

GP & Midwifery Led Appointment Schedule & Charges from 01.03.25

SHARED CARE APPOINTMENTS	When	With	Appointment Time	Cost under HAS Scheme	Cost	Cost under old system
First appointment with GP including assessment, blood tests and referral	8-10 weeks	GP	Please advise details of appointment when booking	£10.00	£82.50*	£96.50
Booking assessment with midwife	11-13 weeks	Midwife	20 min			
Nuchal Translucency /Dating Scan	11-13 weeks	Hospital Ultra sound				
Antenatal check/ Bloods	16 weeks	Midwife Hospital	20 min			
Anomaly Scan – detailed scan for fetal well being	20-23 weeks	Hospital Ultra sound				
Whooping cough vaccine	20 weeks onwards	GP		£10.00		£18.50
Antenatal check	25 weeks	GP	Please advise details of appointment when booking	£10.00	£82.50*	£59.00
Antenatal check/ Blood test RSV Immunisation	28 weeks	Midwife	20 min	£10.00	£16.50	£18.50
	28 weeks	GP	15 min			
Antenatal check (1 st time mums)	31 weeks	Midwife	20 mins			
Antenatal check / Blood test	34 weeks	Midwife	20 min			
Antenatal check	36 weeks	GP	Please advise details of appointment when booking	£10.00	n/c	£ 59.00
Antenatal Check	38 weeks	Midwife	20 min			
Antenatal Check	40 weeks	Midwife	20 min			
Antenatal check	41 weeks	Midwife or Hospital	20 min			
Postnatal mother & baby check	6 weeks post natal	GP	Please advise details of appointment when booking	£10.00		£ 59.00
Seasonal Flu vaccine	Any time during pregnancy	GP	In flu clinic	£ 10.00		£ 11.50
TOTAL ANTENATAL CARE PACKAGE COST				£70.00	£181.50*	£322.00

*Includes additional Government subsidy of £20.00 paid by the Government for each face to face consultation effective from 01.06.23

DISCLAIMER: If, under circumstances, further appointments and investigations are required, additional charges may apply. The net fees are chargeable to patients who hold a valid Jersey Health card, otherwise gross charges will apply (i.e.: non-resident)

WHAT SHOULD EAT WHEN I AM PREGNANT?

Try and eat a healthy, balanced diet as you and your baby will benefit from this. Depending on your religious and cultural preferences your diet might include:

- Plenty of fruit and vegetables
- Starchy foods such as potatoes, pasta, rice and cereals
- Foods rich in iron (such as lean red meat or spinach)
- Calcium-containing foods such as dairy products and tofu
- Bony fish (e.g. sardines)

IS THERE ANYTHING I SHOULD NOT EAT WHILE I AM PREGNANT?

Yes, please avoid the following foods as there's a risk that they could be contaminated by potentially harmful bacteria:

- Unpasteurised food (e.g. certain cheese)
- All food made with raw or lightly cooked eggs
- Under-cooked meat, poultry and seafood
- Raw fish, especially shellfish
- Also, try to avoid too much tea or coffee and drink plenty of water (about eight glasses a day)

WHY DO I NEED TO TAKE FOLIC ACID SUPPLEMENTS?

Folic Acid is a water-soluble B vitamin that is important for your baby's early development. Taking a regular supplement in the early stages of pregnancy lowers the risk of your baby developing neural tube defects such as spina bifida. We advise all pregnant women to take Folic Acid tablets for the first 14 weeks of their pregnancy. For most women the dose is 400 micrograms (0.4 mg) a day. You can get this from your GP or from a chemist. If you are diabetic or have other risk factors you may be advised to take a higher dose.

If you can, start taking a Folic Acid supplement from the moment you stop using contraception and start trying for a baby as some of your baby's most vital developments take place very soon after conception when you may not even realise you are pregnant.

VITAMIN D

Vitamin D regulates the amount of calcium and phosphate in the body; these are needed to keep bones and teeth healthy.

A good intake of vitamin D is recommended during pregnancy to provide your baby with enough vitamin D for the first few months of its life. You should take a supplement of 10 micrograms of vitamin D each day when you are pregnant and if you breastfeed.

Vitamin D can also be found naturally in oily fish such as salmon, mackerel and sardines, eggs and meat. Some manufacturers add it to breakfast cereals, soya products, some dairy products, powdered milk and fat spreads such as margarine.

The best source of vitamin D is in summer sunlight on your skin. The amount of time you need in the sun to make enough vitamin D is different for every person and depends on things such as skin type, the time of day and the time of year. However you don't need to sunbath; the amount of sun you need to make enough vitamin D is less than the amount that causes tanning or burning. If you have dark skin or always cover your skin, you may be at particular risk of vitamin D deficiency. Talk to your midwife or doctor if this applies to you.

ANTENATAL CARE AT HEALTH PLUS

We hope that you will find this leaflet on antenatal care helpful and we look forward to supporting you and your family through your pregnancy. Expectant mothers will now come to see their own GP for an initial assessment. Following this they will then be referred to a community midwife who will provide their booking assessment. Expectant mothers will then be offered appointments as per antenatal guidelines, at regular intervals throughout their pregnancy, with routine checks with their General Practitioner at 25 and 38 weeks.

We hope that this service will provide continuation of care and support for all expectant mothers.

Routine screening scans will continue to be provided at the Hospital at 12 and 20 weeks.

Charges for these services are listed overleaf. Our pricing structure has been updated and we hope this keeps the cost to patients as minimal as possible whilst providing high quality care throughout your pregnancy.

Costs include all routine antenatal checks, blood tests and both the whooping cough and flu vaccinations if required. A postnatal check for all mums is included at 6 weeks post-delivery.

For any queries or further information on our antenatal care package please contact our Practice Manager on 733322 or book in to see your GP for further advice. When booking an appointment please let the reception staff know that you are pregnant so that they can book the correct appointment time for you.

ANTENATAL CLASSES

These usually start when you are 26-28 weeks pregnant and need to be booked in advance. At your 12-week Midwife appointment you will be given an information with details about the various antenatal classes at the hospital and in the community.

IS IT SAFE TO SMOKE DURING PREGNANCY?

No. Smoking while pregnant can harm your baby (and damage your health too). Smoking is linked to a range of health problems including premature birth, low birth weight, miscarriage, cot death and breathing problems in your baby. Try to give up for the baby's health and encourage your partner to give up too as second hand smoke also contains harmful chemicals. Please ask your doctor for a referral if you wish to have help to quit smoking.

HOW MUCH ALCOHOL AM I ALLOWED?

Alcohol is not safe to drink when you are pregnant as it can damage your developing baby. Doctors don't know for sure how much alcohol can be "safely" taken so it's best to completely cut it out.

Health⁺

ANTENATAL CARE AT HEALTH PLUS



Health⁺

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