

personal care plan

www.amstermam.nl
mail@amstermam.nl

phone: 020 210 3170

amstermam,
verloskundigen

welcome,



on behalf of **amstermam midwives**, we wish you a warm welcome! Before you lies your personal care plan. In this care plan we would like to inform you about the care that we have to offer you in the upcoming months. Read the care plan carefully, it contributes to a good preparation on the expansion of your family and it lays a foundation for a healthy course of the pregnancy, birth and the postpartum period.

In addition to the care plan, we also use this envelop to add additional information during the course of your pregnancy. This way you have handy information at hand for yourself, for us and for other care providers if necessary.

Amstermam builds your personal, medical & digital file in Orfeus. If you want to be able to view it, download the Orfeus app for pregnant women on your phone or tablet and ask us for your personal login code.

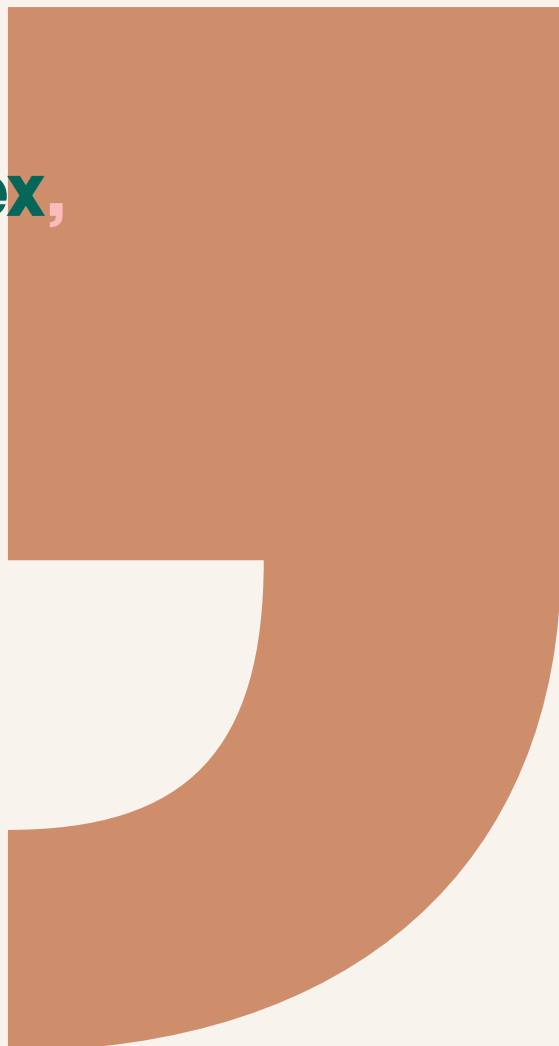
We ask you to bring the envelop with your care plan with you at all check-ups.

Again, a warm welcome and we wish you a nice pregnancy!

amstermam,
verloskundigen

more than you expect,

index,



about us	
vision	6
casemanager	6
teams	7
accessibility	7
change appointment	7
9-monthplan	7
care during pregnancy	
intake & ultrasounds	8
check up around 35 weeks	9
walk-in hours	9
baby's movements	10
the growth of your baby	11
maternity care	11
acknowledgement	11
role of the gynaecologist	12
information sessions	12
pregnancy education	13
care during birth	
place of delivery	14
role of gynaecologist	14
birth plan / birth wishes	15
supply checklist	16
standard maternity package	16
extra home birth supplies	17
your hospital bag	17
maternity care & midwife	17
postpartum support	
advice for mom, the first 24h	18
advice about feeding	19
advice about the baby	19
GGD and consultatiebureau	20
6 weeks follow-up	21
contraception	21
when to call us	
call instructions during pregnancy	22
call instructions during delivery	22
call instructions post partum	23
pregnancy calender	24
notes & checklist	26
contact	31

about amstermam,

vision

At **amstermam**, we provide care through the Centering Pregnancy model. It's an innovative way of delivering care that we're very excited about.

You might have heard the saying: **"It takes a village to raise a child."** That's why we love Centering Pregnancy! Under the guidance of one of our midwives, about 12 women with similar stages of pregnancy meet each other and play a much larger role in their own care process compared to traditional forms of care. Because:

- There's more time and attention compared to traditional care (2 hours vs. 15 minutes).
- Better preparation for childbirth, the postpartum period, and parenthood.
- You get to know people in the same stage of life and city as you.
- Women feel more supported in motherhood because of this.

2 teams

From research, we know that most women enjoy having a single point of contact during pregnancy rather than seeing multiple midwives alternately. This helps to build a relationship of trust and contributes to better care.

It is therefore our aim to assign you a case manager. This means that during the pregnancy and afterwards you will have one point of contact for non-acute matters. Your regular midwife ensures that she is aware of the issues involved in your pregnancy and is able to provide you with tips and advice. If necessary, she discusses the care with others and ensures that your file is properly transferred to the consultatie bureau and the general practitioner after the birth.

Wanneer je contact met ons opneemt voor acute zaken (zoals pijn, bloedverlies of de bevalling) tref je een verloskundige uit het team van 3 waar je in zit. Alleen in weekenden, vakanties of bij ziekte kan het zijn dat je een verloskundige treft uit het andere team van **amstermam**. Al onze verloskundigen hebben altijd toegang tot je medisch dossier en jouw zorgplan.

accessibility

The practice has one phone number: 020-2103170. This is for emergencies, asking administrative questions, or rescheduling appointments with the assistant. The #emergency option is always answered unless we're engaged in another call, in which case we'll return your call promptly.

During office hours, we're available for administrative matters (#assistant) from Monday to Friday, 9 am to 1 pm. If you have direct questions for one of the midwives from your own team, you can choose option #midwife between 9 am to 5 pm (weekdays & weekends).

General inquiries such as rescheduling appointments, requesting pregnancy or employer statements, etc., can also be addressed via email. This is our preferred method, and we respond promptly.

the emergency option: 020-2103170 #1

- Choose option #1 (emergency) in the menu and select your own team.
- Please do not send SMS or WhatsApp messages as they won't be received.
- We always call ANONYMOUSLY, so please keep this in mind in the coming months.

tip: If there's no answer, please listen carefully to our voicemail message.

change appointment

To change appointments, we ask you to call at least 24 hours in advance. If appointments are not canceled or are canceled too late, we are forced to charge costs for this. We can no longer fill up the time that has become available. The costs vary between € 20 and € 40, depending on the time available for the planned (ultrasound) appointment and are not reimbursed by the health insurance.

9 month plan and frequently asked questions

Frequently asked questions, including answers, are listed on our website at "FAQ". You will also find our 9-month plan on the website to which you can subscribe free of charge. Adjusted to your due date, you will receive the information that matches your gestational age in your mailbox. Super handy!

care during pregnancy,

early ultrasound and intake

We plan (if you wish) an early ultrasound around 8 weeks to check for a heartbeat and also an intake session. You'll receive an invitation to our "Meeting amstermam" via Zoom. Here, you'll get to know the practice and our approach. There will also be time to ask questions. Everyone is welcome to attend this informational session without any obligation. Sign up at www.amstermam.nl/kennismaken/.

INTAKE at 8/9 weeks

One of the midwives from your team will welcome you and your partner for an intake session. Prior to this appointment, we would appreciate receiving a filled-out questionnaire via email. This allows us ample time to get to know each other and address all your questions (60 minutes).

The intake appointment is scheduled around 8-9 weeks. During this meeting, there's time for the initial introduction, and we'll go through your medical history, potentially your partner's and family's as well. We'll discuss the Centering Pregnancy program. Additionally, we'll inform you about the practice, the expected care, and, if desired, about prenatal tests.

We'll measure your blood pressure, check your BMI, and provide a form for standard pregnancy blood tests. This test determines your blood type, iron levels, and examines certain infectious diseases. This test is not conducted at our own location. Your midwife will explain where you can go for this.

ultrasounds

At amstermam, we provide all medically offered ultrasounds. Collaborating with experienced sonographers, we aim to offer all clients, if desired, early ultrasounds, dating scans, the 13- & 20-week scans, and the position scan around 35 weeks. If there's a need for additional scans during the pregnancy, you can also come to us for those. Additionally, there's room to schedule

ultrasounds upon request: "fun" ultrasounds. For instance, gender scans (from 14-15 weeks) or 2D/3D/4D ultrasounds. Curious about the possibilities? Check our website for rates and special offers or inquire with the assistant.

centering pregnancy

We prioritize providing a safe space for asking questions and sharing thoughts, which is why we work with fixed groups. This fosters unique and long-lasting bonds among women experiencing the same life phase.

Each group meets 10 times: 9 during pregnancy (possibly 10-14 times, depending on when you give birth) and 1 after delivery. The group sessions last for 2 hours, allowing for much more time and attention compared to a regular consultation (15-20 minutes). During each session, we cover various topics together. You'll join when you're between 12-17 weeks pregnant.

- Sessions 1-4: every 4 weeks, two hours
- Sessions 6-9: every 2 weeks, two hours
- Sessions 10-14 if not yet delivered: weekly for an hour

All the dates for your group are already set, making it easier for you to plan. Did you know you're officially granted leave for these meetings? We've drafted a letter for your employer, and if you'd like, we can provide this to you or ask our assistant.

The Centering Pregnancy meetings are held at Westerdok 808 by Team West and at Laagte Kadijk 148 by Team East.

traditional care

In some cases, Centering Pregnancy might not be possible, for instance, if you join later and groups around your term are already full. The regular program offers all necessary consultations but doesn't guarantee a consistent face throughout. For information included in our Centering

Pregnancy program (such as lactation advice and childbirth information), we recommend taking a course, for instance, at the Bevalcentrum.

walk-in hours

Would you like to hear the baby's heartbeat in between appointments? Come to our walk-in consultation hour! Every week we keep Wednesday afternoons free at our location at Spuistraat 239-1 from 15:00-15:30 for a quick question or listening to your baby's heartbeat without making an appointment. Please note that we have 5 minutes for you :)

care during pregnancy,

baby's movements

A child that moves feels healthy! Conversely, a child who is not feeling well will move less or lie still to save energy. Therefore, it is important to take this matter seriously and let us know about changes in the baby's movements, especially if the baby is moving much less than you are used to.

Feeling child movements starts around the second half of the pregnancy. From a gestation period of 26 weeks, it is important that you feel the baby move every daypart. The periods of sleep lengthen as the pregnancy progresses and the baby has less room to move towards the end of the pregnancy. As a result, you will usually feel the baby move less expressively in the last weeks of your pregnancy. These are always gradual changes.

If you are unsure whether your baby is moving enough, follow the next steps: take a moment to rest (so go home when you are at work) and eat something sweet. Find a relaxed position, such as lying on the couch, bed or bath, and bring your attention to the baby. Make sure that there are no distractions from, for example, telephone or TV. Place your hands on your belly so that you can also feel the movements from the outside.

How often should you feel the baby move?

- At least 10 times throughout the whole day (morning, afternoon and evening), when you are engaged in daily activities.
- At least 10 times within 2 hours, if you are resting and paying attention to the movements of the baby.

Contact us on our emergency number:

- When you do not feel the baby at least 10 times within 2 hours, while you were resting with your attention on the baby.
- When the baby suddenly moves much less than you are used to.
- If you are worried or in doubt about the number of movements of the baby.

the growth of your baby

From 26 weeks of pregnancy, we measure the length of your uterus in centimeters during an external examination. For a reliable measurement it is important that you have an empty bladder. The results are recorded in a personalized growth curve. If we see an abnormality in the growth line of the child, we will use appropriate follow-up research. Scientific research has shown that this method of controlling the growth of the baby is the most reliable. Measurement of your abdomen is done every 2-3 weeks at most and by a maximum of 2 midwives.

maternity care

After you have given birth, it is important that you receive care and guidance. The care you receive is provided by a maternity nurse. The maternity nurse takes care of you and your baby, provides information and advice, guides you with (breast) feeding and also carries out important checks. These checks are important for your health and that of the baby. Register for maternity care in time during your pregnancy. This is not automatically arranged now that you are under care with us; maternity care is provided by a maternity agency. During the intake you will receive tips from your midwife about various agencies in Amsterdam.

acknowledgement

You want everything to be well organized for the baby, even when something happens to you or your partner. Therefore, make sure that your partner has already acknowledged the baby before birth, if desired. This creates a legal bond between your partner and the child. After the birth, parental authority is officially applied for so that your partner has rights and obligations with regard to your child. During the acknowledgement you also decide which surname the baby will have.

You acknowledge the baby by going to city hall together, do not forget your identification. With a second child, you can authorize your partner to acknowledge the baby, and you do not necessarily have to come along.

If you are married or in a registered partnership, your partner does not have to acknowledge the baby.

care during pregnancy,

information sessions

During our online Meeting amstermam, it's your first introduction to our practice. We share our vision, discuss the care to be expected from us in the coming months, and provide all the do's and don'ts for the first trimester.

Pregnancy involves various changes, some practical and others physical and mental. To experience this period with confidence, all our informative sessions are included in the Centering Pregnancy program. We focus on the fundamentals, impart knowledge, and offer tips for further exploration that align with your personal interests because knowledge also breeds confidence!

If you receive traditional care from us, we direct you to Bevalcentrum West for additional information* about childbirth. This childbirth course guides you through the different stages of labor, options regarding the location of your delivery, and coping with contractions.

*This information is a standard part of the Centering Pregnancy program at amstermam.

pregnancy education

It has been scientifically proven that good preparation often leads to a positive birth experience. Therefore attending a course is highly recommended by us! Because pregnancy courses are regularly updated to match needs, new views and insights there is something suitable for everyone. During the course you will receive information that extends beyond our guidance. It varies from theory about the delivery process to very practical relaxation exercises that you can use during your delivery to deal with contractions. Some physical preparation is also advisable; after all, a fit body has a positive effect on birth! Above all, look for something that suits you. There is yoga, gym, fitness, hypnotherapy, massage, swimming, hypnobirthing,

haptonomy, mensendieck and much more. For a complete overview you can view our folder while waiting for your appointment, check our website or ask us for specific tips!

role of the gynaecologist

During your pregnancy we are your first point of contact. During the pregnancy it may happen that an extra check-up with the gynaecologist or midwife in the hospital is advised. In such a case, we will discuss your file with the other healthcare provider and ensure a complete transfer. Depending on the reason for this extra check-up, you may remain under the care of a gynaecologist temporarily or until after the delivery. In the latter case we meet again after the baby is born and you are both back home.

care during birth,

place of delivery

Your body is most relaxed where it feels at home, safe and secure. The hormones that trigger the contractions are released best when you feel relaxed. This also benefits the handling of the contractions and reduces the chance of interventions. It is therefore important to us that you choose a place to give birth where you feel comfortable. As soon labor has started, we always visit you at home first. Only then do you have to make a final decision where you want to give birth and we will support this choice!

If you choose to go to the hospital, we will ask for the hospital of your preference. We are officially affiliated with the OLVG West, but the OLVG East is just as well known to us. Keep in mind the hospital of your choice may not have space at that time; if this is the case, we will continue to search for a different hospital for you. You must arrange transport to and from the hospital yourself. Also to keep in mind is that many health insurances charge a personal contribution for hospital births. These costs cover the use of the delivery room. Please, ask your health insurance for the exact costs.

role of the gynaecologist

In principle, as a midwife we only supervise uncomplicated deliveries, although we are of course educated and trained to be able to act adequately in acute matters. If there is no acute situation, but there is a medical indication to deliver under supervision of the hospital, we will transfer the care to the gynaecologist or the obstetrician.

They will then guide you further through labor. The midwife who is present at your delivery will accompany you to the hospital. She takes care of the transfer of your pregnancy file and birth wishes so that they can be taken into account where possible.

After transferring the care to the gynaecologist, depending on which phase of the delivery you are in, the midwife will decide whether to stay with you or say goodbye. If you want your midwife

to stay with you, even if you give birth under supervision of the gynaecologist, then you can hire her as a doula, coach. The costs for this are € 70- € 100 per hour (depending on time and day). If another delivery presents itself, the midwife will call a colleague so that she can stay with you.

birth plan / birth wishes

It is known that women who are well informed about what can and will happen during the delivery and feel involved in the decision making, have a more positive birthing experience. When you write down wishes and expectations about the delivery and the period after, you list them for yourself and us to easily fall back on. It is important to realize that you never know in advance exactly what you want or need at the moment. That is why it is especially important to think about how you would like to be guided, what you need to feel confident and dare to let go, even if things sometimes go differently than expected. You write your thoughts and wishes in a birth plan.

tips for writing a birthplan

Gather as much information as possible before you start writing. Keep it a simple and concise list, this way anyone who reads it understands your wishes. Above all, describe what is really important to you. We would like to receive the birth plan digitally so that we can add it to your medical file: mail@amstermam.nl.

Also add a printed version to your folder, this way your important data will always be together.

Various formats for a birth plan can be found on the internet. Below are a few questions that may help you:

- Where do you want to give birth?
- Who do you want to accompany you during the delivery?
- What guidance do you expect from those present?
- How do you want to deal with the pain of contractions (physical, mental, medical)?
- Is a student midwife welcome?
- Do you want to breastfeed or bottle feed your baby?
- Do you have special wishes if medical intervention is required?
- How do you want communication to take place?
- Are there certain fears of you or your (childbirth) partner that we can take into account?

We would like to discuss your wishes with you and include them in our role and guidance during your delivery, so that we can contribute to a valuable memory. This consult will be with your case manager around the 35th week of your pregnancy. Together you determine whether your wishes are achievable. There may be medical or practical objections, but often there are alternatives. After this consult you can supplement or adjust the birth plan if necessary.

care during birth,

supply checklist

You're advised to have the following supplies at home before the 37th week, regardless of the planned location of your delivery:

- 2 thermometers
- bed blocks / bed raisers. The height of the bed must be +/- 80 cm from the ground to the top of the mattress. Raisers can be hired from Thuiszorg Amsterdam. You can order them via www.vegro.nl. Crates are also an alternative.
- 1-2 metal baby hot water bottles (1 in the spring-summer months, 2 in the autumn and winter months).
- at least 10 hydrophilic diapers (washed) and 5 hydrophilic washcloths
- 1 pack of diapers and wipes
- other care products for the baby
- baby clothes size 50/56, at least 2 hats and a wrap
- changing mat
- cradle (incl mattress/sheets/blanket)

The most important thing: your maternity package! Ask your health insurance company whether they provide a maternity package for you or whether you have to purchase one yourself (available from us, or from a pharmacy).

standard maternity package

- sterile umbilical clamp
- 10 sterile gauze pads (large)
- 1 box of sterile gauze pads (small)
- 1 bottle of 70% alcohol
- 1 pack of zigzag cotton wool

- 2 packs of maternity pads
- 5-10 cellulose mats / pads

extra home birth supplies

- mattress protector (you can also use: a tarp / shower curtain)
- garbage bags
- hospital bag (in case you have to go to a hospital for medical reasons.)

your hospital bag

- your complete care plan from us and the green booklet from the maternity care
- proof of identity and health insurance card
- photo or video camera (and extra batteries / memory card) + telephone charger
- If you don't have your own transport: cash for the taxi
- € 1 coin for the wheelchair

For yourself: toiletries, comfortable clothing for childbirth, warm socks, slippers, clean clothes and underwear for after childbirth, energy drink / dextro / dried fruit.

For the baby: clothes (set size 50 and a set size 56), hat, maxi-cosi and a wrap.

NB. You leave the maternity package at home, and you don't need to bring towels.

maternity care

In the Netherlands, we are convinced that the best place to start as a family is at home. This is possible, among other things, through the care you receive at home: maternity nurse. She is a specialized nurse in mother & child recovery and supports the new family where necessary during the first 8-10 days after your delivery, to offer you the time and space for your recovery. The maternity nurse will perform all physical checks on you and the baby. She will guide you through breast or bottle feeding and will teach you and your partner a lot about the care of your baby. If she cannot or may not resolve complications herself, she will always consult with us. In such a case, we sometimes do an extra home visit.

midwife

Our role does not end after delivery! We do home visits, usually 2 or 3 times. This is usually a midwife from your team / or the person who attended your delivery so that you can share your birth story and experience. We will reflect on your physical recovery, hear how you, your partner and the baby are doing and offer appropriate support during breastfeeding. We try to plan the visits during weekdays as much as possible.

The joy is often great, but on the other hand there is also the new sense of responsibility, which can be overwhelming. This also makes the postpartum period an intense and emotional time. Many, often beautiful, changes are taking place. But fatigue and hormonal fluctuations are also part of this. It is normal that not all new mothers are on a pink cloud after giving birth. We are also available for psychological and emotional support.

postpartum support,

advice for mom; the first 24 hours

afterpains

The uterus contracts forcefully after delivery to prevent unnecessary blood loss. Afterpains often develop during breastfeeding. To ease the pain you can use a hot water bottle and / or take paracetamol: 2x 500mg every 4-6 hours.

blood loss

The first days after delivery your blood loss can be compared to a heavy period. You can also lose clots, sometimes the size of an orange.

Call us when:

- a maternity bandage is completely full within 30 minutes
- you have lost more than 2 large clots

stitches

If you have stitches, it is important to keep the wound clean. After every visit to the toilet, rinse with lukewarm water or in the shower. Rinsing also relieves pain when urinating by diluting the urine.

urine

It is important that you urinate within 6 hours of giving birth. If you can't urinate, please contact us. Drink enough and go to the toilet every few hours, even when you don't feel the urge.

feeding

breastfeeding

Important: the baby has enough reserves for the first 24 hours! However, it is wise to stimulate the breasts in those first 24 hours, so that milk production starts. It starts with little drops of milk, but don't worry, it gradually becomes more!

Put the baby on the breast as soon as the baby wakes up and you notice (feeding) signals such as smacking, sucking on the hand, moving the tongue along the lips. The baby is properly latched when he / she has enclosed the nipple and part of the areola with the mouth, the lips are curled out and the tongue is visible when you gently push the lower lip down slightly. Start feeding with the breast you fed last in the previous round of breastfeeding

formula

- Prepare the formula according to the instructions on the packaging.
- Give 10-20 cc of formula per feeding every 3-4 hours (this applies to the first day).
- Once heated, do not use this formula again!
- All bottles and attachments you use for the first time: boil for 5 minutes to sterilize.

advice for the baby

crying

If the baby is crying, it can be due to various causes: dirty diaper, too hot or too cold, hunger, need to suck (give your little finger with the nail on the tongue), or (often the most important!) The baby just wants to be with you.

the first diapers

Keep all changed diapers for the first few days before maternity care. Girls may have a little vaginal mucus and / or blood loss (pseudo menstruation) due to hormones from the mother. The first stool is usually black and tarry. If necessary, lubricate the buttocks with petroleum jelly or baby oil to make them easier to clean.

nausea

For the first 24 hours, the baby may be a little nauseous due to swallowing amniotic fluid and / or blood during labor. Do not be alarmed if the baby has to gag or spit, turn the baby on its side and pat gently on the back.

postpartum support,

temperature

The baby's temperature should be between 36.5 ° C and 37.5 ° C.

Measure the temperature 1 hour after returning home and before the night. Insert the thermometer into the anus up to 1 cm past the metal tip. This seems deep, but it is normal. Use a little bit of petroleum jelly as lubrication. If the temperature is higher than 37.5 C, remove a blanket or remove a layer of clothing from the baby. If the temperature is lower than 36.5 C, put a hat on the baby and give a new bottle. After 1 hour the temperature should be back towards 37 C, if not, contact the midwife. Contact the midwife immediately if the temperature is below 36 ° C and above 38 ° C.

position

Put the baby on his / her back to sleep. Try to change the position after each feeding to make the face look in the opposite direction.

kleur

A healthy newborn has a pink or tinted skin color. If the baby looks blue, gray, yellow or another color, call us immediately!

GGD and consultatiebureau

The GGD will visit you during the maternity period for the heel prick and the hearing test. Your first appointment with the consultatiebureau is also arranged through the GGD. They 'officially' take over the care for your child from us. At the end of the maternity week, all important data will be transferred to the consultatiebureau of the Ouder en Kind Centrum in your neighbourhood. This way you do not have to explain all details to the healthcare provider again and no, possibly important, information is lost. The GP will also receive a letter with the birth announcement and with all relevant details about your delivery and maternity week.

CP gathering

Once everyone has given birth, we gather together once more. This session focuses on your physical and mental recovery. How is parenthood going? How are you finding moments of rest? Do you feel physically rejuvenated? If desired, we'll check your abdominal muscles and possibly assess the healing of any wounds. Moreover, we're interested in how time has influenced your perception of childbirth, and there's space for your story. Only after this session, and if you feel ready, do we conclude our care. Your well-being is our priority throughout. If you feel the need for a physical check-up earlier, you're always welcome at our practice.

birthcontrol

To offer your body enough time for recovery after a pregnancy and not to get pregnant again immediately, it is advisable to think about contraception. At **amstermam** we provide information and advice on different methods of contraception and we are happy to help you make the right choice. It is also possible to have different types of IUDs placed at our practice. Would you like to learn more? Check out our website or contact us.

when to call us,

We are available 24 hours a day, 7 days a week for emergencies during pregnancy, delivery or postpartum. Give us a call at 020-2103170, select option #1, and then choose your specific team. Below are the most important situations that we should always be aware of.

call instructions during pregnancy

During pregnancy, you call **020-2103170 option #1 (emergency / delivery)** for the following matters:

- blood loss more than a drop
- more than 6 painful hard bellies per hour (before 37 weeks)
- when in doubt about a premature delivery (before 37 weeks)
- amniotic fluid loss (before 37 weeks).
- persistent fever (more than 24 hours > 38 degrees)
- if you feel the baby move less than usual (see child movements page 10)
- one ,or a combination, of the following complaints after 24 weeks of pregnancy: blurred vision, headache, nausea, fluid retention, tingling fingers and / or the feeling of a tight belt under your ribs.
- if you have concerns about your health or that of the baby!

call instructions during delivery

NB: In case of blood loss, contractions or amniotic fluid loss before 37 weeks: call immediately. From 37 weeks, you call **020-2103170 option #1 (emergency / delivery)** for the following points:

contractions

First child? Then call us after 1 to 2 hours of regular contractions that come every 3 to 5 minutes

and last for about 60 seconds. The break between the contractions is therefore 2 to 4 minutes. If you have already given birth before, the following applies: call us when you have contractions every 5 minutes for 40-60 seconds or when you feel that you are about to give birth.

amniotic fluid loss

Collect some in a maternity pad or clear glass and note the color. Is the fluid:

- clear or pink; at night-time call us around 10:00 am the next morning **020-2103170 option #1 (emergency/delivery)**
during the day: call immediately at **020-2103170 option #1 (emergency/delivery)**
- green or brown: call immediately (regardless of the time) **020-2103170 option #1 (emergency/delivery)**

If the head **had not yet descended/engaged** properly at the last check, call us immediately after the membranes break and lie down (regardless of color and time) **020-2103170 option #1 (emergency / delivery)**

Keep whatever has gotten wet (clothing, maternity pads, etc.) for us. Record the time when the membranes broke. Measure your temperature every 4 hours and call if you get a fever (> 38 degrees).

blood loss

If you lose bright red vaginal blood without contractions, call us immediately.

If you lose your bright red vaginal blood with contractions and if it is more than a period, call us immediately.

call instructions post partum

After birth, you call us:

- with extensive blood loss, when a sanitary napkin is soaked full in 30-60 minutes or with a sudden rapid increase in blood loss
- with persistent abdominal pain
- with a fever above 38 degrees
- if the baby has a temperature below 36.5 degrees or above 37.5 degrees
- when you want to discuss maternity care
- if you are concerned about your health or that of your baby

pregnancy calender,

what to expect and when?

intake 8-9 weeks

information **amstermam**
 discuss questionnaire
 submitting consent forms
 counseling on prenatal screening if desired
 explanation of standard blood tests
 walk-in hours
 login Orfeus app: practice number: 1963. personal pincode: ask assistent Niken
 follow @amstermam.nl on social media :)
 sign up for the 9-month plan at www.amstermam.nl

around 10 weeks

term ultrasound and NIPT if desired

around 13 weeks

13-weeks ultrasound (=ETSEO) @ location West

around 12-17 weeks

Start Centering Pregnancy

around 20 weeks

20-weeks ultrasound (SEO) @ location West

around 34-36 weeks

Centering Pregnancy sessions once a week, 1 hour
 position ultrasound

Centering pregnancy gathering

date to determin with your group (around 6-8 weeks after the last session)

do	when	extra
blood test	from 10 weeks a.s.a.p.	more info during intake
arrange maternity care ZZP'er?	before 16 weeks after posive test!	more info per email after intake --> around 4 weeks
daycare	a.s.a.p. preferably around 8-10 weeks	Waitinglist are long so sign-up for about 5 daycares to improve the chance of having a spot.
acknowledgement (unless married, partners by law or acknowledgement is undisirable)	preferably before 24 weeks	make an appointment at gemeente Amsterdam
attending a maternity course	from 20 weeks	info per email
whooping cough vaccination	22 weeks	info per email & CP-sessions
maternity care package	before 34 weken	order at your health insurance, pharmacy or at amstermam ,

contact,

West (visit- & mailaddress)

Westerdok 808
1013 BV Amsterdam

East

Laagte Kadijk 148

Centre

Spuistraat 239-1: building Prinsenschool

practice assistant

020-2103170 option #3

monday - thursday 09:00-13:00h

**emergency such as: bloodloss / delivery / broken membranes /
you are worried:** 020-2103170 option #emergency

general questions for midwife

020-2103170 option #midwife between 9:00-17:00h

making or changing appointments:

020-2103170 option #assistant

or mail@amstermam.nl

Walk-in consultation hour at **Spuistraat 239-1**.

Every Wednesday 3pm-3:30pm.