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ANTE-NATAL CARE

Congratulations on your pregnancy!

I would like to take this opportunity to explain to you the following ante-natal care guidelines.

These guidelines are only applicable to an uncomplicated pregnancy. For a high risk pregnancy - there are likely to be more than these average prescribed visits.

8 WEEKS

A general examination is performed that includes taking your blood pressure, a urine test, and a pap smear (if necessary). A sonar is done to establish your gestation date, where after a follow-up program will be planned for you.

Routine blood tests are done to establish your blood group, full blood count, Hepatitis B, German measles immunity, HIV status and Syphilis.

PLEASE NOTE THAT LABORATORY COSTS ARE NOT INCLUDED IN OUR CONSULTATION FEES.

13 WEEKS Dr. Scheepers - 17-23 Aug

A blood test and a NT sonar (by a sonologist) is done to establish your risk of chromosome abnormalities (eg. Down syndrome). An amniocentesis will be recommended should these tests reveal a high risk of chromosome abnormality.

16 - 20 WEEKS

Routine examination with weight, urine test and blood pressure.

A Sonar scan is done, and the rate of growth of your baby is determined.

A blood test is recommended to establish the level of AFP (alpha fetal protein). A high level of AFP can indicate Spina Bifida (open spinal cord). High levels can also be an indicator of poor growth of baby. Extra vitamins will then be recommended.

22 WEEKS

An extensive sonar scan is done through a sonologist.

Your baby's organs are now completely formed.

This scan is very important to establish the normality of all the baby's organs.

24 WEEKS, 28 WEEKS, 32 WEEKS AND 34 WEEKS

Routine examination is done.

Sonar is performed to monitor your baby's growth amount of amniotic fluid and placenta positioning.

A repeat blood test is done to check your full blood count and antibody blood tests.

If your blood group is Rhesus negative, it is recommended that Rhesusgram (Ant. D injection) is given at 28 weeks and 34 weeks. This injection prevents your body forming antibodies which can be harmful to future pregnancies. This injection is repeated after the birth of your baby.

Please note

- we recommend that from 28 weeks of pregnancy, that you attend Ante-natal classes. Further information is available at our reception.

- we recommend that you now book your bed at the maternity section at the ~~Stellenbosch~~ Medi-Clinic.

Stellenbosch

36 WEEKS

Routine examination and sonar scan is done.

A vaginal examination with a vaginal swab is taken and sent to the laboratory for analysis.

Should Group B streptococcus be found, you will need antibiotics in labour.

At this stage of your pregnancy, we check if there is any indication for a Caesarean Section.

Pain relief during normal delivery will be explained and discussed with you.

38 WEEKS

Routine examination and sonar is done.

Should your decision be to have an elective Caesarean Section, all the necessary consent forms need to be completed.

Under normal circumstances - a Caesarean Section is done at 39 weeks.

Theater times for my practice are available on Wednesdays from 8am - 1pm.

40 WEEKS

Routine examination and sonar are done.

We determine whether there are indications for inducing normal labour.

PLEASE NOTE

Only ~~Stellenbosch~~ Stellenbosch Medi-Clinic theaters are used for any procedures done by myself.

6 WEEKS AFTER DELIVERY

Routine examination with papsmear (if needed). We will discuss contraception use.

