



Royal Free Hampstead **NHS**  
NHS Trust

# ROYAL FREE

HAVING YOUR BABY AT THE ROYAL FREE HOSPITAL

Welcome to our service, we are committed to offering you and your family the best care and a wide range of choices to suit you at this very special time in your life.

From birth in the comfort of your home, natural childbirth in the home-like setting on our hospital birth centre, to our specialist labour ward, we are able to support your choice during pregnancy.

We are a world class teaching hospital with rates of MRSA infection amongst the lowest in the country.\*

All aspects of our service are led by dynamic consultants and midwives keen to provide a caring experience.

Last year, our maternity team delivered over 3200 babies, and over 40 sets of twins!

\*Annual report 2008/09 HPA – [www.hpa.org.uk](http://www.hpa.org.uk) - table 2 financial year counts/rates quarterly results from mandatory surveillance of MRSA (April 09)





## HAVING YOUR BABY AT THE ROYAL FREE HOSPITAL

Congratulations on the news of your pregnancy. This leaflet gives you information on how we look after you, what happens at each stage and how you can book your care with us.

Depending on your pregnancy and individual circumstances, you can choose to have your baby in our birthing centre, on our labour ward or at home. You can view a tour of our facilities by going to our website at [www.royalfree.nhs.uk](http://www.royalfree.nhs.uk)

- We have a purpose built birth centre run by midwives
- A purpose built labour ward run by consultant obstetricians
- An extensive network of community midwives who offer home births



### What happens next?

- You can complete the form attached to this leaflet and send it to us or you can ask your GP to send us a letter. If your GP sends us a letter to tell us you are pregnant, we will write to you to confirm we have received the letter from your GP.
- Between weeks 11 and 13 of your pregnancy, we will offer you an ultrasound scan to estimate the age of your baby and offer you a screening blood test for Down's syndrome.
- We arrange your first visit with a midwife. This is known as the "booking" visit. It is an opportunity to meet your midwife and start planning your pregnancy care. This will take place at your local GP surgery or children's centre, at your home or in our antenatal clinic on the ground floor of the Royal Free Hospital. You will be able to discuss the choices available to you and the education classes we offer.
- The midwife will tell you where and when your appointments will take place, and which midwife team or GP will provide your antenatal care.
- You will enjoy flexibility over the dates and times of your appointments and we will give you a pregnancy planner (see overleaf) to guide you through your pregnancy. Please bring it with you to your booking appointment and the midwife will circle which maternity team will provide your care.

## Your schedule of antenatal care for uncomplicated pregnancy

### Having your FIRST baby (Primigravida)

Your midwifery team is known as: ACORN BLUE GREEN RED YELLOW PURPLE (midwife to circle)

Appointment time and date	Weeks pregnant	Venue: other teams	Venue: purple team	Who will you see?	Mother and baby checks
	10–12	Community	Hospital	Midwife	Booking visit, meet your midwife and take your history, check your BP and urine. Start planning your pregnancy care.
	11-13+6	Hospital - 5th floor Fetal medicine unit		Scan & blood test	A special ultrasound scan that measures the amount of fluid lying under the skin at the back of the baby's neck.
	16	Community	Community	GP/Midwife	Antenatal check of mother and baby.
	20-23	All women come to Hospital		Scan	A detailed mid-pregnancy scan for fetal wellbeing. Takes place in the ultrasound department, ground floor, Royal Free Hospital.
	25	Community	Community	GP/Midwife	Antenatal check of mother and baby.
	28	Community	Hospital	Midwife	Antenatal check of mother and baby. Blood tests for blood group and iron level and anti-D injection if rhesus negative.
	31	Community	Community	GP/Midwife	Antenatal check of mother and baby.
	34	Community	Hospital	Midwife	Antenatal check of mother and baby anti-D if rhesus negative. Discuss preparation for labour and birth and your birth plan.
	36	Community	Community	GP/Midwife	Antenatal check of mother and baby, and discuss test results. What position is your baby lying in?
	38	Community	Community	GP/Midwife	Antenatal check of mother and baby. Discuss options if you go beyond your due date.
	40	Community	Community	GP/Midwife	Antenatal check of mother and baby. Again, discuss with your midwife a plan if you go over your due date.
	41	Community	Hospital	Midwife	Antenatal check of mother and baby. Ask for your "membrane sweep" and book your induction of labour.

In addition to the above schedule, you will be offered an appointment 2 weeks after the booking appointment to discuss blood tests results. If you do not receive your appointment, contact 020 7794 0500 ext 36169.

## Your schedule of antenatal care for uncomplicated pregnancy Having your NEXT baby (Multigravida)

Your midwifery team is known as: ACORN BLUE GREEN RED YELLOW PURPLE (midwife to circle)

Appointment time and date	Weeks pregnant	Venue: other teams	Venue: purple team	Who will you see?	Mother and baby checks
	10–12	Community	Hospital	Midwife	Booking visit, meet your midwife and take your history, check your BP and urine. Start planning your pregnancy care.
	11-13+6	Hospital - 5th floor Fetal medicine unit		Scan & blood test	A special ultrasound scan that measures the amount of fluid lying under the skin at the back of the baby's neck.
	16	Community	Community	GP/Midwife	Antenatal check of mother and baby.
	20-23	All women come to Hospital		Scan	A detailed mid-pregnancy scan for fetal wellbeing. Takes place in the ultrasound department, ground floor, Royal Free Hospital.
	28	Community	Hospital	Midwife	Antenatal check of mother and baby. Blood tests for blood group and iron level and anti-D injection if rhesus negative.
	34	Community	Hospital	Midwife	Antenatal check of mother and baby anti-D if rhesus negative. Discuss preparation for labour and birth and your birth plan.
	36	Community	Community	GP/Midwife	Antenatal check of mother and baby and discuss test results. What position is your baby lying in?
	38	Community	Community	GP/Midwife	Antenatal check of mother and baby. Discuss options if you go beyond your due date.
	41	Community	Hospital	Midwife	Antenatal check of mother and baby. Ask for your "membrane sweep" and book your induction of labour.

In addition to the above schedule, you will be offered an appointment 2 weeks after the booking appointment to discuss blood tests results. **If you do not receive your appointment**, contact 020 7794 0500 ext 36169.

When you attend each appointment with your midwife or GP, she/he will tell you how to book your next appointment.

- If this is your first baby, we recommend 10 visits during your pregnancy. If this is your next baby, we recommend 7 visits.
- Some women will need to see different members of the maternity team such as a dietician, a health visitor, or a specialist doctor. If so, the appointment will be made for you by your midwife or GP.
- Your appointments can be written in your maternity notes. You will keep these notes with you.

You may also find it useful to have a look at the following:

- Your pregnancy records – the “green” notes. You will get these from your midwife on your first visit.
- Screening blood tests in pregnancy. You will be given this leaflet with your first scan appointment.
- The pregnancy book. This is available to download from:  
[www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH\\_074920](http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_074920)
- “From birth to 5 years” This is available to download from:  
[http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH\\_074924](http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_074924)

If you change your GP or midwifery team, ask your midwife to update the phone numbers on this information leaflet and in your maternity records.

And remember:

- When you are in labour we provide FREE car parking (you pay for the first hour and then we provide your parking permit).
- Your partner or support person can stay with you throughout labour.
- Visiting times on our ward are from 10am to 8pm for your partner and 2.30 to 8pm for other visitors.
- We have a visitor’s area on the 5th floor with snacks and refreshments.

What to do now?

- Complete the self referral form (attached to the back of this booklet) and send it to us, or call the **maternity referral hotline on 020 7794 0500 ext 36169** Monday-Friday 9am-5pm (there is also an out of hours answer phone), to book your first appointment. Alternatively, you can ask your GP to write to us.

We look forward to meeting you and supporting you during your pregnancy.

## REFERRING YOURSELF TO THE ROYAL FREE MATERNITY SERVICE

To book your pregnancy care with the Royal Free, fax this form to 020 7830 2752 or post to the Maternity Administration Centre, Royal Free Hospital, Pond Street, London. NW3 2QG.

Please answer as many questions as you can.

Surname  Date of birth

First name  Mrs/Miss/Ms/other

Previous surname  NHS no. (if known)

Address

Post code  Age

Home tel  Mobile tel

May we text you on this number? Yes  No

GP Name

Name of surgery

Surgery address

Post code

Can we tell your GP that you have referred yourself to us? Yes

No

Are you married? Yes  No

Nationality

Do you need an interpreter? Yes  No

Ethnic group

What language would you need an interpreter for?

What was the date of the first day of your last period?

Have you had other babies at the Royal Free? Yes  No

Please give details of previous pregnancies

### For office use only

Date received:

Gestation when received:

LMP:

GP Informed  YES  NO

Midwifery team:

Link consultant:

Age:

Urgent

High risk

EDD:

Routine

Low risk





**Maternity administration centre hotline:  
020 7794 0500 ext 36169**

Monday-Friday 9am-5pm (there is also an out of hours answer phone)

**To book your pregnancy or rearrange ante-natal appointments in the hospital or community.**

For more information on maternity services visit our website [www.royalfree.nhs.uk](http://www.royalfree.nhs.uk)