

Name: \_\_\_\_\_ DOB: \_\_/\_\_/\_\_\_\_ Due Date: \_\_/\_\_/\_\_\_\_

### Schedule of Visits for Maternity Scheme

| When to Come                 | GP Visit | Hospital             |
|------------------------------|----------|----------------------|
| <b>Before 12 Weeks/ ASAP</b> | GP Visit |                      |
| ~12 weeks                    |          | Booking Visit        |
| ~20 weeks                    |          | Detailed Scan        |
| 24                           | GP Visit |                      |
| 28                           | GP Visit | Hospital if 1st Baby |
| 30                           | GP Visit |                      |
| 32                           |          | Hospital Visit       |
| 34                           | GP Visit |                      |
| 36                           |          | Hospital Visit       |
| 37                           | GP Visit |                      |
| 38                           |          | Hospital Visit       |
| 39                           | GP Visit |                      |
| 40                           |          | Hospital Visit       |
| 2 Weeks after Delivery       | GP Visit |                      |
| 6 Weeks after Delivery       | GP Visit |                      |

Please note, visits outside of the routine scheduled visits are subject to standard consultation fees

**For Office Use:**

Maternity No: \_\_\_\_\_ No. of Visits: \_\_\_\_ Date Submitted: \_\_/\_\_/\_\_\_\_



Griffith  
Avenue  
Practice

Dr. John Burbridge  
Dr. Karen Aylward  
Dr. Robert Scanlon  
Dr. Sinead Morgan  
Dr. Cathal O'Sullivan  
Nurse Therese Nolan

411 Griffith Avenue, Glasnevin, Dublin 9 Phone: 01 8373611 Fax: 01 8373295 www.griffithavenuepractice.com

# Maternity Care in Griffith Avenue Practice



***What to Expect:***

Maternity care is available to all mothers-to-be as part of the Mother and Infant scheme. This consists of 7 visits during your pregnancy, with 2 further visits after delivery. At each visit you and your baby will be examined by one of our doctors who will check things like- your blood pressure, baby's heart beat, and baby's growth.

Often all the necessary checks can be done with a Doppler which allows you to hear your baby's heart beat. We also offer ultrasound scanning to assess these measures of well-being in more detail. This is offered freely to mothers attending for routine visits.

***When to Attend:***

Your first visit with the doctor should be before 12 weeks of pregnancy and ideally as soon as you find out you are pregnant. Further visits are listed on the back page of this leaflet

***How to Prepare:***

At each pregnancy visit you will be asked to give a urine sample to check for common things like sugar/ protein/ and blood. Containers are available in the bathroom while you wait. Also at each visit your blood pressure will be checked, by rolling up your sleeve, and your tummy will be felt. Loose fitting clothing can make this easier for you.

***Common Concerns:***

At different stages of pregnancy things can occur that cause concern. These include spotting or crampy pain early in pregnancy, as well as a lack of baby movements later in pregnancy. These are common problems and not necessarily worrying, however you can always discuss these with your doctor.

***General Advice:***

Pregnant women can feel overwhelmed with advice at times. The main things to be aware of are to avoid cigarettes, excess alcohol and most medication. Regarding medication, Paracetamol can be taken during pregnancy, but other medication should be checked in advance with your doctor.

Other things best avoided include kitty litter (due to risk of harmful infection Toxoplasmosis), unpasteurised dairy products and raw eggs (due to Listeriosis risk), as well as children with chicken pox (unless you are known to be immune).

***Vaccines:***

Flu vaccine is inactive and can be given safely in pregnancy. Whooping Cough Vaccine is recommended between 27 and 36 weeks of pregnancy. For more information on both, talk to your doctor.