

ULTRASOUND

It is usual to have an ultrasound scan between 18 and 20 weeks to exclude any baby or womb problems.

Additional scans will be recommended if problems are identified.

Ultrasound is regarded as entirely safe for both mother and baby.

OTHER TESTS THAT MAY BE RECOMMENDED

- Vaginal/rectal swab checking for:
 - Group B strep (is done at 36 weeks)
 - Vaginal swab for Chlamydia
- Cervical smear.

Some of these tests may be repeated if necessary.

Screening tests that predict the likelihood Down's Syndrome and other conditions.

- **First Trimester Combined Screening.** This combines a blood test and a nuchal translucency (NT) scan. The blood test needs to be taken between 9 weeks and 13 weeks & 6 days. The NT scan is done between 11 weeks and 13 weeks and 6 days.
- **Second Trimester Maternal Serum Screening.** This requires a blood test to be taken between 14-18 weeks of pregnancy. These blood test results are usually sent to your LMC within 10 days.
- For further information contact your LMC or Obstetrician. Information can be obtained on-line at:
www.nsu.govt.nz

IF YOU HAVE ANY QUERIES
OR CONCERNS, PLEASE
DISCUSS THESE WITH YOUR MIDWIFE/
DOCTOR.

FEEDBACK

We encourage feedback and assurance is given that comments will not adversely affect your current or future care.

You can do this:

- Through discussion with MidCentral Health staff providing your care
- By completing "Tell us what you think..." pamphlets available from all services
- By contacting our Customer Relations Co-ordinator, PO Box 2056, Palmerston North 4440, or phone (06) 350 8980
- By contacting a Health and Disability Commissioner Advocate, phone 0800 112 233.



ROUTINE TESTS IN PREGNANCY



WOMEN'S HEALTH UNIT
PALMERSTON NORTH HOSPITAL

BLOOD TESTS IN PREGNANCY

These tests are carried out only with your consent.

Blood tests during pregnancy can give your midwife/doctor important information about you and your baby.

The blood sample at your first visit is analysed for the following information:

- **ABO blood group:**

To find out your blood group in case you may need a blood transfusion.

- **Rhesus status:**

This is to find out if you are rhesus (Rh) negative. Rh is a chemical on the red blood cells of some people. If you **DO NOT** have the Rh factor, you are Rh negative.

Both Rh positive and Rh negative are normal. They are just like differences in eye or hair colour.

If you are Rh negative and your baby is Rh positive, you may create antibodies directed against your baby's blood cells.

This may result in anaemia and jaundice in your baby (sometimes severe).

If you need more information please ask your Midwife or Doctor.

- **Haemoglobin: full blood count**

This is to see whether you are anaemic and is related to your 'iron' levels. If levels are low you may require treatment with iron tablets.

- **Rubella antibodies:**

This is to assess your immunity to rubella (German measles). Most women are immune thanks to immunisation at school.

- **VDRL test for syphilis:**

This is to test for syphilis (a sexually transmitted disease). It is rare but still worth checking for the occasional case.

- **HBs.AG:**

This is a test for Hepatitis B, a viral infection which can be transmitted to babies, family members and your care providers.

Blood samples for haemoglobin and antibodies testing are taken again at **28 weeks** and sometimes at **36 weeks**.

- **Polycose test:**

A test to see if your body is using sugar correctly and checking for diabetes of pregnancy. This test is usually done at 28 weeks.

- **Human Immunodeficiency Virus (HIV)**

It is now routine to offer a HIV screening test in pregnancy. HIV affects the body's ability to fight infection and can cause AIDS.

HIV can be passed on by:

- Contact with blood or body fluids
- During pregnancy and birth
- Breast feeding

The risk of a baby becoming infected can be reduced from 25%-31.5% to less than 1% by the following:

- Diagnosis and treatment during pregnancy/childbirth
- Not breastfeeding

- Giving baby medicine for the first 6 weeks of life.

The HIV blood test is very sensitive and sometimes picks up antibodies which are not HIV, this occurs in about 1 in 1000 tests. If this occurs you will be sent for a second blood test which in most cases will show a negative result.

This test will be discussed further by the midwife or Doctor in clinic. Further information can be obtained from leaflets in the antenatal clinic and from www.nsu.govt.nz, www.nzaf.org.nz or www.positivewomen.org.nz

Normal results will be discussed with you at your next visit. However, if there are any abnormal results, you may be contacted earlier.

OBSERVATIONS EACH VISIT

- Weight – measured in kilograms
- Urine sample is taken and tested, as there is an increased incidence of urinary tract infections in pregnancy. Also to check for protein in your urine.
- Blood pressure
- Listen to the baby's heart beat
- Feeling for the baby's position and size.

