get 9 sessions refunded by your health insurance.

Maternity leave

The maternity leave is 15 weeks. From these weeks one week has to be taken prenatal. This means you have 14 weeks left for quality-time with your newborn baby! You can ask your employer which specific guidelines count for you.

Did you know that paternity leave (father/co-parent) is 20 days since january 2023?

Child & Family

From your pregnancy until your child is three years old you can use the services of Child & Family free of charge. They focus on preventive services that have to do with nutrition, care, development and upbringing, health and a safe environment. You can also go to them for vaccinations for your child. Additionally Child & Family can provide the needed support in case of adoption and with guidance and care for children in specific situations.



Tel.: 078 15 01 00

E-mail: haspengouw@kindengezin.be

Website: www.kindengezin.be/en/child-and-family

10 Benefits of breastfeeding

Benefits for the baby	Benefits for the mother
<ul style="list-style-type: none"> • Breast milk is easy to digest and perfectly tailored to the baby's needs. 	<ul style="list-style-type: none"> • Shorter post-birth bleeding period.
<ul style="list-style-type: none"> • It contains many antibodies that protect against infections such as respiratory infections, gastrointestinal infections, and ear infections. 	<ul style="list-style-type: none"> • Faster recovery of the uterus.
<ul style="list-style-type: none"> • Reduces the risk of allergies and eczema. 	<ul style="list-style-type: none"> • It's free and always at the right temperature.
<ul style="list-style-type: none"> • Lowers the risk of obesity, diabetes, and cardiovascular diseases. 	<ul style="list-style-type: none"> • Helps to lose pregnancy weight more quickly.
<ul style="list-style-type: none"> • The baby learns to recognise different flavours. 	<ul style="list-style-type: none"> • Reduces the risk of ovarian and breast cancer.
<ul style="list-style-type: none"> • Promotes better jaw and speech development. 	<ul style="list-style-type: none"> • Boosts self-confidence.
<ul style="list-style-type: none"> • Reduces the risk of sudden infant death syndrome (SIDS). 	<ul style="list-style-type: none"> • Encourages a quicker bond with the baby.
<ul style="list-style-type: none"> • Decreases tooth decay. 	

11 Help and support in specific situations

JAC Sint-Truiden

The Youth Advice Center (JAC) offers information and support in terms of well-being. With questions and problems you can always contact them anonymously. Additionally they provide crisis shelter in case of emergency.

Tel.: 011 85 00 05

E-mail: jac.sinttruiden@cawlimburg.be

Website: www.jaclimburg.be

Fara

You can contact Fara with all your questions and worries around your pregnancy wish, teenpregnancy, prenatal tests or an unplanned pregnancy. You can also do this anonymously through the chat option on their website.

Tel.: 016 38 69 50

E-mail: vragen@fara.be

Website: www.fara.be

Smoking cessation counselling

Do you wish to stop smoking? This is not only beneficial for your own health but also for the health of your (unborn) child. With professional guidance you increase your chance to be able to stop. You have a right for refund at smoking cessation counselling. Quitting smoking is easier with two, try to include your partner.

Tel.: 0800 111 00

Website: www.tabakstop.be

Expertise Center Maternity Care "Amerijtje"

The Expertise Center Maternity Care is an information point where parents to be or young parents can go for information and advice. All of your questions regarding pregnancy, childbirth and the nursing period can be answered here.

Tel.: 078 055 200

E-mail: info@zwangerenbevallen.be

Website: www.zwangerenbevallen.be

Amber guidance

Amber guidance is an initiative of the Center for Childcare and Family support (CKG). This guidance is specifically focused on families with a baby. Follow-up can be started from 1 month before the suspected date of delivery and can at the latest be started when the baby is 6 months old. A few times a week someone comes to your house who helps you care for your baby, bond with your baby, stimulates the development of your baby and strengthens the network around your family.

Tel.: 011 69 68 26

E-mail: steunpunt.zuidlimburg.ckg@hummeltjes.be

Website: www.hummeltjes.be

Kom'ma

Kom'ma is an organisation that focuses on (expecting) parents and grandparents with children up to 3 years old who regularly deal with tough or stressful situations. They organise free informative meetings with other parents and are there to listen to you, whether or not in an individual conversation. If needed they help you find appropriate care or services. You can also ask them all your questions around pregnancy, upbringing, administration,...

Tel.: 089 36 79 40

E-mail: info@campuso3.be

Website: www.campuso3.be

Swap shop "het Wisselke"

Everyone with a baby or toddler up to 3 years old can go to "het Wisselke" in Hasselt. This swap shop offers clothing (up to size 110), toys, care material, sleeping gear, means of transport and pregnancy clothing. You pay with stamps that you earn by bringing in children's stuff yourself. This way you can swap baby clothes that have gotten too small for a bigger size.

Tel.: 011 37 79 72

E-mail: hetwisselke@hasselt.be

Website: www.hasselt.be/ruilwinkel



12 Extra information

Consultation around 16 weeks of pregnancy:

- Info during \pm 1 hour at the midwife, incl. short tour of the delivery room
- Per couple
- Contact secretariat gynaecology 011 69 94 85 or through own gynaecologist at consultation

Info-evening pregnant couples

- Info during \pm 2 hours
- Max. 15 couples per session, is organised 4 times a year
- Gynaecologist and midwife present
- Contact secretariat gynaecology 011 69 94 85

Breastfeedingsinfo in group

- Info during 1 hour with lactation consultant
- Best after 30 weeks of pregnancy
- Max. 5 couples
- Every first monday of the month
- Contact secretariat gynaecology 011 69 94 85

Breastfeedingsinfo per 1 or 2 couple(s)

- Info during 1 hour with lactation consultant
- Best after 30 weeks of pregnancy
- Per couple or possibly 2 couples, if the breastfeedingsinfo in group is full
- Date will be scheduled by telephone and planned on a moment that one of the lactation consultants is present
- Contact maternity ward 011 69 98 41

Do take a look at our webpage. Scan the QR code below:



Notes

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Questions?

Always contact your general practitioner first. If your general practitioner refers you or is not reachable, you can contact:

maternity (department H)
tel.: 011 69 98 41

secretariat gynaecology
tel.: 011 69 94 85

social services
tel.: 011 69 91 40

invoicing service
tel.: 011 69 92 22



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