

FOLIC ACID

If you are trying to conceive, it is best to take folic acid regularly before you are pregnant to gain its protective value against neural tube defects.

SAFETY LEAFLETS/ADVICE

Available for all ages—please ask the Health Visitor.

NEW PATIENTS

The Health Visitor is keen to make contact with newly registered under fives and will hope to arrange a home visit.

WELL BABY CLINIC (in Children's Centre)

This clinic is intended for **well babies**. Please do not bring your child if he/she is unwell, but telephone the surgery to make an appointment to see the doctor during normal surgery times.

The Well Baby Clinic is held on the first four Tuesdays of the month 2.00—3.30 p.m. in the Children's Centre alongside the surgery. Please come along and meet the Health Visitor who will be able to advise you about the Health Visiting Service in the area.



The Health Visitor can advise about current Parenting Groups available in the local area.

REGISTRAR OF BIRTH

(by appointment)
Easton Street, High Wycombe
Tel: 01494 475200

NATIONAL CHILDBIRTH TRUST

(also for breastfeeding support/postnatal support/working mothers group)
Local contacts available via Health Visitor

OTHER USEFUL CONTACTS

BUCKS BIRTH CHOICES WEBSITE

www.buckshealthcare.nhs.uk/birthchoices

SOUTH BUCKS TWINS CLUB

01494 445616

SERENE

Support and information for the parents of crying babies 020 7404 5011

CAESAREAN SUPPORT NETWORK

0151 480 1184

FAMILY PLANNING

See our separate leaflet listing contact numbers and times of clinics at the local hospital

BUCKS CHILDREN'S INFORMATION SERVICE

0800 328 3317

Highfield Surgery

Highfield Way

Hazlemere

HIGH WYCOMBE

HP15 7UW

Phone: 01494 813396 / 813496

Fax: 01494 814107

www.highfieldsurgeryhazlemere.co.uk

HIGHFIELD SURGERY

SCHEDULE OF ANTENATAL/ POSTNATAL AND INFANT WELFARE



Congratulations on your pregnancy!

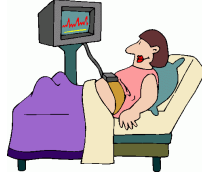
We do hope all goes well. Please feel free to ask us any questions you may have about this challenging and hopefully thoroughly rewarding time for you and your family. We are here to offer help, encouragement and support.

ANTENATAL CARE

Antenatal clinics are shared by -
Dr Yaseen, Dr Deacon and the Midwife.

8 weeks (1st visit)

- ◆ Booking Hospital Form by GP
- ◆ 1st antenatal booking HOME visit by Midwife At 8-9 weeks.
- ◆ Antenatal blood tests
- ◆ Advice in early pregnancy
- ◆ Nuchal scan discussed
- ◆ Dietary advice booklet
- ◆ Hand-held patient record and pack
- ◆ Hospital delivery registration form completed



10-13 weeks

- ◆ Midwife arranges Nuchal scan appointment and blood tests

16 weeks - Midwife appointment

18-21 weeks

- ◆ Dating and anomaly scan (this scan is very detailed and partners may wish to attend)
- ◆ Further scans may be needed where indicated

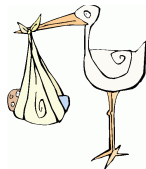
20 weeks

- ◆ Mat B1 (maternity certificate) for employer completed

24 weeks—Midwife appointment

28+ weeks—Midwife appointment

- ◆ Blood tests
- ◆ Anti-D (if rhesus negative)
- ◆ Parent education sessions discussed



34 weeks—Midwife appointment

36 weeks—Midwife appointment

- ◆ Blood test
- ◆ Birthing choices

38-42 weeks—Midwife appointments

- ◆ Delivery (usually!)

AFTER DELIVERY

- ◆ Midwife visits on first day of arrival back home. Baby has checks of wellbeing, weight, PKU (heel prick), thyroid. Other midwife contacts may be arranged at the Birth Centre on days 5 and 10.

**PLEASE REGISTER YOUR BABY AT
THE SURGERY BRINGING THE
BIRTH CERTIFICATE WITH YOU**

14-18 days after delivery

- ◆ Health visitor visit

5-8 weeks after delivery

- ◆ Health visitor visit

6 weeks Postnatal/Baby Check (with GP)

- ◆ Mother - postnatal check
- ◆ Discuss any worries re delivery
- ◆ Contraceptive advice
- ◆ A vaginal examination is optional
- ◆ Baby has routine developmental check by Dr Deacon or Dr Yaseen



10 months - 1 year

- ◆ Health Visitor check

You will be given your personal Child Health Record which contains a lot of useful information as well as providing the only record of your baby's development. Please read it and **bring it with you** whenever you attend the Baby Clinic.

IMMUNISATIONS (at the surgery)

Clinic held on Tuesdays 2.00—4.30 p.m.

8 weeks

- ◆ Diphtheria, tetanus, pertussis (whooping cough) & polio, Hib and pneumococcal (2 injections)

12 weeks

- ◆ Diphtheria, tetanus, pertussis & polio, Hib and Men C (2 injections)

16 weeks

- ◆ Diphtheria, tetanus, pertussis & polio, Hib, Meningitis C and pneumococcal (3 injections)

12 months

- ◆ Hib and Meningitis C (1 injection)

13 months

- ◆ MMR and pneumococcal (2 injections)

3 years 4 months - 5 years

- ◆ Pre-school booster immunisation of diphtheria, tetanus, pertussis & polio, MMR (2 injections)

*Immunisation Appointments are sent via
Child Health computer system*

**Health Visiting Team
Direct Line: 01494 512162**

**Doctors: Dr Jill Deacon
Dr Nisar Yaseen**

