

ZITA MARIA LTD
WEEKLY APPOINTMENT SCHEDULE

	Hospital input/Sonographer Scan	Midwife Support
Week 4-7	During this stage of early pregnancy, it is typical that a heartbeat may not yet be visible on a scan. However, if you have underlying health conditions like Thyroid disease that require early monitoring and assessment, it is important to consult with your doctor. Our team is here to assist you in accessing the necessary care. If you experience any pain or bleeding during this time, please reach out to us for support and guidance.	<p>The early stages of pregnancy can often bring about feelings of anxiety, and we understand the importance of providing support to help alleviate any worries you may have.</p> <p>Our dedicated team is here to offer guidance and assistance throughout this journey. Your named midwife will provide early pregnancy health and wellbeing information and is available to address any concerns you may have, whether it's related to diet, exercise, prenatal supplements, or any other questions you may have.</p> <p>We strive to ensure that you feel supported and informed every step of the way.</p>
Week 7-9	Viability Scan if desired.	<p>1st Antenatal examination and wellbeing check – *Booking appointment.</p> <p>This appointment will be scheduled within the NHS Trust of your choosing and in addition with your dedicated midwife at Zita Maria.</p> <p>It is an essential step in the process of receiving comprehensive maternity care. It is important to gauge your baseline assessments of blood pressure and BMI - Assessment of any nausea and vomiting and any medications prescribed or referrals to our acupuncturists – it is suggested that you have your Nutritional consultation with our Nutrition Expert & Executive Coach Hayley Pedrick at this point to optimise your health and that of your unborn baby. (Link on the website)</p> <p>If desired you can have your SneakPeek test at this stage to determine the gender of your baby</p>
Week 10-11	NIPT screening if desired – Harmony Test	
Week 12-13 Offered in the NHS	<p>Dating scan.</p> <p>The dating scan is a crucial examination that enables the sonographer to accurately determine the gestational age of your pregnancy and provide you with a precise due date. During this scan, the sonographer will measure the nuchal fold, which is the back of the baby's neck. This measurement is an essential part of assessing the baby's overall well-being and screening for certain conditions. By conducting this comprehensive</p>	Ultrasound Scan Attendance or follow up appointment at home if desired.

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	evaluation, we aim to ensure the optimal care and monitoring of your baby's development.	
Week 14-16	Booking blood review.	<p>Full antenatal examination and wellbeing check of mum and baby + Plus Obstetric review appointment attendance, if clinically recommended and consented.</p> <p>Your booking bloods, whether taken by Zita Maria or by the NHS, will be reviewed by your Midwife.</p> <p>Any abnormalities will be escalated to your Trust and appropriately actioned.</p>
Week 18-21 Offered in the NHS	<p>Anomaly US Scan-</p> <p>The anomaly scan is a thorough and comprehensive examination that covers every aspect of your baby's development, from head to toe. This detailed assessment is designed to identify any potential anomalies or abnormalities and ensure the overall well-being of your baby. It provides valuable insights into your baby's growth and development, giving you peace of mind and allowing our team to provide the best possible care for you and your baby throughout the pregnancy journey.</p>	<p>Full Antenatal examination and wellbeing checks of Mum and Baby</p> <p>Our comprehensive antenatal check includes a thorough examination of both the mother and the baby. If your anomaly scan is conducted by the NHS, your designated midwife will carefully review the results and provide you with a detailed explanation of the findings.</p> <p>Additionally, during this stage, the MATB1 form will be issued as required.</p>
23-25 weeks	*Growth Scan if clinically indicated	<p>Full Antenatal examination and wellbeing checks of Mum and Baby.</p> <p>This stage of your pregnancy is an opportune time to schedule a visit with our Pelvic Health Physio Specialist. Addressing the management of posture, pelvic floor, hip, and back issues during this period can significantly contribute to your overall comfort throughout the remainder of your pregnancy.</p>
28 weeks	<p>Growth scan if clinically indicated or Reassurance scan with 4D images if desired.</p> <p>28-week bloods – to check your iron levels and your GTT (Glucose Test) if clinically indicated</p>	Full Antenatal examination and wellbeing checks of Mum and Baby.

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WEEKLY APPOINTMENT SCHEDULE

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31-33 weeks	Growth Scan if clinically indicated.	<p>Full Antenatal examination and wellbeing checks of Mum and Baby at 32 and 34 weeks.</p> <p>We will review your 28-week bloods, any abnormalities will be escalated to your Trust and appropriately actioned.</p> <p>We will review and discuss any USS results.</p> <p>Preparation for Birth and Beyond discussions will begin.</p> <p>We would recommend starting hypnobirthing sessions at this point if desired.</p>
34-36 weeks	Growth Scan if clinically indicated	<p>Full Antenatal examination and wellbeing checks of Mum and Baby at 34 and 36 weeks.</p> <p>Women's pelvic health physio consultation for birth preparation or Caesarean section recovery if desired.</p> <p>Group B Strep screening if desired if you are having a normal delivery at 36 weeks.</p>
37- 38 weeks	Growth Scan if clinically indicated	<p>Full Antenatal examination and wellbeing checks of Mum and Baby at 37 and 38 weeks.</p> <p>Ongoing birth preparation and sessions and preparation for the postnatal period.</p> <p>Offer of acupuncture to optimise your chance of a spontaneous labour.</p>
39-40	Growth Scan if clinically indicated	<p>Full Antenatal examination and wellbeing checks of Mum and Baby at 39 and 40 weeks.</p> <p>Ongoing birth preparation and sessions and preparation for the postnatal period.</p> <p>Offer of acupuncture to optimise your chance of a spontaneous labour.</p>
41 weeks		<p>Full Antenatal examination and wellbeing checks of Mum and Baby at 39 and 40 weeks.</p> <p>Ongoing birth preparation and sessions and preparation for the postnatal period.</p> <p>Offer of acupuncture to optimise your chance of a spontaneous labour.</p> <p>Induction of labour discussed if Natural labour does not commence.</p>

ZITA MARIA LTD
WEEKLY APPOINTMENT SCHEDULE

***Booking Appointment.**

This initial appointment is typically your first visit within the NHS healthcare system. Regardless of whether you have chosen to have your antenatal/postnatal care with Zita Maria, it is important for every pregnant woman to be booked at a local NHS hospital to ensure access to 24-hour emergency care if needed. During the booking visit, a thorough assessment of your health will be conducted, including a comprehensive medical and obstetric history review covering previous surgeries, existing medical conditions, and family history.

Additionally, we will calculate your BMI (Body Mass Index) to help determine the most appropriate care pathway. Comprehensive blood tests will also be conducted by your NHS Trust to assess your iron levels, blood group, rhesus antibodies, HIV status, and other relevant factors.

The purpose of the booking appointment is to gather essential information about your health and provide a solid foundation for your ongoing antenatal care. This comprehensive assessment enables us to tailor our services to your specific needs and ensure the best possible care throughout your pregnancy journey.

***Antenatal examinations and wellbeing checks.**

These regular check-ups play a crucial role in your pregnancy care and are fundamental regardless of the number of scans you choose to have. During these appointments, your midwife will carefully monitor various aspects to ensure your well-being and the well-being of your baby.

The check-ups will include monitoring your blood pressure, your heartrate, oxygen saturation, and carbon monoxide levels. Urinalysis will be performed to assess any potential concerns. Abdominal palpation and measurement of your “bump” will be conducted and plotted onto a customised growth chart, to ensure your baby is growing and following its growth trajectory. Your midwife will also use a Doppler device to listen to your baby's heart and discuss their movements with you.

These comprehensive check-ups allow your midwife to assess your overall health, identify any potential issues, and provide necessary support and guidance. By closely monitoring your and your babies progress, we can address any concerns promptly and ensure that you and your baby receive the best possible care throughout your pregnancy journey.

***Parent Education.**

As you progress through your pregnancy journey, we are committed to providing ongoing education and support tailored to your specific needs. Our goal is to ensure you feel informed and empowered to make important decisions regarding your birth experience and early parenting.

During your appointments, we will address various topics based on your individual preferences and any questions or concerns that arise. We will discuss birth preferences, including options such as delayed cord clamping, water birth, and home birth.

We will also provide information on the benefits of skin-to-skin contact between you and your baby, the “Golden hour,” discuss feeding and what to expect in the early days with your newborn.

We will have in-depth discussions on labour to equip you with the information you need to make informed choices, from the different pain relief options available to you and how they can affect you and your baby to elective caesarean sections.

Additionally, we can explore the use of aromatherapy as a natural method to support your labour experience. We will guide you in understanding the benefits and appropriate usage of essential oils during childbirth.

ZITA MARIA LTD
WEEKLY APPOINTMENT SCHEDULE

By providing comprehensive parent education, we aim to empower you with the knowledge and tools necessary to make informed decisions and create a positive and personalised birth experience. We are here to support you every step of the way and ensure that your journey into parenthood is filled with confidence and reassurance.

***Birth Preparation**

As you enter the final weeks of your pregnancy, it is an ideal time to focus on birth preparation and ensure that you feel confident and prepared for the upcoming journey of childbirth. At this stage, we will dedicate specific sessions to thoroughly discuss and address various aspects of the birthing process, empowering you with the knowledge and tools to navigate this transformative experience.

During these sessions, we will cover a range of topics, including what to expect during labour and birth, different stages of labour, the mechanism of labour (with props!), coping strategies for managing pain, breathing techniques, positions for optimal comfort and progress, and the role of your birth partner or support person. We will also delve into the importance of relaxation and visualisation techniques to promote a calm and positive mindset during labour.

Furthermore, we will discuss the various options available to you for pain relief, both natural and medical, including the risks and benefits, so you can make informed decisions that align with your preferences and needs. We will explore the benefits of hydrotherapy (water) in labour, the practice of optimal cord clamping, and the significance of immediate skin-to-skin contact between you and your baby after birth.

Our aim is to provide you with comprehensive information, practical guidance, and emotional support to help you feel empowered and ready for the incredible experience of bringing your baby into the world. Through birth preparation sessions, we will work closely with you to create a personalised birth plan that reflects your desires and values, ensuring that you enter the birthing process with confidence, strength, and a sense of empowerment.

***Growth Scans**

For optimal monitoring of your baby's growth and development, it may be recommended to have growth scans throughout your pregnancy, as certain pregnancies are at a higher risk than others. These scans play a crucial role in assessing whether your baby is growing as expected between the scans. By comparing the measurements taken during each scan, we can closely monitor your baby's progress and identify any potential concerns.

Growth scans are specialised ultrasound examinations performed during pregnancy to assess the growth and development of your baby. These scans involve taking precise measurements of various fetal parameters to evaluate the baby's size and well-being.

During growth scans, the sonographer will typically measure the baby's head circumference, abdominal circumference, and femur (thigh bone) length. These measurements help determine the estimated weight and size of the baby. Additionally, the scans may also assess the amniotic fluid volume and blood flow in the umbilical cord and placenta.

Growth scans are particularly necessary in certain pregnancies to monitor the baby's growth and ensure everything is progressing as expected. They are commonly recommended in situations such as:

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WEEKLY APPOINTMENT SCHEDULE

1. **High-Risk Pregnancies:** If you have a high-risk pregnancy due to factors like gestational diabetes, hypertension, maternal age, multiple pregnancies (twins, triplets), or a history of small or large babies, growth scans may be performed to closely monitor the baby's growth and detect any deviations from the norm.
2. **Reduced Fetal Movement:** If you notice a decrease in fetal movements or if your healthcare provider has concerns about the baby's activity level, growth scans can help assess the baby's well-being and ensure appropriate growth.
3. **Suspected Growth Restriction:** If there are indications that the baby's growth may be compromised, such as if the mother's uterus measures smaller than expected for the gestational age, growth scans can provide valuable information about the baby's growth pattern.

The frequency of growth scans can vary depending on the specific circumstances and concerns in your pregnancy. In some cases, you may have growth scans scheduled every 2-4 weeks to closely monitor the baby's growth and detect any potential issues in a timely manner. Your healthcare provider will determine the appropriate schedule for your growth scans based on your individual needs and the specific indications for monitoring.

It's important to remember that growth scans are a valuable tool for assessing your baby's well-being and ensuring appropriate growth. Your Midwife will discuss the need for growth scans and provide personalised care based on your unique pregnancy journey.