

Standard pregnancy follow-up

Name mother:..... Expected delivery date:

Gynaecologist:

Midwife:..... General practitioner:

Date breastfeeding information session:

Date labour and birth information session:

Term	What?	With whom?	Planning? Questions?	Date
8-9w	<ul style="list-style-type: none"> • check-up blood pressure and weight • ultrasound: confirmation pregnancy • blood collection (bring results general practitioner) 	gynaecologist	<ul style="list-style-type: none"> • Folic acid 0,4 mg 	
12w	<ul style="list-style-type: none"> • check-up blood pressure and weight • ultrasound 1: nuchal scan • blood collection and NIP-test 	gynaecologist	<ul style="list-style-type: none"> • certificate employer • start pregnancy-vitamins • flu vaccine if in season 	
16w	<ul style="list-style-type: none"> • info about pregnancy, nutritional advice and vaccinations • heart tones via doptone • urine sample 	midwife (hospital)		
20w	<ul style="list-style-type: none"> • check-up blood pressure and weight • ultrasound 2: structural review 	gynaecologist	<ul style="list-style-type: none"> • contact indep. midwife • (see backside) 	
24w	<ul style="list-style-type: none"> • check-up blood pressure and weight • bloodcollection + sugar test • heart tones via doptone 	midwife	<ul style="list-style-type: none"> • request growth package • recognition (if unmarried) 	
26w	<ul style="list-style-type: none"> • check-up blood pressure and weight • ultrasound: growth + development • follow-up of the glucose test 	gynaecologist		
28w	<ul style="list-style-type: none"> • check-up blood pressure and weight • heart tones via doptone 	general practitioner	<ul style="list-style-type: none"> • pertussis vaccination 	
30w	<ul style="list-style-type: none"> • check-up blood pressure and weight • ultrasound 3: growth + development 	gynaecologist		
33w	<ul style="list-style-type: none"> • info about labour and child birth, postpartum period, feeding baby 	midwife		

Term	What?	With whom?	Planning? Questions?	Date
36w	<ul style="list-style-type: none"> • check-up blood pressure and weight • ultrasound: growth • vaginal swab: streptococci 	gynaecologist	<ul style="list-style-type: none"> • suitcase for hospital stay 	
38 w	<ul style="list-style-type: none"> • check-up blood pressure and weight • heart tones via doptone 	midwife or general practitioner		
39w	<ul style="list-style-type: none"> • check-up blood pressure and weight • ultrasound: growth • (possible) vaginal exam 	gynaecologist		
40w	<ul style="list-style-type: none"> • check-up blood pressure and weight • cardiotocogram (monitoring) • vaginal exam 	gynaecologist		
after child birth	<ul style="list-style-type: none"> • check-up after 6-8 weeks with ultrasound • discussion birth control 	gynaecologist		

Are you still searching for an independent midwife?

Go to www.vroedvrouwen.be/zoek-een-vroedvrouw and find one in your area.

Information moments during pregnancy

Midwife consultation

- **16 weeks:** information about the further developments of your pregnancy, nutritional advice and vaccinations, doptone to check heart activity and when possible a tour of the delivery room and the maternity department.
 - duration: 45 minutes
 - location: consultation Botanique, Hovenierstraat 61/1, 3800 Sint-Truiden
 - who: per couple so you have enough time to ask all of your questions
- **33 weeks (optional):** information about labour, childbirth, nutrition and postpartum period
 - duration: 45 minutes
 - location: consultation Botanique, Hoveniersstraat 61/1, 3800 Sint-Truiden
 - who: per couple so you have enough time to ask all of your questions

Infosession 'Labour and childbirth' for expecting parents

- Information about the proces of labour and childbirth, practical tips and the postpartum period.
 - duration: \pm 1,5 - 2 hours
 - location: Conference room, Campus Rummenweg (1st floor), Rummenweg 2, 3800 Sint-Truiden; registration on the spot by midwife
 - who: in groups of 10-20 couples (depending on pregnancyterm)
 - when: Tuesday evenings at 19h30
 - this infosession is without obligation, register at secretariat gynaecology

Infosession Breastfeeding

- Under supervision of a midwife/lactation consultant you get to know the advantages and functioning of breastfeeding and how it will play out in the hospital and at home
 - location: Aesclepion room, 1st floor D-block (follow the turquoise arrow)
 - registration at kiosk in entrance hall
 - duration: 45 minutes
 - who: in group (max. 5 couples)
 - when: every first monday of the month at 17h30 and 19h30
 - this infosession is without obligation, register at secretariat gynaecology

Maternity department: 011 69 98 41 / Secr. gynaecology: 011 69 94 85