

# CARE PLAN

**amstermam,**  
verloskundigen

# WELCOME,

On behalf of **amstermam**, a warm welcome to you!

In this care plan, we would like to guide you through the support we will offer you in the coming months. Please read the care plan carefully; it will help you prepare well for the expansion of your family. It lays the foundation for a healthy course of the pregnancy, birth, and postpartum period.

In our practice, we only keep a digital file for you. Would you like to view it? Download the Orfeus app for pregnant women on your phone or tablet and ask us for your personal login code.

Once again, a warm welcome, and we wish you a wonderful pregnancy!

**amstermam,**  
verloskundigen

more than you expect

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# about amstermam

## vision

At **amstermam**, we provide care through the Centering Pregnancy model—an innovative way of delivering care that we are truly passionate about. You may have heard the saying:

**“It takes a village to raise a child”**

That’s exactly why we think Centering Pregnancy is so fantastic! Under the guidance of one of our midwives, about 12 women with the same stage of pregnancy meet each other. They take on a much bigger role in their own care process than in the traditional model of care. Because:

- more time and attention than in the regular form of care (2 hours vs. 15 minutes)
- better preparation for childbirth, the postpartum period, and parenthood
- you get to meet people who are in the same life stage and city as you
- women feel more supported in motherhood

## 2 teams

We work with two teams of three midwives: Team West and Team North/East. With Centering Pregnancy, you will see a familiar face\* from the guiding midwife and co-facilitator during the 9 sessions. As your due date approaches, the group will gradually become smaller—some women give birth early, others later. During this final period, you will meet a second midwife and the frequency of the appointments becomes weekly. This way, around the time of your birth, you will have met at least two of the three midwives from your team.

\*subject to vacation and illness.

When you contact us for urgent matters (such as pain, bleeding, or labor), you will reach a midwife from the team of three you are assigned to. Only on weekends, during holidays, or in case of illness might you be seen by a midwife from the other **amstermam** team. All our midwives always have access to your medical file and your care plan.

## availability

We can be reached at **020-2103170**, 24/7

option **#emergency**: this line is always answered unless we are on another call — in that case, you will be called back immediately.

option **#assistent**: for administrative matters, such as rescheduling an appointment. Available Monday to Friday from 9:00–13:00.

option **#midwife**: for non-urgent care-related questions that you would like to ask one of the midwives on your own team directly. Available between 9:00–17:00. If we don’t answer, we are attending a birth and will call you back later.

General questions, such as requesting a pregnancy or employer certificate, can be sent via email to [mail@amstermam.nl](mailto:mail@amstermam.nl). This is our preferred method, and we respond quickly.

### emergency: 020-2103170, option #1

- Choose option #1 (emergency) and then your own team.
- Do not send SMS or WhatsApp messages — these are not received.

*Tip: If there is no answer, listen carefully to our voicemail.*

## rescheduling appointments

To reschedule appointments, we ask you to call the assistant at least 24 hours in advance, between 9:00–13:00. If appointments are not cancelled or rescheduled on time, we are unfortunately obliged to charge costs. We cannot fill the freed time slot on short notice. Costs range between €20 and €40, depending on the type and duration of the (ultrasound) appointment, and are not covered by health insurance.

## 9-month plan and Frequently Asked Questions

You can find answers to many frequently asked questions on our website under ‘FAQ’. You will also find our [9-month plan](#), which you can subscribe to free of charge. Tailored to your due date, you will receive information appropriate to your stage of pregnancy directly in your inbox. Super handy!

# care during pregnancy

## early ultrasound & intake

If you wish, we schedule an early ultrasound around 8 weeks to check whether there is a heartbeat, as well as an intake appointment. You will receive an invitation for our **Meeting amstermam** via Zoom. During this meeting, you will get to know the practice and our working method. There is also room to ask questions. We appreciate your participation. [Sign up here.](#)

### *INTAKE 8/9 weeks*

One of the midwives from your team will welcome you and your partner for an intake. Before this appointment, we kindly ask you to email us a completed questionnaire so there will be plenty of time to get to know each other and answer all your questions (60 minutes).

The intake appointment is scheduled around 8–9 weeks. During this appointment, there is time for a first introduction, and we will review your medical history, as well as that of your partner and family, if applicable. We discuss the Centering Pregnancy program. We also inform you about the practice, the care you can expect, and—if desired—prenatal testing. Your blood pressure will be measured, we check your BMI, and you will receive a form to have standard pregnancy blood tests done. This test determines your blood type, your iron level, and screens for several infectious diseases. These tests are not performed at our location. Your midwife will explain where you can go for them.

## other ultrasounds

At **amstermam**, we provide all medically offered ultrasounds. In collaboration with experienced sonographers, we strive to offer all clients, if desired, an early ultrasound, the dating scan, the 13- and 20-week anomaly scans, and the fetal position scan around 35 weeks.

If during the course of the pregnancy there is an indication for a follow-up ultrasound, you can come to us for that as well. In addition, there is the possibility to schedule ultrasounds upon request: non-medical (fun) ultrasounds. For example, a gender scan (from 14–15 weeks) or 2D/3D/4D ultrasounds. Curious about the options? Check our website for prices and packages, or ask the assistant for more information.

## centering pregnancy

We believe it is very important to offer a safe space for asking questions and sharing thoughts. That is why we work with fixed groups. This allows special and long-lasting friendships to develop among women who are in the same life stage.

Each group meets 10 times: 9 times during pregnancy (possibly 10–14 times depending on when you give birth) and once after the birth. Each group session lasts 2 hours, offering much more time and attention than a regular consultation (15–20 minutes).

During each session, we cover a variety of topics together. You will start when you are between 12 and 17 weeks pregnant.

- Sessions 1–4: every 4 weeks, 2 hours
- Sessions 6–9: every 2 weeks, 2 hours
- 
- Sessions 10–14: weekly 1-hour sessions if you have not yet given birth

All dates for your group are scheduled in advance, making it easy for you to plan ahead.

Did you know you are officially entitled to time off for these sessions? We have a letter prepared for your employer; we can provide it to you upon request, or you can ask our assistant.

Centering Pregnancy sessions are held at Westerdok 808 by Team West and at Asterweg 173 by Team North/East.

# care during pregnancy

## traditional care

It is also possible to choose regular care at **amstermam**. The regular pathway provides all necessary consultations. During these appointments, you will meet the three midwives from your team. However, we cannot guarantee a fixed familiar face.

For information that is otherwise included in our Centering Pregnancy program (such as lactation information and childbirth preparation), we recommend taking a course. These courses provide you with many useful tips!

In some cases, Centering Pregnancy is not possible—for example, if you join later and the groups around your stage of pregnancy are already full.

## walk-in clinic

Do you want to hear your baby's heartbeat between appointments? Come to our walk-in clinic! Every week, we reserve Thursdays at 3PM for listening to the heartbeat without an appointment at our location Westerdok 808. Please note: we have only 5 minutes per visit. If you would like a longer appointment, please call our assistant to schedule one. Are you worried? Don't stop by the practice but call the midwife on call: 020-2103170 option #1 emergency.

## fetal movements

A baby that moves well is usually doing well! Conversely, a baby that does not feel well may lie still to conserve energy. Therefore, it is important to take any changes in your baby's movements seriously—especially if the baby is moving much less than usual—and to inform us immediately.

Feeling fetal movements begins around the second half of pregnancy. From 26 weeks of pregnancy, it is important that you feel your baby move during each part of the day. As the pregnancy progresses, the baby's sleep periods become longer, and toward the end of pregnancy the baby has less space to move. As a result, in the last weeks of your pregnancy you will usually feel your baby move less vigorously. These are always gradual changes.

### If you are unsure whether your baby is moving enough, do the following:

- Take a moment to rest (for example, go home if you are at work) and eat something sweet.
- Find a relaxed position, such as lying on the couch, bed, or in the bath, and focus your attention on the baby.
- Make sure there are no distractions, such as your phone or TV.
- Place your hands on your belly so you can also feel the movements from the outside.

### How often should you feel your baby move?

- At least 10 times throughout the day, spread across the morning, afternoon, and evening, while you are doing daily activities.
- At least 10 times within 2 hours when you are resting and paying attention to the baby's movements.
- Minimaal 10 keer binnen 2 uur, als je in rust bent en aandacht hebt voor de bewegingen van de baby.

### Contact us at 020-2103170 #emergency if:

- You feel the baby move less than 10 times within 2 hours while resting and focusing on the baby.
- The baby suddenly moves much less than usual.
- You are worried or unsure about the number of movements.

# care during pregnancy

## **your baby's growth**

From 26 weeks of pregnancy, during the abdominal examination we measure the height of your uterus in centimeters. For a reliable measurement, it is important that your bladder is empty. The results are recorded in a personalized growth chart. If we see a deviation from the expected growth line, we will initiate appropriate follow-up investigations. Scientific research shows that this method of monitoring fetal growth is the most reliable. Your abdomen will be measured every 2–3 weeks at most and by a maximum of two caregivers. We do not perform growth ultrasounds without a medical indication.

## **postpartum care (kraamzorg)**

After giving birth, it is important that you receive care and support as a new mother. This care is provided by a kraamverzorgende (postnatal care assistant). The kraamverzorgende looks after you and your baby, provides guidance, supports (breast)feeding, and performs important health checks. These checks are important for your health and that of your baby.

Make sure to register for postpartum care early in pregnancy. This is not automatically arranged just because you are under our care; kraamzorg is provided by a maternity care agency. During the intake, your midwife will give you tips on how to arrange this most effectively. Read more about kraamzorg [here on our website](#).

## **acknowledgment (erkenning)**

You want everything to be properly arranged for your baby, even if something happens to you or your partner. Therefore, ensure that your partner acknowledges 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 your partner has rights and responsibilities regarding your child.

At the time of acknowledgment, you also decide which last name the baby will have. To acknowledge the baby, you must go together to the municipal office and bring valid identification.

For a second child, the mother can authorize her partner to acknowledge the baby, so the mother does not necessarily need to attend. If you are married or in a registered partnership, your partner does not need to acknowledge the baby.

## **information sessions**

During our online Meeting Amstermam, you will be introduced to our practice for the first time. We share our vision, discuss what care you can expect from us in the coming months, and go over all the do's and don'ts for the first trimester. We appreciate your participation in this session.

Being pregnant comes with a number of changes—some practical, others physical or mental. To experience this period with confidence, all information sessions are included in the Centering Pregnancy program. We cover the basics, provide knowledge, and offer tips for further exploration tailored to your personal interests—because knowledge also builds confidence!

# care during pregnancy

## pregnancy education

Scientific research has shown that good preparation often leads to a more positive birth experience. In our opinion, taking a birth preparation course is therefore highly recommended!

Pregnancy courses have evolved over time, and there is something for everyone. During these courses, you receive information that goes beyond what we provide in our care. This can range from the theory of the birth process to practical relaxation exercises that you can rely on during labor. Some physical preparation is also recommended, as a fit body generally experiences labor more positively.

Above all, choose something that suits you. Options include yoga, gym, fitness, hypnotherapy, massage, swimming, hypnobirthing, haptonomy, Mensendieck exercises, and more. For a complete overview, you can view our folder collection in the waitingroom or ask your group members for tips!

If you receive regular care with us, we advise preparing with a birth course. This course guides you through the different stages of labor, choices regarding your place of birth, and coping with contractions. This information is already a standard part of the Centering Pregnancy program at **amstermam**.

## role of the gynecologist

During your pregnancy, we are your first point of contact. It may occur that, as your pregnancy progresses, an additional check by a gynecologist or hospital midwife is advised.

In such cases, we discuss your file with the other healthcare provider and ensure a complete handover. Depending on the reason for this extra check, you may remain under the care of the gynecologist temporarily or until after the birth.

In the latter case, we will meet again during the postpartum period. Of course, you are still welcome to attend your Centering Pregnancy group!

## your pregnancy journey

You can [read more about this](#) on our website.

1. positive test
2. free early ultrasound for amstermam clients | 8 weeks
3. intake interview | 8/9 weken
4. term ultrasound | around 10/11 weeks
5. NIPT | around 10 weeks
6. 13-weeks ultrasound (location West) | around 13 weeks
- 7a. start Centering Pregnancy| between 12-17 weken
- 7b. of: start traditional care | from 12 weeks
8. 20-weeks ultrasound (location West) | between 19/20 weeks
9. fetal position ultrasound | between 34-36 weeks
10. gathering session Centering Pregnancy | few weeks after birth

# care during delivery

## place of birth

Your body gives birth best where it feels at home, safe, and secure. The hormones that trigger labor work most effectively when you feel relaxed. This helps with coping with contractions and reduces the chance of interventions.

For us, it is important that you give birth in the place and manner where you feel comfortable. When labor begins, we always visit you at home first. You only need to make a final decision about the place of birth at that point. We fully support your choice!

If you choose to give birth in a hospital, we will ask for your preferred hospital. We are officially affiliated with OLVG, but keep in mind that your preferred hospital may not have availability at that time; we will help you find an alternative.

Transportation to and from the hospital is your responsibility. Many health insurers charge a co-payment for an outpatient birth, which covers the use of the room. Check with your insurer to see if you will need to pay any additional costs.

## role of the gynecologist

As midwives, we generally assist only with uncomplicated births, although of course we are trained and prepared to respond appropriately in acute situations.

If there is no emergency but a medical indication arises, we will transfer your care to the gynecologist or hospital midwife. They will then continue to guide you. The midwife who is present at your birth will accompany you to the hospital and ensure that your pregnancy records and birth preferences are handed over, so that they can be taken into account wherever possible.

## birth preferences

It is known that women who are well-informed about what can and will happen during labor, and who feel involved in their care, tend to look back on this significant event more positively. Writing down your wishes and expectations for labor and the period afterward helps you organize your thoughts and allows us to refer to them easily.

It is important to realize that you can never know exactly what you will want or need in the moment. Therefore, it is most important to think about how you want to be supported, what you need to feel confident, and how to let go, even if things do not go exactly as planned. You record this in a birth plan (also called a delivery plan).

## tips for writing a birth plan

- Gather as much information as possible before you start writing. This helps you understand what might happen and what options are available.
- Keep it simple and concise. Focus on what is truly important to you to ensure that everything is read.
- Email your plan **in Word or plain text (no PDF)** to [mail@amstermam.nl](mailto:mail@amstermam.nl) so it can be added to your digital file.

Various templates for birth plans are available online. Here are some questions that may help you:

- Where do you want to give birth?
- Who do you want to be present during labor?
- What kind of support do you want from those present?
- How do you want to cope with the pain of contractions (physically, mentally, or with medication)?
- Is a student midwife welcome?
- What type of feeding do you want for your baby?
- Do you have special wishes in case medical intervention is needed?
- How would you like communication to take place?
- Are there particular fears of yours or your (birthing) partner that we should be aware of?

# care during delivery

## checklist of necessary items

The following items **should be ready at home before 37 weeks**, regardless of where you plan to give birth:

- 2 thermometers (non-digital)
- Bed risers/blocks: The bed height from the floor to the top of the mattress should be approximately 80 cm. Blocks can be borrowed from Thuiszorg Amsterdam or ordered via [www.vegro.nl](http://www.vegro.nl). An alternative is using crates.
- 1–2 metal baby hot-water bottles (1 for spring/summer, 2 for autumn/winter)
- At least 10 muslin cloth diapers (washed) and 5 muslin washcloths
- 1 pack of diapers and baby wipes
- Other baby care products
- Baby clothes size 50/56, at least 2 hats and a swaddle
- Changing pad
- Cradle with bedding

Most important: **your maternity kit / package** (kraampakket)!

Check with your insurance whether they provide a maternity kit or if you need to purchase the contents yourself (available from us, or at a drugstore/pharmacy).

## standard maternity care package

- Cord ring or 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/underpads

## extra items needed at home

- Mattress protector (plastic sheet or shower curtain)
- Garbage bags
- Emergency bag (if you need to go to the hospital for medical reasons)

## emergency bag contents

- Identification and health insurance card
- Photo or video camera (with extra batteries/memory card)
- Phone charger
- Optional: printed version of your birth plan
- €1 coin for a wheelchair
- Blanket for the car seat (Maxi-Cosi)

For yourself: toiletries, comfortable clothing for labor, warm socks, slippers, clean clothing and underwear for after birth, energy drinks, dextrose or dried fruit, nuts and other snacks.

For the baby: clothes (1 set size 50 and 1 set size 56), hat, car seat (Maxi-Cosi), blanket for transport.

*Note: Leave the maternity kit and towels at home.*

# care during delivery

## role of the maternity nurse

In the Netherlands, we believe that home is the best place to start as a family. This is made possible, in part, by the postnatal care (kraamzorg) you receive at home. The kraamverzorgende is a specialized nurse who supports mother and child during the first 8–10 days after birth, giving you the time and space to recover. She performs all physical checks on you and your baby, guides you with breastfeeding or bottle-feeding, and teaches you and your partner about baby care. If she encounters complications that she cannot or is not allowed to manage, she will always consult with us. In such cases, we may make extra home visits.

The kraamzorg also assists the midwife during a home birth. We will contact them when the time comes.

## role of the midwife

Our role does not end after birth! We visit your home, usually 2 or 3 times. During these visits, we focus on your physical recovery, check how you, your partner, and your baby are doing, and provide support with breastfeeding. We try to schedule visits mostly on weekdays. While the joy of a new baby is immense, it can also bring a sense of overwhelming responsibility. This makes the postpartum period intense and emotional. Many beautiful changes occur, but fatigue and hormonal fluctuations are also part of the experience. It is normal that not every new mother feels like she is “on a cloud” after birth. We are here to support you emotionally and psychologically, and of course, your Centering Pregnancy group can provide additional support as well.

# postpartum care

## advice for mom; the first 24h

### afterpains

After birth, the uterus contracts strongly to prevent unnecessary blood loss. Afterpains often occur during breastfeeding. To relieve the pain, you can use a warm compress and/or take paracetamol: 2 × 500 mg every 4–6 hours.

### bleeding

In the first days after birth, you will have bleeding similar to a heavy menstrual period. You may also pass clots, sometimes the size of an orange. **Call us if:**

- A maternity pad becomes completely soaked within 30 minutes
- You pass more than 2 large clots

### stitches

If you have stitches, it is important to keep the wound clean. Rinse with lukewarm water after each visit to the toilet or in the shower. Rinsing also helps reduce pain while urinating by diluting the urine.

### urination

It is important to urinate within 6 hours after birth. If you cannot, contact us. Drink enough fluids and go to the toilet every few hours, even if you do not feel the urge.

## feeding advice

### **breastfeeding**

Important: Your baby has sufficient reserves for the first 24 hours! It is still recommended to stimulate your breasts so that milk production starts, by offering the breast frequently. The initial milk comes in drops, very little at first, but this is normal!

Offer the breast as soon as the baby shows feeding cues, such as smacking sounds, sucking on their hand, or moving their tongue along the lips. The baby is latched well if they take the nipple and part of the areola into their mouth, the lips are curled outward, and the tongue is visible if you gently lower the bottom lip. Start with the breast you offered last during the previous feeding.

### **formula feeding**

- Prepare 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).
- Do not reuse formula once it has been warmed.
- Bottles and accessories used for the first time should be boiled for 5 minutes.

## advice for the baby

### crying

If the baby cries, there can be several reasons:

- Dirty diaper
- Too warm or too cold
- Hunger
- Sucking need (offer a clean pinky with the nail side on the tongue)
- Or often the most important: the baby just wants to be close to you.

# postpartum care

## advice for the baby

### diapers

Keep all diapers from the first days for the kraamzorg and write the time on each diaper with a marker.

Girls may have some vaginal mucus or blood due to maternal hormones (pseudomenstruation). The first stool is usually black and tarry. You can apply Vaseline or baby oil on the baby's bottom to make cleaning easier.

### nausea

During the first 24 hours, the baby may feel a little nauseous from swallowing amniotic fluid and/or blood. Do not be alarmed if the baby gags or spits up. Turn the baby onto their side and gently pat their back.

### temperature

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

- Measure 1 hour after coming home and before bedtime.
- Insert the thermometer 1 cm past the metal tip into the anus. This may seem deep, but it is normal. Use a small amount of Vaseline or diaper cream.
- If the temperature is above 37.5°C, remove a blanket or layer of clothing.
- If the temperature is below 36.5°C, put a hat on the baby and give a new hot water bottle. After 1 hour, the temperature should return toward 37°C. If not, contact your midwife.
- Contact the midwife immediately if the temperature is below 36°C or above 38°C.

### positioning

Place the baby on their back to sleep. After each feeding, try to turn the baby's face to the other side.

### Color

A healthy newborn has a pink or slightly tanned skin color. If the baby appears blue, gray, yellow, or another unusual color, contact us immediately.

## GGD and Parent-Child Team (OKT)

During the postpartum period, the GGD visits for the heel prick test and hearing screening. Your first appointment with the Parent-Child Team (OKT) is also arranged through the GGD. They officially take over care for your baby from us.

At the end of the postpartum period, all important information is transferred to the OKT at your local Parent and Child Center. This means you do not have to repeat information to another healthcare provider, and no potentially important information is lost. Your general practitioner also receives a letter notifying them of the birth and any relevant details.

## contraception

To give your body time to recover after pregnancy and to avoid becoming pregnant again immediately, it is advisable to consider a form of contraception.

At **amstermam**, we help you make a suitable choice during our contraception consultation (covered by basic insurance). It is also possible to have various types of IUDs placed by a midwife at our practice.

For more information, email us at [mail@amstermam.nl](mailto:mail@amstermam.nl).

# postpartum care

## Centering Pregnancy gathering

Once everyone has given birth, we meet together again. This session focuses on your physical and mental recovery.

How is parenthood going? Are you finding time to rest? Do you feel yourself physically recovering? If desired, we can check your abdominal muscles and, if necessary, assess the healing of any wounds.

We are also interested in how the passage of time has affected your perspective on the birth, and there is space for you to share your story. Only after this session is the circle complete, and we formally conclude care—if you feel ready for this. Your well-being is our top priority.

If you feel the need for a physical check-up earlier, you are always welcome at our practice.

## the amstermam parent café

New to parenthood? Or already up to your ears in the chaos with a baby (or more)? Come to the amsterMAM Café in Amsterdam North: a free, relaxed, and informal meet-up for young parents, organized by Amstermam. The location is just a 5-minute walk from the Distelweg ferry.

Here, you can meet other mothers, fathers, share experiences, and find recognition. We provide coffee, tea, and cappuccinos—you can bring a snack to share (or not, if you have other things on your mind). Come as you are!

Your baby is of course welcome, but even without a child, you are welcome if you just need a moment for yourself.

There is plenty of space to breastfeed, let your baby crawl, and park your stroller. No pressure, no awkwardness—just a friendly group of young parents finding their way together.

The amsterMAM Café is for all young parents in Amsterdam, even if you are not (or were not) under care at Amstermam. Come alone, with someone from your neighborhood, or meet up with your Centering Pregnancy group.

This is your village. Just drop by—no registration needed.

**When:** First Friday of the month, 09:30–11:30

**Where:** amsterMAM Noord – Asterweg 173, Amsterdam

[Read more about the amstermam café on our website.](#)

# when to call us

We are available 24 hours a day, 7 days a week for emergencies during pregnancy, labor, or the postpartum period. Call 020-2103170, select option #1, and then your team.

Below are the most important situations for which you should always contact us immediately, divided by phase.

## call us during pregnancy

During pregnancy, call 020-2103170, option #1 for the following emergencies:

- Blood loss of more than a drop
- More than 6 painful contractions per hour (before 37 weeks)
- Doubt about preterm labor (before 37 weeks)
- Fluid loss (before 37 weeks)
- Persistent fever (over 38°C for more than 24 hours)
- Insufficient fetal movements (see “Fetal Movements,” p. 10)
- One or more of the following symptoms after 24 weeks of pregnancy:
  - Seeing stars
  - Headache
  - Nausea
  - Fluid retention
  - Tingling fingers
  - Feeling of tightness under your ribs
- Any concerns about your own health or that of the baby

## call us during delivery

Note: For blood loss, contractions, or fluid loss **before 37 weeks**, call immediately.

From 37 weeks onward, call 020-2103170, option #1: emergency for the following situations:

### contractions:

First-time mother? Call us when you have 1 to 2 hours of regular contractions occurring every 3 to 5 minutes and lasting about 60 seconds. The break between contractions is therefore 2 to 4 minutes. If you have given birth before, call us when contractions occur every 5 minutes, lasting 40–60 seconds, or if you feel that labor is starting.

### Fluid Loss

Catch the fluid in a maternity pad, a clear glass, or a sandwich bag in your underwear and note the color.

*If it is clear or pink:*

- At night, call around 10:00 am: 020-2103170, option #1 (emergency/labor)
- During the day, call immediately: 020-2103170, option #1 (emergency/labor)

*If it is green or brown:* call immediately: 020-2103170, option #1 (emergency/labor)

If the baby's head was not fully engaged at the last check, call us immediately after your water breaks and lie down, regardless of color or time of day.

Keep any wet items (clothing, maternity pads, etc.) for us and note the time your membranes broke. Measure your temperature every 4 hours and call if it rises above 38°C.

### blood loss

If you have bright red vaginal bleeding without contractions, call us immediately.

If you have bright red vaginal bleeding with contractions and it is heavier than a period, call us immediately. If it is lighter than a period with contractions, this is normal.

Call 020-2103170, option #1 (emergency/labor) for all urgent situations.

# when to call us

## call during first week postpartum

During the postpartum period, call us:

- In case of heavy bleeding, i.e., a fully soaked sanitary pad within 30–60 minutes, or a sudden rapid increase in bleeding.
- If you experience persistent abdominal pain.
- If you have a fever above 38°C (100.4°F).
- If your baby has a temperature below 36.5°C (97.7°F) or above 37.5°C (99.5°F).
- If the maternity care provider wants to consult.
- If you are concerned about your health or that of your baby.

# pregnancy care calendar

## what to expect and when

### intake (8-9 weken)

- **amstermam** information: *Meeting amstermam*
- Complete questionnaires & submit consent forms
- Counseling about prenatal tests (if desired)
- Explanation of standard blood tests
- Walk-in consultation hours
- Log in to Orfeus app: practice number 1963
- Follow @amstermam.nl on Instagram
- Sign up for the personalized newsletter: [The 9-Month Plan](#)

### around 10 weeks

- Dating ultrasound
- Optional: NIPT (from 10 weeks, after the dating scan)

### around 13 weeks

- 13-week scan (ETSEO)

### around 12-17 weeks

- Start Centering Pregnancy sessions, 2 hours each

### around 20 weeks

- 20-week scan (SEO)

### around 34-36 weeks

- Positioning ultrasound
- Centering Pregnancy sessions reduced to 1 hour per week

### around 35 weeks

- Positioning ultrasound
- Discuss birth preferences

### 37-42 weeks

- Weekly check-ups

### Centering Pregnancy follow-up day

- Date to be determined with your group, approximately 6 weeks after the last birth.

### amstermam café

- Every first Friday of the month

# pregnancy to do calendar 1/2

to do	when	info
reading up on prenatal screening	before intake	During the intake, we discuss the options, conditions, and possible consequences.
blood tests	around $\pm$ 10 weken /or asap	During the intake, we discuss what will be tested and you will receive two lab forms for blood sampling: one for the standard blood tests and one for the NIPT (if desired).
apply for maternity care (kraamzorg)	Before 16 weeks, or immediately after a positive test if you want a freelance maternity nurse.	You will receive more information in the email sent after the intake. You can also take a look at <a href="https://amstermam.nl/en/blogs/maternity-care/">https://amstermam.nl/en/blogs/maternity-care/</a>
daycare	after positive pregnancy test / asap	Register at 3–5 locations; you can always schedule a tour or cancel later.
Arrange legal acknowledgment (unless you are married/in a registered partnership or acknowledgment is not desired)	preferably before 24 weeks	Schedule an appointment with the municipality. Keep in mind that there may be waiting times! This can be done in any municipality in the Netherlands and does not have to be in Amsterdam.

# pregnancy to do calendar 2/2

to do	when	info
sign up for a pregnancy course	after 20 weeks	You will receive information and tips from us by email. Didn't receive it? Please ask the assistant at <a href="mailto:mail@amstermam.nl">mail@amstermam.nl</a> .
whooping cough vaccination	from 22 weeks	Invitation via the Public Health Service (GGD), from 22 weeks of pregnancy until delivery, to protect your baby against whooping cough (pertussis) immediately after birth through the placenta. This DKT vaccination (Diphtheria-Pertussis-Tetanus) is free of charge and offered as part of the National Immunization Program (RVP).
maternity care kit	before 34 weeks	Request through your insurance, purchase online yourself, or buy from our assistant at the Westerdok 808 location.