**Pregnancy Check list**

**Things you should do:**

Take folic acid tablets while planning pregnancy and until at least 12 weeks.

Take Vit D supplement when becoming pregnant (a pregnancy multi vit like pregnacare has both Vit D and Folic acid in – just 1 tab so swap if prefer) For nutrition information go to [www.first1000days.ie](http://www.first1000days.ie)

Eat a healthy diet – include foods rich in Iron, calcium, and folic acid, also some oily fish if possible.

Have strict food hygiene, in particular washing hands after handling raw meat and preparing food. Also handling cats/kittens.

Waer gloves when gardening.

Exercise - there are plenty of exercise you can do in pregnancy, pregnancy yoga, swimming, walking etc just if in gym or any classes let them know you are pregnant so they can give safe exercises.

**Things to avoid:**

Too much Vit A – no liver products or reg multi vit, only pregnancy safe ones.

Listeriosis – to avoid food poisoning don’t eat undercooked meat, eggs, soft cheese, pate, shellfish, raw fish or unpasteurised products.

To avoid a virus called toxoplasmosis avoid sheep/lamb/cat faeces, cat litter and raw meat.

**Things you stop or cut down on:**

Caffeine – have no more that 200 mg per day – 2 mugs instant coffee, 1 brewed, 2.5 mugs of tea, some chocolate and coke also have caffeine in check packaging.

Alcohol – we strongly recommend you drink no alcohol while pregnant.

Smoking - we strongly recommend you do not smoke at all, smoke goes straight into baby’s lungs, if you do smoke we can give you advise and help to stop.

Street drugs – we strongly recommend that you stop taking any drugs you may buy/get on the streets.

**Other things to consider:**

Immunisation in pregnancy – recommended Flu vaccine any stage of pregnancy between the months of Oct to April. Whooping cough vaccine to be given between 16-36 weeks of pregnancy. Covid vaccine if due at any stage of pregnancy.

MMR and chicken pox vaccine can not be given while pregnant – a blood test will be done in the hospital and they will let you know if a vaccine is needed after pregnancy to protect for the future.

Medication – please let us know what you are on including herbal or over the counter meds – we need to check if safe to continue in pregnancy. Medication like paracetamol, lemsip, Gaviscon can be used in pregnancy along with safe antibiotics, safe antihistamine etc which will be prescribed by your Dr. Always check with a pharmacist or Dr if unsure re any medication.

Medical conditions – let us know what medical conditions you have and if any significant conditions like diabetes epilepsy etc run in your family.

Work – Is the work environment safe? E.G - Lifting heavy stuff, machines, chemicals.

**Hospitals:**

**Rotunda**

[www.rotunda.ie](http://www.rotunda.ie)

Tel: Main switch: 01 8171700 same number for emergency

U/S dept: 01 817 1790

Semi private clinic: 01 874 0992

Physio: 01 817 1787

Early pregnancy unit: 01 817 6846

Mental health support midwife: 01 8172541

Medical Social Worker: 01 817 1722

Day assessment unit: 01 817 2524

Community midwifes: 01 817 6849

**Holles St**

[www.nmh.ie](http://www.nmh.ie)

Main Switch: 01 637 3100

Pregnancy booking number: 01 637 3288 can also book on website

Interested in domino scheme: 01 637 3177

Antenatal OPD public: 01 637 3528

Antenatal semi private: 01 637 3537

Community midwife: 01 637 3177

Baby clinic: 01 637 3440

Physio: 01637 3499

Dietician: 01 637 3499

Scanning FMU: 01 637 3217/3218

Pregnancy support/yoga classes: 01 637 3499

**Coombe**

You must fill in the maternity patient booking form online then someone will contact you with info regarding your first appointment.

[www.coombe.ie](http://www.coombe.ie)

Main Switch: 01 4085200

Mail: info@coombe.ie

**Websites**

[www.mychild.ie](http://www.mychild.ie) [www.rollercoaster.ie](http://www.rollercoaster.ie) [www.eumom.ie](http://www.eumom.ie) [www.pregnancyweekbyweek.ie](http://www.pregnancyweekbyweek.ie)

[www.breastfeeding.ie](http://www.breastfeeding.ie) [www.bump2babe.ie](http://www.bump2babe.ie)

If you go to our website it has all the links to the hospital websites [www.kirranesurgery.ie](http://www.kirranesurgery.ie) or google north road family practice.

**Schedule of visits between GP and Hospital/community midwifes**

|  |  |  |
| --- | --- | --- |
| **Number of weeks:** | **Visit with GP and Practice Nurse:** | **Visit to maternity hospital or community midwifes:** |
| Before 12 weeks | Checkmark with solid fill**Rotunda** ring switch and book first appointment Tel: 01 817 1700**Coombe** fill in booking form online [www.coombe.ie](http://www.coombe.ie) **Holles St** – filling in booking form online [www.nmh.ie](http://www.nmh.ie) or call booking number Tel: 01 637 3288 or email: cb@nmh.ie |  |
| Before 20 weeks |  | Checkmark with solid fill |
| Scan: |  | Hospital will give you an appointment for dating scan arount 20/21 weeks |
| 24 | Checkmark with solid fill |  |
| 28 | Checkmark with solid fill(unless 1st pregnancy) | Checkmark with solid fill(in case of first pregnancy) |
| 30 | Checkmark with solid fill |  |
| 32 |  | Checkmark with solid fill |
| 34 | Checkmark with solid fill |  |
| 36 |  | Checkmark with solid fill |
| 37 | Checkmark with solid fill |  |
| 38 |  | Checkmark with solid fill |
| 39 | Checkmark with solid fill |  |
| 40 |  | Checkmark with solid fill |
| Post natal |  |  |
| 2 week baby check | Checkmark with solid fill |  |
| 6 week mother and baby check | Checkmark with solid fill |  |
| Baby vaccines at 2 months | Checkmark with solid fill |  |