

## Basic Maternity Care Pathway

### 0-7 weeks

Your baby's arms and legs are starting to develop as from week six.

Congratulations on your pregnancy. In this care pathway information leaflet you will find everything you need to know about our antenatal care as well as information about what you must arrange yourself.

As soon as you find out that you are pregnant, you can schedule an intake appointment with a midwifery practice of your choice. If you are diagnosed with coagulation disorders or have previously had an ectopic pregnancy or multiple miscarriages, you are advised to schedule an appointment with an obstetrician as well.

You can find information leaflets about pregnancy and birth at [www.reinierdegraaf.nl/moederenkindcentrum](http://www.reinierdegraaf.nl/moederenkindcentrum), [www.deverloskundige.nl](http://www.deverloskundige.nl) and the website [Onderzoek van mijn ongeboren kind](#).

### 7-10 weeks

Organs such as liver, stomach, kidneys, and brains are starting to function.

#### Your first check-up

- Your blood pressure and your baby's heart will be checked by the midwife at each check-up. Also, your midwife checks your tummy (abdomen) and measures your abdominal girth in order to monitor your baby's growth.
- The midwife will review your medical and family history. You will also receive information about a healthy lifestyle.
- You will be informed about screening tests for congenital anomalies such as Down syndrome (combined test and NIPT). For further information, read the information leaflet at the website [RIVM](#).
- An ultrasound is performed to detect a foetal heartbeat, as well as multiple foetuses.
- You will be given a form for blood tests.
- After this check-up your pregnancy will be discussed in joint consultation with obstetricians and midwives. Subsequently, appointments will be scheduled with either your midwife or a hospital-based obstetrician.
- Be sure to inform your GP and your pharmacist about your pregnancy.
- In a situation where a child's parents are not married, recognition (acknowledgment) of paternity by the father is required. A paternal recognition statement may be requested at a Municipal office.

For more information on your pregnancy, see: [www.deverloskundige.nl](http://www.deverloskundige.nl)

<p style="text-align: center;"><b>10-12 weeks</b></p> <p style="text-align: center;">Your baby is seven centimetres long and is developing reflexes.</p>	<p style="text-align: center;"><b>Your second check-up</b></p> <ul style="list-style-type: none"> <li>○ We will perform an ultrasound and test your blood to check your baby's development.</li> <li>○ Around this period you decide if you want to take part in the combined test.</li> <li>○ You will be given a pregnancy statement.</li> <li>○ You can register for maternity care at a maternity care centre. Ensure you discuss your pregnancy with your health care insurance company.</li> </ul>
<p style="text-align: center;"><b>12-14 weeks</b></p> <p style="text-align: center;">Your baby's main organs and bodily functions have developed.</p>	<p style="text-align: center;"><b>Your third check-up</b></p> <ul style="list-style-type: none"> <li>○ If you opt for a combined test, we will perform a nuchal translucency screening using ultrasound.</li> <li>○ We discuss the results of the combined test with you (if you have opted for his test).</li> <li>○ We will give you information on the 20-week ultrasound. Please read the information leaflet '<i>Information on the anomaly scan</i>' at <a href="#">RIVM</a>.</li> <li>○ We will inform you when you need to contact the midwife or the hospital during your pregnancy.</li> </ul>
<p style="text-align: center;"><b>18 weeks</b></p> <p style="text-align: center;">Your baby takes little sips of amniotic fluid and urinates into the amniotic fluid.</p>	<p style="text-align: center;"><b>Your fourth check-up</b></p> <ul style="list-style-type: none"> <li>○ You will now have the 20-week ultrasound scheduled, which entails an extensive check for anomalies and complications. Also, you may see whether you are expecting a boy or girl. If you want to know the baby's gender, you may ask the sonographer to tell you.</li> <li>○ We discuss dietary choices that benefit the baby.</li> <li>○ You can register for antenatal classes.</li> </ul>

<p style="text-align: center;"><b>22 weeks</b></p> <p>Your baby measures approximately 28,5 centimetres, weighs about 440 grams, and has downy hair all over its body.</p>	<p style="text-align: center;"><b>Your fifth check-up</b></p> <ul style="list-style-type: none"> <li>○ We discuss the results of your 20-week ultrasound.</li> <li>○ If you choose to breastfeed your baby, you are advised to an information meeting or sign up for a breastfeeding course.</li> <li>○ If necessary, we will perform a glucose tolerance test to check for gestational diabetes.</li> <li>○ Read more about giving birth on 'Bevallen in Reinier de Graaf' at: <a href="http://www.reinierdegraaf.nl">www.reinierdegraaf.nl</a>.</li> </ul>
<p style="text-align: center;"><b>26-29 weeks</b></p> <p>Your baby's movements are getting stronger. The eyes can now blink.</p>	<p style="text-align: center;"><b>Your sixth check-up</b></p> <ul style="list-style-type: none"> <li>○ If necessary, blood tests will be ordered once again.</li> <li>○ You will receive a multi-coloured patient information leaflet.</li> <li>○ If this is your first pregnancy, a member of staff from the maternity care centre will visit you at home for an intake meeting during the course of this period.</li> </ul>
<p style="text-align: center;"><b>32 weeks</b></p> <p>Your baby measures approximately 40 centimetres, weighs about 1800 grams, and hair on its head has started to grow.</p>	<p style="text-align: center;"><b>Your seventh check-up</b></p> <ul style="list-style-type: none"> <li>○ During this check-up we discuss, among other things, your maternity package, bobbins, and birth plan.</li> <li>○ To prepare for childbirth and labour you can read the information leaflets about pain relief, birthing positions, and birth plan at: <a href="http://www.deverloskundige.nl">www.deverloskundige.nl</a></li> <li>○ If indicated, an ultrasound can be performed to monitor the baby's growth and/or localise the placenta.</li> </ul>
<p style="text-align: center;"><b>34 weeks</b></p> <p>Toenails and fingernails are starting to develop.</p>	<p style="text-align: center;"><b>Your eight check-up</b></p> <ul style="list-style-type: none"> <li>○ You receive instructions so you know exactly when you should phone the midwife if you think that labour has begun.</li> <li>○ We will explain to you how you can tell that your baby's activity level is normal. For more information, read the information leaflet 'Bewegingspatroon van de baby herkennen' at: <a href="http://www.deverloskundige.nl">www.deverloskundige.nl</a></li> <li>○ You will receive information about the heel prick screening. For more information, read the information leaflet 'Heel prick' at <a href="http://www.rivm.nl">RIVM</a>.</li> </ul>

<p style="text-align: center;"><b>36-40 weeks</b></p> <p>Your baby sucks its thumb, has its eyes open when awake and closed when asleep, and relaxes when hearing your voice.</p>	<p style="text-align: center;"><b>Your ninth check-up</b></p> <ul style="list-style-type: none"> <li>○ An ultrasound is performed to determine the position of your baby.</li> <li>○ The length of a normal pregnancy can be anything from 37 weeks to 42 weeks. The baby is then ready to be born.</li> </ul>
<p style="text-align: center;"><b>40-41 weeks</b></p> <p>Only 3-5% of the babies are born on the estimated date of delivery.</p>	<p style="text-align: center;"><b>Your tenth check-up</b></p> <ul style="list-style-type: none"> <li>○ You will receive information about serotinicity or a prolonged pregnancy (a pregnancy that lasts longer than 42 weeks).</li> <li>○ If necessary, the membranes are separated from your cervix, which can stimulate labour to start.</li> </ul>
<p style="text-align: center;"><b>41-42 weken</b></p> <p>When a baby is born after 41 weeks it may have dry skin and sometimes long fingernails.</p>	<p style="text-align: center;"><b>Your eleventh check-up</b></p> <ul style="list-style-type: none"> <li>○ If you have still not delivered at 41 weeks + three days, we schedule you for a serotinicity or antenatal check-up.</li> <li>○ An electrocardiogram is performed as well as an ultrasound to determine the amount of amniotic fluid.</li> <li>○ If you have still not delivered at 42 weeks of pregnancy, we will consult with you to schedule an appointment in order to induce the labour.</li> </ul>
<p style="text-align: center;"><b>Postpartum period up to six weeks after childbirth</b></p>	<ul style="list-style-type: none"> <li>○ Ensure that you inform the maternity care centre and your health care insurance company about the birth of your baby immediately after the birth.</li> <li>○ Your midwife will visit you regularly during the first 8 days after the birth to check how you are getting on.</li> <li>○ You are legally required to register your baby's birth within three days after giving birth. If this is not possible due to a weekend day or bank holiday, you should register your baby's birth at the first possible working day after the weekend or bank holiday. You risk getting a fine if you fail to register the birth on time.</li> </ul>

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|  | <ul style="list-style-type: none"><li>○ The maternity nurse or midwife will carry out the heel prick on your baby during the first week after giving birth. Please read the information leaflet '<i>Heel prick</i>' at <a href="#">RIVM</a>.</li><li>○ After the first week postpartum we schedule you for a check-up appointment with the midwife. During this appointment the midwife discusses your delivery and performs various physical checks. After approximately 10-14 days a member of staff from the Youth and Family Centre (<i>Centrum voor Jeugd en Gezin</i>) will contact you to make an appointment to visit you at home for the first time.</li></ul> |
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