Antenatal Appointment Planner

One sheet per appointment. Write your questions before you go, and the answers while you are there.

APPOINTMENT DATE | TIME | HOW MANY WEEKS | WHERE

WHO I AM SEEING | WHO IS COMING WITH ME

QUESTIONS I WANT TO ASK

Write these at home. You will not remember them in the room, and there is never as much time as you expect.

1

2

3

4

5

6

WHAT WAS SAID

THE NUMBERS TODAY

BLOOD PRESSURE | URINE | FUNDAL HEIGHT | BABY MOVING AS USUAL | WEIGHT, IF MEASURED

Ask what any number means if you are unsure. Nobody minds being asked, and vague reassurance is no use to you later.

BEFORE THE NEXT ONE

- ☐ Tests or scans booked
- ☐ Results to chase
- ☐ Forms to collect
- ☐ Something to read or think about
- ☐ Something to raise next time
- ☐ Next appointment booked

IMPORTANT

Do not wait for your next appointment if something changes. Contact your midwife or maternity unit straight away about bleeding, severe headache, vision changes, sudden swelling, or any change in your baby's movements. Out of hours, ring your maternity unit. 999 in an emergency.

My Antenatal Appointments

A place to keep the whole schedule, so you can see what is booked and what is not.

NAME _____ DUE DATE _____ HOSPITAL OR UNIT _____

USUALLY AROUND	APPOINTMENT	DATE AND TIME	WHERE	DONE	NOTES
By 10 weeks	**Booking appointment**				
11 to 14 weeks	**Dating scan**				
16 weeks	**Midwife**				
18 to 21 weeks	**Anomaly scan**				
25 weeks	**Midwife, first baby**				
28 weeks	**Midwife and bloods**				
31 weeks	**Midwife, first baby**				
34 weeks	**Midwife**				
36 weeks	**Midwife**				
38 weeks	**Midwife**				
40 weeks	**Midwife, first baby**				
41 weeks	**Midwife**				

A typical schedule in England. Yours may look different, and that is not a cause for concern on its own.

First pregnancies usually have more appointments than later ones. If you have a health condition, are expecting more than one baby, or anything changes, you will be seen more often. Ask your midwife what your own schedule looks like and write it in above.

You are entitled to paid time off work for antenatal appointments. Your partner can take unpaid time off for two of them.

THINGS TO REMEMBER TO ASK ABOUT

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