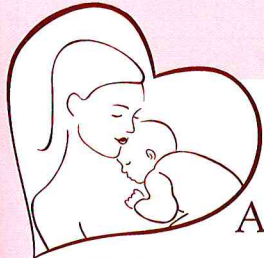


Below is a list of your scheduled Ante Natal visits. Should you need to see the GP/Nurse outside these visits then please be aware that our normal fees may apply.

The Public Health Nurse will visit the baby at home during the first six weeks.



### Ante Natal Visits

	GP Visit	Hospital Visit
Before week 12	Yes	
Before week 20		Yes
Week 24	Yes	
Week 28	2nd & Subsequent pregnancies	1st pregnancy
Week 30	Yes	
Week 32		Yes
Week 34	Yes	
Week 36		Yes
Week 37	Yes	
Week 38		Yes
Week 39	Yes	
Week 40		Yes

During this pregnancy you will be under the care of both your G.P. and hospital Obstetrician. Ideally you should attend your G.P. before the 12th week of pregnancy and have your first hospital visit before 20 weeks.

If you have an underlying condition (diabetes, hypertension) that complicates your pregnancy you may be entitled to five additional visits.

You are entitled to one additional visit before baby is born for second and subsequent pregnancies

You will also qualify for free public in/out patient hospital services for any condition related to your pregnancy and birth.

### Birth of Baby

After baby is born you are entitled to one free visit at two weeks and another when baby is six weeks.

The two week check is for baby only and the six week check is for you both. The six week check requires a double appointment so please inform our secretary when booking.

**Western House Medical Centre**

Phone No. (052) 612 5312



## Maternity & Infant Care Scheme

## What Antenatal care is available?

The Maternity and Infant Care Scheme provides a programme of care to all expectant mothers who are ordinarily resident in Ireland. It combines antenatal care provided by a family doctor (GP) of your choice and a hospital Obstetrician.

You are entitled to the service free of charge, even if you do not hold a medical card.

If you think you are pregnant, the first step is to visit your GP, who will confirm your pregnancy, estimate the date your baby is due and discuss your plans for antenatal (pre-birth) care.

If your application for the M & I Scheme is accepted by the HSE, then this first visit and five subsequent visits for routine ante natal care is free.

At this visit and subsequent visits you will receive an appropriate examination for each stage of pregnancy.

Please ask our practice nurse for your maternity information pack.

## Dietary Advice

Eat plenty of breads, cereals, rice, pasta, noodles, (preferably wholegrain), fruit and vegetables, milk, yogurt, hard cheese, meat, fish, poultry, cooked eggs and nuts

Avoid excess vitamin A in your diet

Pregnant women have a higher need for Vitamin D. Sources in your diet include, oily fish, eggs, fortified fat spreads, fortified breakfast cereals

Foods to avoid include unpasturised milk, soft mould ripened cheeses, uncooked or undercooked ready-prepared meals, pate

Caffeine intake should also be reduced to 1-2 cups of tea or coffee per day

## Medications

You should start \*Clonfolic acid 14 weeks prior to conception and this should be continued for the first 12 weeks of pregnancy to reduce the risk of spinal cord or neurological abnormalities.

It is best to discuss all medication, including over the counter medication prior to use, with your GP or pharmacist.

## Scheme does not cover

Visits to the GP or nurse that are unrelated to your pregnancy. Illnesses in pregnancy (Colds, Flu, chest infections etc) are not covered, so normal consultation fees apply.

Visits to GP/nurse outside scheduled antenatal appointments (see table) for kidney infections, BP checks, back pain etc will incur the usual surgery fee.

Normal charges apply for work certs, letters, Social Welfare forms, eg Maternity Benefit forms.

Vaccinations like the flu and pertussis vaccine, while recommended, are not covered so usual fees apply.

## Under 6's Scheme

After birth please register your child for the Under 6's Scheme, to ensure they will have access to free GP visits.

Ask at reception for the application form or assistance in completing it. You can also apply on line at [gpvisitcard.ie](http://gpvisitcard.ie)