



General Information

Contact

Breedstraat 59

3512 TV

Utrecht

T 030 – 231 13 76 F 030 - 231 09 06

SPOED 06 49 777 349

(if no answer: 0900 1515)

Email: info@verloskundigenbreedstraat.nl

Website www.verloskundigenbreedstraat.nl

OPENING TIMES

Monday t/m Friday 8.30 – 16.30, Breedstraat 59.

Alternative clinic locations:

Health Centre Prinsenhof, Eykmanlaan 433, Tuindorp.

ACCESSIBILITY BY TELEPHONE

Monday to Friday 8.30 - 13.00 on the practice number:

(030) 231 13 76.

For labour, concerns or any other urgent matters, call: 06 - 49 777 349

FIRST VISIT

We schedule the first appointment for when you are about 10 weeks pregnant. The intake consultation takes approximately an hour and you will usually also have your first ultrasound. We may perform your first ultrasound at 8 weeks if you are experiencing blood loss, suffered a miscarriage previously or have additional concerns. Not until your 10/12 week ultrasound are we able to determine how your baby is developing. Please bring proof of insurance and identity along to your first appointment. **Also please make sure you have completed the online questionnaire beforehand.** Once you are certain you are pregnant it is important to look at the dos and don'ts when it comes to nutrition during pregnancy, for more information please visit the website of the Nutrition Centre www.voedingscentrum.nl.

SUBSEQUENT VISITS

During your pregnancy you will visit the practice another 10 to 12 times for subsequent checks. The follow up checks will take place every 4 weeks up until 26 weeks, every 3 weeks up until 33 weeks, every 2 weeks until your 37th week and finally up until the birth you will be checked every week. Each subsequent check will last approximately 15 minutes. At each check, we take your blood pressure and assess the growth and position of the baby and check its heart. Of course there is opportunity for any questions you might have. It's fun and worthwhile when your partner comes along a few times. We also don't have any issues if you would like to bring your child(ren), parents or others. However, fifteen minutes is not a very long time. If you need to discuss something that might take a little longer, please ask for a double appointment. At the second appointment we provide you with a computer printout of the check results. This is your pregnancy card. Bring this pregnancy card with you each time you visit us or attend any hospital checks. This way you will always have your most recent medical information at hand.

PRENATAL SCREENING / DIAGNOSTICS

As a pregnant woman in the Netherlands, you have the option of having your baby tested for the likelihood of Down syndrome (and the even more rare syndromes of Patau and Edwards). This is researched by performing the combined test, which involves a blood test and an ultrasound around the 12th week of pregnancy. From the results a personal probability calculation will be made. Mostly this test will not be covered by your insurance. We will discuss this with you at your first consultation. If you would prefer information beforehand, either read the enclosed information brochure or download this from our website www.prenatalescreening.nl

ULTRASOUND AT 20 WEEKS

This is a comprehensive medical ultrasound where it is assessed if the baby has any birth defects (as much as the scan can reveal). Among other things, we check the development of the brains, heart and other important organs. This ultrasound is optional and the costs are covered by your health care insurer unlike the combination test. The 20 week ultrasound takes place at the [Echo Centre Utrecht \(Ultrasound Clinic\)](#). You can download the e- brochure on the 20 week ultrasound from our website or WebApp.

WHAT TO ARRANGE?

Maternity Care

The maternity nurse assists the midwife during a home birth and continues the care of both mother and child after the birth. She then carries out the necessary checks on yourself and your baby during this first week. This is also the case if you have given birth in the hospital. Organise maternity care as soon as possible, at least before the 16th week of pregnancy. Check with your health care insurer about the possibilities. We work a lot with (amongst others) ZIN Kraamzorg, Kraaminzicht, Yunio, Koru and Allertzorg. If you would prefer the services of another agency, please let us know!

Blood Test

During your first appointment we will provide you with a form needed to undergo a blood test. The form lists the locations and opening times of the clinics. You do not need to make an appointment. Remember to bring proof of insurance. The brochure 'Pregnant!' explains what we as standard test your blood for.

Registration / Naming

If you and your partner are not married, the child can be acknowledged at the local register office. Acknowledgment is preferred before the birth (acknowledgement unborn child) and ideally before the 24th week of pregnancy. Visit the register office together and bring your ID. Acknowledgement of the child does not mean the father has automatic parental responsibility. This must be submitted for approval to the magistrate. Ask the register office for more information. Dienst Burgerzaken: For more information please visit www.utrecht.nl

Maternity Pack

This pack contains a variety of essentials for the delivery and the maternity period. You can request this pack from your healthcare insurer. Should you *not* receive this pack through your health insurance, then you will need to purchase these items yourself. See our website for a list of the items required, we will tell you about this at a later stage of your pregnancy also.

Raised Bed

For the delivery and the maternity period it is necessary to raise the bed up to 70 cm. This can be done using bed risers or blocks (available at the home care shop). From the 37th week of your pregnancy these items can be rented from the home care shop (Vitaal Thuiszorgwinkel: Zamenhofdreef 95, 3562 JV, Utrecht. Tel: 088---0300500).

Pregnancy Course & Information evening about the birth

Several classes exist to prepare you and your partner for childbirth and the time that follows. Attending a pregnancy class is not compulsory, but quite fun and if it's your first child, it is also strongly recommended. Brochures with information about the classes can be found in the brochure rack in the waiting room. Most classes begin at 25 weeks pregnancy, but often you have to register beforehand. We recommend that you and your partner attend one of our information evenings about the birth, especially if this is your first child we feel you would benefit from this.

HEALTH INSURANCE

Expectant mothers residing in the Netherlands and which are registered with a Dutch health care insurer are not liable for any costs incurred by the use of a midwife. The midwife settles the balance directly with the health care insurer. Should you not be registered with a Dutch health care insurer then you will receive an invoice from us after the birth.

PAYMENT CONDITIONS

All midwifery care is reimbursed by your health care insurer. Payment takes place according to guidelines set by the KNOV (www.knov.nl). Our care is charged at rates which have been agreed nationally with the Dutch Care Authority (NZA). You can find these on www.nza.nl.

TRAINEES / GUIDANCE

As a practice we welcome the opportunity to provide guidance to trainee midwives. You can therefore encounter trainees during pregnancy, the delivery and / or the maternity period. Depending on the experience level, she will perform various tasks, but always under our supervision. Should you object to the presence of a trainee, please do not hesitate to let us know. During holidays, illness or busy periods, it may occur that a trainee will provide assistance. We endeavour to inform you about this in advance.

COMPLAINTS

Should you be dissatisfied with our services or have complaints, then it is always advisable to discuss this with us. Only then can we resolve any issues. You will then provide us with the opportunity to review and improve our care. Should you be unhappy with matters during your pregnancy, please contact us as soon as possible. We aim to always provide excellent guidance through your pregnancy, the birth and the maternity period. Should we fail to resolve your complaint, you can then contact the Complaints Committee of KNOV. Address: KNOV, F.A.O. Klachtencommissie, Postbus 2001, 3500 GA Utrecht, or visit www.knov.nl

WEBSITE

A variety of information, links to interesting websites and all brochures can be downloaded from:
www.verloskundigenbreedstraat.nl