Antenatal Schedule

Up to 10 weeks:

- Initial antenatal appointment: This includes taking a medical and obstetric history, performing a general physical examination and pelvic examination, discussing nutritional requirements, lifestyle factors, arranging initial blood tests, and discussing available prenatal screening tests.

10 - 14 weeks:

- First-trimester screening, if desired and not already completed: This can include a combination of blood tests and ultrasound to screen for chromosomal abnormalities.

18 - 20 weeks:

- Morphology ultrasound: This is a detailed ultrasound to check for physical abnormalities in the baby.

24 - 28 weeks:

- Routine antenatal appointment: This includes checking maternal wellbeing, fetal growth and wellbeing, and discussing the results of the morphology scan.
- Oral glucose tolerance test to screen for gestational diabetes.
- Anti-D prophylaxis for rhesus negative women.

28 - 36 weeks:

- Antenatal appointments usually become more frequent during this period, typically every 2-3 weeks: These appointments include checking maternal wellbeing, fetal growth and wellbeing.
- Anti-D prophylaxis at 28 weeks for rhesus negative women.
- At 28 weeks, a blood test may be offered to check iron levels.
- At 36 weeks, a swab for Group B streptococcus screening is often done.

36 - 40 weeks:

- Weekly antenatal appointments: These appointments include checking maternal wellbeing, fetal growth and wellbeing. Discussion around birth plan, signs of labour, pain relief options, breastfeeding and postnatal care.
- Position check for the baby to confirm whether the baby is in a head-down position ready for birth.

41 weeks:

- If the baby has not yet arrived, discuss options for post-dates management, including the possibility of induction of labour.

Postnatal schedule:

- First postnatal check-up around 6 weeks after birth. This includes a review of the physical and emotional wellbeing of both mother and baby, a discussion about contraception, and any necessary examinations or tests.

This information is intended for general informational purposes and should not be used as a substitute for professional medical advice. If you have any health concerns, please see your healthcare provider.

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