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Antenatal care at Newburn Surgery

Now that you are pregnant you may like to know how you will be cared for during your pregnancy, the birth of your baby, and the days following. Your doctor, midwife and the hospital will work together to look after you, which is known as "shared care". Regular check-ups will be given normally by your midwife.

Once your pregnancy is confirmed your doctor will ask you to make an appointment with the midwife at the surgery. At the first appointment she will discuss your health care, diet and explain the procedure. You will be given notes and should take them with you to any antenatal appointment. She will be happy to answer any questions you may have and discuss your care. She will make arrangements with you for an appointment to book your delivery. This involves asking questions about your general health and your family medical history. She will take blood samples at this time. This appointment may be done in either the privacy of your own home or at the surgery.

The first ultrasound scan is normally done at hospital when you are 11-13 weeks pregnant. This scan is to confirm the expected delivery date and can include a screening test for Down's syndrome, if wanted. A second scan is done at 20 weeks to check that the baby is developing normally. Where it seems very likely that everything will be straightforward in the pregnancy, you will not normally be seen in the hospital antenatal clinic at all but will have all your antenatal care provided by the midwives who will receive details from the hospital.

The midwives will continue to see you regularly throughout your pregnancy. You will be seen at the hospital again if necessary. The midwives will see you at home after the birth and up until your baby is 10 days old or more. Your health visitor will normally visit you before your baby is born, and will continue your care by offering support and any advice you may need once your baby is born. We aim to tailor your care to your individual requirements and to offer you choice if possible.

Folic acid and vitamin D

There is good evidence that taking folic acid daily during the first 12 weeks of pregnancy can prevent spina bifida and related birth defects. Folic acid is a type of vitamin normally found in green vegetables. It is available in a low dose tablet specifically designed for pregnancy. This can be prescribed by the doctor and is also available for sale at chemists. Vitamin D is also advised to be taken throughout your pregnancy and can be prescribed from the Surgery.