

Your antenatal booking appointment

This sheet explains what you can expect from your antenatal booking appointment.

Your appointment

An hour has been set aside for your antenatal booking. Please note that at the beginning of this appointment your midwife will require a 10-minute consultation alone with you.

Before your appointment

Prior to your first midwife appointment we would like you, wherever possible, to use the Maternity Notes app or website to provide us with some background information in order for us to carry out your appointment more efficiently and allow more time for us to talk to you about your pregnancy.

If you have registered for this service please go to the 'Pre Booking' section and complete. If you have not already registered for the Maternity Notes electronic access, please email your name, date of birth and mobile phone number to [e: maternityportalrequest@gstt.nhs.uk](mailto:maternityportalrequest@gstt.nhs.uk) and we will set this up for you.

How to access Maternity Notes

1. When we booked your first appointment for you we generated a security phrase which is your first initial and surname (all lowercase) immediately followed by your year of birth (e.g. Anna Smith born in 1988 would be `asmith1988`). If you have two surnames or it is double-barreled we will only use the last part.
2. You can log in to the Maternity Notes website, [w: www.pregnotes.net](http://www.pregnotes.net), or download the Maternity Notes app from the App Store.
3. The first time you access your notes you will need to register for the service using your email address and security phrase as above.
4. You will receive a verification code to your mobile telephone to set up the account, which will require you to create a secure password. If you are using the app on your smartphone or tablet you will also be asked to create a pin number for ease of login for the future. You are now ready to view your records, please proceed to the pre-booking information section and complete.

During your appointment

Your first 'booking' visit will take approximately one hour: the midwife will ask questions about your health, your family's health, and your preferences for this pregnancy. Your midwife will ask to see you alone for the first 10 minutes of the appointment, before your partner or accompanying person can join the appointment.

With your permission, the midwife will record your height, weight and blood pressure, and will ask for a urine sample. You will be offered a full range of blood tests including:

- your blood group, iron level (haemoglobin) and rhesus status
- tests for HIV, hepatitis and haemoglobinopathies (eg sickle cell disease)
- screening for Down's syndrome.

Your appointment also offers you the opportunity to discuss and consider recommended screening tests including carbon monoxide monitoring. Carbon monoxide in the blood stream usually occurs when you are exposed to tobacco smoke or faulty gas appliances.

Contact us

If you have any queries about your antenatal booking appointment, please call the antenatal booking line, **t:** 020 7188 8002, Monday to Friday, 9am-5pm.

If you have any queries about the screening tests we offer (including 12 week scans), please call the fetal medicine unit, **t:** 020 7188 8003, Monday to Friday, 9am-5pm.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit **w:** www.guysandstthomas.nhs.uk/leaflets

Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

t: 020 7188 8748, Monday to Friday, 9am-5pm

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

t: 020 7188 8801 (PALS) **e:** pals@gstt.nhs.uk

t: 020 7188 3514 (complaints) **e:** complaints2@gstt.nhs.uk

Language and accessible support services

If you need an interpreter or information about your care in a different language or format, please get in touch.

t: 020 7188 8815 **e:** languagesupport@gstt.nhs.uk

NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day. **t:** 111

Was this leaflet useful?

We want to make sure the information you receive is helpful to you. If you have any comments about this leaflet, we would be happy to hear from you, fill in our simple online form, **w:** www.guysandstthomas.nhs.uk/leaflets, or **e:** patientinformationteam@gstt.nhs.uk

Leaflet number: 4681/VER1

Date published: January 2019

Review date: January 2022

© 2019 Guy's and St Thomas' NHS Foundation Trust

A list of sources is available on request