Congratulations on your pregnancy, here is some general advice

1. Take Folic Acid until 12-14 weeks - 400mcg. If your BMI is >35 you require 5mg per day

2. Vitamin D throughout pregnancy (400iu) It will be in most pregnancy multivitamins.

3. Dietary Advice

-No alcohol -No smoking -Meat to be well cooked

-No raw eggs -No unpasteurised cheese - Ok to eat nuts

4. No flying after 36 weeks – check with airline before booking

5. Exercise as normal, don’t take up new sports

6. Good App/Website - babycentre.co.uk

As part of the maternity scheme the HSE now require a signature for each visit to verify you attended. At the 6week check you will be given these forms to sign.

**Vaccines recommended**:

At 16 – 36 weeks the Whooping Cough Vaccine is recommended. The Flu vaccine is recommended to be administered from the beginning of Sept – March.

Glucose Testing – If you are advised to have this test for Diabetes, you can attend CUMH for free or it can be done at the surgery for €70. You will need to attend fasting for bloods and stay here for 3 hours as 3 blood tests will be taken. Ask our nurse for further details.

***MATERNITY & INFANT SCHEME: SCHEDULE OF VISITS***

Before 12 weeks GP

12-14 Weeks CORK UNIVERSITY MATERNITY HOSPITAL

20 Weeks CUMH

24 Weeks GP

28 Weeks GP

32 Weeks CUMH

34 Weeks GP

36 Weeks CUMH

37 Weeks GP

38 Weeks CUMH

39 Weeks GP

Term CUMH

**After Delivery**

**2 Weeks post delivery GP visit for new baby – with Practice Nurse**

**6 Weeks post delivery GP visit for mum & new baby – with Practice Nurse & GP**

**Please note**

* There are 7 visits covered by the HSE
* **Southdoc visits** are **not** covered and will incur a charge
* **Visits unrelated to pregnancy** are **not** covered and will incur a charge, (e.g. chest infections, forms to be completed, Glucose Tolerance Testing. **Please check with our receptionist if you have a query regarding consultation Fees.**
* **Certs for work** are **not** covered by the maternity scheme

**PLEASE NOTE: THE HSE NO LONGER COVER EXTRA VISITS POST PREGNANCY.**

The 2 week and 6 week check-up for your baby is covered by HSE

VISITS FOR CHECKING BABY WEIGHT/REFLUX/FEEDING ISSUES ARE **NOT COVERED**

The 6 week check-up for Mother and Baby is covered by HSE.

VISITS RELATING TO POST WOUND C-SECTION CARE/FEEDING ISSUES/MASTITIS/ANXIETY ARE **NOT COVERED.**

Phone calls outside routine pregnancy visits will also incur a telephone consultation fee.

We aim to provide the highest standard and support of care during your pregnancy. However, the reduction in payments from the HSE is beyond our control and therefore charges may be incurred on some occasions. Please contact Maria 023 8844577 if you have any queries or difficulty with payment.

If you are experiencing any issues at home, any form of domestic abuse, please be assured you can speak to us in confidence. The incidence of domestic violence and increase during pregnancy.