

Pregnant

General information



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| Welcome to the obstetrics department at VUmc

This leaflet is intended as a supplement to the brochure Pregnant! from the National Institute for Public Health and the Environment (Rijksinstituut voor Volksgezondheid en Milieu or RIVM). The brochure can be downloaded from the RIVM website (in both Dutch and English).

In *this* leaflet you will find specific information about the management of pregnancy and birth at VUmc.

| Different types of consultations

In the obstetrics department, there are a number of specific pregnancy consultations, in addition to the regular consultations. Please see below information about these consultations.

Before you become pregnant:

Preconception consultation

Women with a medical condition or a history of obstetric problems can make an appointment after referral by their GP, midwife or specialist. The intention of the consultation is to discuss before the start of a pregnancy, the possible problems that may arise during pregnancy. The emphasis is on premature birth, diabetes and preeclampsia/HELLP (effects of high blood pressure during pregnancy).

Prenatal screening and prenatal intake consultation

Prenatal screening means examination during pregnancy to assess whether the unborn child has a higher chance of a birth defect. Prior to prenatal examination you will receive an informative talk about the possibilities for prenatal screening.

VUmc serves as a regional centre for prenatal screening in partnership with primary care midwives, non-teaching hospitals and ultrasound centres. Detailed information about this can be found on the VUmc website

Leaflets available from VUmc:

- *Testing for (genetic) abnormalities in the unborn child*
- *Information about screening for Down syndrome and trisomy*
- *Information about the routine anomaly ultrasound: the 20 week scan*
- *Prenatal array testing for abnormalities in the unborn child*

These leaflets can also be downloaded from the VUmc website.

The RIVM (National Institute for Public Health and the Environment) website provides information on fees. The 'Pregnant!' brochure by RIVM, which we referred to in the introduction, contains general information. This brochure is also available for download.

Informative website
www.rivm.nl

First visit to the obstetrics department

VUmc is a university hospital. This means that prospective doctors and specialists are trained here. During your first visit to the department, you will often first be seen by a junior doctor (trainee). Trainees should be able to determine your medical history independently and carry out an external examination. They will never conduct an internal investigation independently.

After the trainee has noted his/her findings, you will always also be examined by a clinical midwife, trainee gynaecologist or gynaecologist.

Before or after your medical consultation, one of the nurses will explain the accessibility of the department and the delivery suites and give you general information about pregnancy.

After your appointment with the doctor or midwife, you can make your follow-up appointment at the administration desk.

Nursing information consultation around 20 and 34 weeks of pregnancy

This consultation is designed for all patients who are attending VUmc for the duration of their pregnancy and forms part of the care package provided. In addition to the medical care given by the obstetrician or gynaecologist at these consultations, attention is also given to guiding you and your partner through the non-medical part. There is a scheduled appointment with the nurse for you and your partner around 20 weeks of the pregnancy and again around 34 weeks pregnancy. During the 20-week consultation you will receive amongst other things information about the pregnancy, nutrition and lifestyle, and information about the preparation for childbirth. Breast or bottle feeding is discussed with special attention given to the information about breastfeeding. You will receive information about the breastfeeding course at VUmc and the general information evening *Giving birth at VUmc*.

The 34-week consultation is a continuation of the information given at the 20-week meeting. The following topics will be discussed: education about the pregnancy, when to telephone, preparation for the childbirth and how labour may start. Breast or bottle feeding is discussed with special attention given to the information about breastfeeding. You will receive information about the breastfeeding course at VUmc and the general information *evening Giving birth at VUmc*.

An appointment for this consultation may be made at the administration desk.

Leaflets available from VUmc

- *Breastfeeding*
- *Smoking during pregnancy*

These leaflets can also be downloaded from the VUmc website.

Informative websites

www.rivm.nl Prevent infectious diseases during pregnancy

www.trimbos.nl Information on smoking and alcohol during pregnancy

www.voedingscentrum.nl Information about nutrition during pregnancy

Prevention of premature birth consultation

This consultation is for pregnant women who have had a spontaneous premature birth or have an increased risk thereof. Spontaneous premature birth is defined as: a birth which occurs more than three weeks before the due date, whereby suddenly and often without clear reason, the contractions start and/or the waters break.

Leaflets available from VUmc

- *Prevention of premature birth consultation*

This leaflet can also be downloaded from the VUmc website.

More information about premature birth may be found at www.vumc.nl/afdelingen/Neonatologie

Diabetes and pregnancy consultation

For various reasons, pregnancy in women with diabetes or gestational diabetes requires intensive and well-coordinated care.

The special diabetes consultation for pregnant women with (increased risk of) diabetes is explained further on the website of the diabetes centre at VUmc.

Leaflets available from VUmc:

- *Diabetes and pregnancy consultation*

This leaflet can also be downloaded from the VUmc website.

Psychiatry, Obstetrics & Paediatrics (POP) department

During the weekly consultation, psychiatrists, gynaecologists, paediatricians and midwives from VUmc work together in caring for pregnant women with mental or psychiatric problems. During a roundtable discussion together with the patient, the type of care required to enable a stable pregnancy, childbirth and post-delivery period is examined.

Sometimes such a discussion can be useful before someone becomes pregnant.

Explanations and information about medicine use can be given and, together with any other care providers involved, a plan for labour and childbirth is made.

At around 34 weeks, an information discussion takes place in the obstetrics department, including the possibility of a short tour of the delivery suites to prepare for childbirth. During the information discussion, attention is focused on the making of a birth plan, where the wishes of the expectant mother are adapted and combined with the advice of the specialists from the POP team.

Often a recommendation is made to stay in the hospital for one or two days after the delivery to coach mothers when dealing with their newborn baby during the so-called postnatal period and to assess possible effects of medicine use on the newborn.

During the stay in the maternity ward, multidisciplinary visits take place; obstetrician, paediatrician and psychiatrist visit twice a week together with the midwife to see how mother and child are doing and to give advice as needed with regard to mental health.

At the POP department, people with problems that arise from unpleasant or traumatic events surrounding a previous pregnancy or childbirth are also looked after. For these pregnant women, attempts are made to provide continuity of care in close cooperation with the departments of psychology and social work at VUmc.

By working well together with different specializations, tailored optimal care can be offered with appropriate follow-up care after the birth. Appointments for the POP consultation can be made after discussion between your GP, obstetrician or gynaecologist and the POP department team.

General information about the POP department can be found on the website of 'Netwerk Geboortezorg Noordwest Nederland' (Network Birth Care Northwest Netherlands).

www.nwgz.nl/poppoli/

| Telephone instructions and accessibility

Telephone instructions during pregnancy and childbirth

Should any problems occur during pregnancy between two outpatient visits, you can always call VUmc. The hospital is open 24 hours a day.

Do not hesitate to call with anxiety or questions and the following complaints:

- Vaginal bleeding, loss of fluid or heavy discharge
- Braxton Hicks contractions more than four times an hour or painful contractions before 37 weeks gestation
- Abdominal pain
- Urinary symptoms (suspected cystitis)
- You have been in contact with someone with a childhood illness
- Fever above 38.5°C measured rectally
- If there is less movement or a change in usual movement from about 24 weeks
- Headache, nausea, vomiting, sudden poor vision (visual problems), tingling fingers
- Pain in the upper abdomen or a feeling like a tight band around the upper abdomen
- Sudden retention of moisture in for example the face, hands and/or feet
- When your waters break
- If you have contractions with your first child: painful contractions for an hour every 3 or 4 minutes that last for about 1 minute
- If you are giving birth to a second or subsequent child: painful contractions every 4 to 5 minutes, which also persist for about 1 minute

Do not hesitate to call!

Telephone accessibility for the department and delivery suites:

If you are already a patient at the obstetrics department:

Obstetrics Department (020) 444 0034 on Mon-Fri from 08.15-16.00 hrs.

Outside these times or when engaged or no answer:

Delivery suites (020) 444 4822

If you are not yet 16 weeks pregnant

In the evening and at night

Emergency department (ED)

telephone (020) 444 3636

Email: vp.polivg@vumc.nl

The nurses are contactable for non-urgent matters via email to deal with questions from patients.

To make your first appointment for a pregnancy check-up at the obstetrics department:

Telephone: (020) 444 1190 from 08:00-17:00 hrs

Accessibility for the obstetrics department

Department Reception H Ground floor

De Boelelaan 1118

1007 MB Amsterdam

To check accessibility, please use this link:

www.vumc.nl/afdelingen/

www.vumcplattegrond.nl

Accessibility for the delivery suites

Hospital

8th Floor Ward 8C Delivery suites

De Boelelaan 1117

1081 HV Amsterdam

| Tips

Tips for making a birth plan

We advise you to make a birth plan so that we know what your expectations are regarding the delivery and we can discuss with you whether we can meet these expectations.

Keep the birth plan short, a maximum of two A4 pages.

There are a few basic principles at VUmc, which are useful for you to know;

- VUmc is a teaching hospital with great attention to education and research. In addition to your carer, you will therefore often see a trainee doctor or trainee nurse.
- During your pregnancy or childbirth you may be asked to participate in scientific research. The results of this research are intended to further develop and improve medical care.
- In principle we do not carry out unnecessary medical procedures.
- In principle we discuss the treatment or intervention with you and offer you alternatives if possible.
- It may be that the delivery is different from what was previously thought
- In our delivery suites, you will be looked after by a nurse with a junior doctor training to become a gynaecologist or clinical midwife.
- In the background there is always a gynaecologist present, whom the junior doctor or midwife can consult
- In principle we lay the newborn baby naked on the mother's abdomen.

In your birth plan you can include the following:

- Your name and that of your partner.
- How many children you have already had.
- How you look back on any previous deliveries.
- What you have done to prepare for the delivery; think about childbirth classes.
- Whether you attended our information evening.
- Who will be present at the birth, who will come with you.
- If you have any requests regarding pain relief. Do you have enough information about this?

- If you have specific requests for the delivery, for example regarding the birthing position.
- Whether you are going to bottle- or breastfeed. Do you have sufficient information about feeding?
- Do you know how long you and your baby will stay in the hospital after giving birth?
- Are there any other matters that may be important for us to know, in order to be able to guide you as much as possible?

Checklist

What you could bring with you to the hospital for the birth:

- 2 T-shirts or pyjamas
- Dressing gown
- Slippers or flip-flops
- Pair of warm socks
- Underwear
- Nursing bra
- Toiletries
- Baby clothes
- 2 hats, for soon after the birth and for going home
- Telephone list (who do you want to call when the baby is born: family, obstetrician, maternitycare)
- Insurance papers
- Camera and chargers, batteries
- If necessary video camera (+ charged battery and empty tape)
- Maxi-Cosi car seat (leave in car)
- Reading materials
- Sanitary towels, nappies, towels etc. are available in the hospital

Suggestions for improvement: The Tip and Top postbox

We like to hear if you have suggestions for improvement or compliments regarding our care. At the appointment desk and in the waiting areas there are cards for you to complete. These cards can be deposited in the postbox at the main appointment desk poli H.

Some websites with additional information:

www.rivm.nl

