



Astrea

VERLOSKUNDIG  
CENTRUM

*For personal  
attention, care  
and guidance*



077 - 3230 864

A photograph of four women, the midwifery team at Astrea, standing in front of a red brick wall. From left to right: Leonie, Thin, Karin, and Dionne. They are all smiling and dressed in professional yet comfortable attire. A large, light pink diagonal shape is overlaid on the bottom half of the image, containing the text 'Our team' and the descriptive paragraph.

# Our team

The midwifery team at Astrea consists of five passionate professionals who have your best interests at heart. From left to right: Leonie, Thin, Karin and Dionne.

Go to our website for more information about the team and our personal experience.

→ [www.verloskundigenpraktijkastrea.nl](http://www.verloskundigenpraktijkastrea.nl)



# Congratulations on your pregnancy!

A very special period is about to start. The beginning of a new life: literally and figuratively. Your body is changing, your life has been turned on its head, a new dimension has been added. So knowing that you can rely on the support of experts with the right knowledge and experience is a comforting thought. Experts who are not only sympathetic and committed, but above all professional and alert. That is what you can expect at Verloskundigenpraktijk Astrea.

With love and enthusiasm, supported by knowledge and experience, we give you the guidance you need in our uniquely supportive manner, from the first ultrasound up to and including the initial period after childbirth. Our practice is professional, contemporary, modern and progressive.

This booklet describes the support we offer in detail. If anything is not clear, please do not hesitate to ask.

## All the joy and happiness in the world!

### **Astrea Verloskundig Centrum**

Leonie van Melick

Thin Pham

Dionne Denessen

Karin Maas

# Pregnancy

Our practice focuses on quality and we strive to improve our care provision wherever possible. Our goal is to offer you and your partner the guidance and support you feel most comfortable with during your pregnancy, at the time of delivery and during the period of postnatal care. If possible and medically acceptable, we tailor our care to your situation and needs.

## The first appointment

8-10 weeks

The first appointment usually takes place between week 8 and week 10 of your pregnancy. During this appointment, we plan ample time to go through all the information with you both, ask questions and answer your queries. We perform a (vaginal) ultrasound scan to determine how many weeks pregnant you are. If required, we provide information about antenatal examinations ([www.prenatale-screening.nl](http://www.prenatale-screening.nl)).

## Second appointment

10-13 weeks

During the second appointment, at between 10 and 13 weeks, we perform an ultrasound scan to determine your expected date of childbirth. Based on the questionnaire you have completed, we run through all the (medical) information about you and your partner. We also discuss any previous pregnancies and deliveries. We hand you a number of forms for blood tests. During this appointment, we give you more information about the Centering Pregnancy programme. This programme involves several meetings with a number of pregnant women to discuss various topics with one of our midwives.

## Follow-up appointments

We check how your baby has grown and its position in the womb at every appointment. We will also listen to your baby's heartbeat with an ultrasound device. The following appointments will always be agreed at a time that is convenient for you. You need to come in to see us regularly, but we are happy to match the exact frequency to your needs.

## Ultrasound

30 weeks

36 weeks

You will undergo 'medical' ultrasound scans at certain times during your pregnancy. These are the ultrasound scan in early pregnancy at between 8 and 10 weeks, the scan to check growth at around 30 weeks and the scan to check the baby's position in the womb around 36 weeks. If you wish, you can also have the '20-week ultrasound scan' done at CVONL. This is also a medical ultrasound scan. No medical conclusions can be drawn from any of the other ultrasound scans that we perform during your pregnancy.

## From September 1, 2021 you can choose to have a 13-weeks ultrasound

The 13-weeks ultrasound (first trimester SEO) is a medical examination that can take place between 12 weeks and 3 days and 14 weeks and 3 days of the pregnancy. With the 13-weeks ultrasound you can have an examination early in the pregnancy that can show serious physical abnormalities of your baby. This ultrasound is also made in CVONL and is covered by the health insurance.

[www.pns.nl/prenatal-and-newborn-screening/prenatal-screening](http://www.pns.nl/prenatal-and-newborn-screening/prenatal-screening)

## 20-week ultrasound scan

We perform the 20-week scan (sometimes referred to as the anomaly scan) at our specialised ultrasound centre when you are between 18 and 21 weeks pregnant. We examine your baby for possible congenital defects during this scan. The costs of this examination are reimbursed by your health insurer, however it is not compulsory. Read more about the 20-week ultrasound scan. [www.cvonl.nl](http://www.cvonl.nl)

## Non-medical ultrasound



If you want to have a non-medical ultrasound scan performed for fun, you can make an appointment with Pretecho Centrum Noord-Limburg, telephone 077 - 303 1920.

## **Evening information sessions on childbirth or breastfeeding**

When you are 30 weeks into your pregnancy, you can attend an evening information session at our practice. This session focuses on preparing for childbirth and actually giving birth to your child. We know from experience that the more information a woman has about how she can prepare for childbirth, the calmer she is and the more likely she is to relax. This ensures that childbirth can take place more easily and that fewer interventions are required. You can also attend an evening information session on breastfeeding at our practice. Here too, the better prepared you are, the more likely you are to get off to a good start and experience fewer problems.

## **What do you need to arrange?**

### **• Blood tests**

from 12 weeks, you can go to the laboratory at Viecuri Medisch Centrum for blood tests. These blood tests are offered as standard to all pregnant women in the Netherlands.

### **• Maternity care**

You need to register with an obstetric care organisation before you are 16 weeks pregnant. The contact details of various organisations here in the region are provided at the back of the booklet. The maternity support worker assists us during the delivery and will provide daily support for you both as new parents and your baby during the first week. We can only accept responsibility for medical care during the postnatal period if she is present.

### **• Acknowledgement of paternity**

If you are not married or in a registered partnership, the father can acknowledge the child and register paternity at the civil registry office. You need to make an appointment with the municipality for this during your pregnancy. Acknowledgement does not automatically lead to obtaining custody of the child. More information is available on the website of the Municipality of Venlo.

### **• Maternity package**

You should have the maternity package available at home from 37 weeks pregnant, even if you are going to give birth in hospital. If covered by your health insurance/policy, this package will be sent to your home address. Your bed must be at least 70 cm high. If you need bed risers, you can have them delivered to your home free-of-charge via Medipoint. Ask us for details.

### **What to do if you suffer health complaints**

If you experience complaints such as abdominal pain, blood loss or anxiety, the midwife or obstetrician who is treating you at that time is your first point of contact. If necessary, we will discuss your complaints with the general practitioner or gynaecologist. You must contact us if you feel that your baby is less active than before (from 28 weeks).

### **Complications:**

If the pregnancy does not develop as we thought or hoped, we may decide to send you to the gynaecologist for a check-up. This is a one off check in most cases, however the gynaecologist may decide to carry on monitoring you temporarily or until after the delivery. As we see you both regularly, we are always aware of the situation. We would like you to inform us when the baby is born so that we can try to visit you in hospital. When you are allowed to go home, we will take over from the gynaecologist again and visit you at home during the postnatal period.



# Childbirth

When you are roughly 30 weeks pregnant, we plan extra time to discuss all aspects of the delivery with you. Questions, possibilities and any worries you may have can all be discussed.

The place where you give birth is another topic for discussion. In the Netherlands, most mothers give birth to their child at home if their pregnancy has been free of complications. If you do not want to give birth to your child at home, you can choose to give birth at the maternity centre. The delivery and the guidance we provide are the same, only the location is different. Depending on your health insurance, you may have to pay some or all of the fee for the delivery room out of your own pocket.



## When should you call us?

### • Blood loss

If you suffer blood loss and the blood is bright red in colour, you should always call immediately. When the mucus plug is discharged, it may also be accompanied by some blood loss. However, this does not always mean that childbirth is about to start.

### • Loss of amniotic fluid


When the amniotic sac ruptures, you should closely inspect the colour of the amniotic fluid. Is it clear, white, yellow, brown or green? Wearing a sanitary towel is the best way to assess this.

### • Regular contractions

Regular contractions are when the contractions repeat every 3 to 5 minutes for 1 hour, with each contraction lasting at least 1 minute.

### • Concerns

Obviously, you can always contact us by phone if you have any questions or concerns.

A close-up photograph of a pregnant woman's midsection. She is wearing a maroon-colored, long-sleeved dress with a thin tie belt. Her hands are resting on her bare pregnant belly. Her right hand is positioned higher, near the waist, and her left hand is lower, near the hip. She is wearing a ring on her right ring finger and has white nail polish. The background is a soft, out-of-focus light blue and white.

### **The normal period of pregnancy before giving birth**

Exactly how or when childbirth will occur is almost impossible to predict. You can give birth at home from 37 to 42 weeks. If you give birth before 37 weeks, we refer to the birth as a premature birth, and if you give birth after 42 weeks, we say that you are “overdue”. In both cases, the delivery will take place in hospital under the gynaecologist’s supervision.

A woman with dark hair, wearing a patterned top, is looking down at a newborn baby lying on a bed. The baby is looking up at the woman. The background is a solid dark red color.

# Postnatal period

The postnatal period – the first 8 to 10 days following the birth of your baby – is about to start. The maternity support worker will visit you at home every day and help you get used to the new situation. The maternity support worker performs checks, gives guidance on feeding and caring for the baby, makes sure everything is under control and that you are following the routine. We can only accept responsibility for medical care during your postnatal period if she is present. We will visit you regularly during this first week to see how you and the baby are doing. We will discuss the birth with you in detail and give you information and advice on all kinds of subjects.

## Heel prick test and hearing screening

4 - 5 days

The maternity nurse will visit you on the fourth or fifth day of the postnatal period to perform the heel prick test and the newborn hearing screening.

## Child health clinic

8 - 10 days

At the end of the postnatal period, all the important data about you and your child is transferred to the child health clinic. The youth healthcare nurse will contact you by telephone to make an initial appointment. This appointment takes place at your home.

*You have given birth to your child!  
You are both happily cradling your  
baby in your arms. Congratulations!*

### **Postnatal check-up**

6 weeks

If you wish, you can make an appointment with the midwife or obstetrician who supervised the birth six weeks after delivery. During the postnatal check-up, we carry out medical examinations and discuss contraception. We will once again discuss how you experienced your pregnancy, the delivery and the postnatal period. Did everything go as you hoped and wished?

### **Contraception**

6 weeks

After childbirth, contraception may become important again. About six weeks after giving birth, your uterus will have healed and you will no longer lose blood. You will be able to menstruate, so you will be fertile. In other words, you can get pregnant again. However, it takes much longer for you to fully recover from your pregnancy; roughly nine months. If you do not want to run the risk of getting pregnant again immediately, you should consider using a reliable form of contraception. The exact choice of contraception is obviously very personal. We will be happy to give you information about the pros and cons of the different contraceptives and help you make a choice. We are authorised to prescribe hormonal contraception. You can also find information on [www.anticconceptie.nl](http://www.anticconceptie.nl)

### **The contraceptive coil**

A contraceptive coil, also known as an intrauterine device (IUD) or intrauterine system (IUS), is a reliable form of contraception that can be safely combined with breastfeeding. There are two types of contraceptive coil: the non-hormonal copper coil (T-safe and Ballerine) and the hormonal coil (Mirena and Kyleena). We can give you all the details and advise which system is best for you. When you have made your choice, we will prescribe the device and you can pick it up from your pharmacy. We specialise in contraceptive coil placement. So you do not have to go to your general practitioner or gynaecologist. Even if you are not (yet) registered with our practice, you can come to us for information, a prescription and placement or removal of a contraceptive coil. Would you like to find out more about contraceptive coil placement? Further information is available here: [www.spiraalplaatsen.nl](http://www.spiraalplaatsen.nl)



# What do you need?

You need to be fully prepared for your new baby from 37 weeks of pregnancy.

## Sleeping essentials

- ☐ Crib or cot bed
- ☐ Mattress (preferably polyether foam)
- ☐ Dresser
- ☐ Baby changing mat
- ☐ 1 blanket (cotton or wool)
- ☐ 2 sheets
- ☐ 2 fitted sheets
- ☐ 2 molton mattress toppers
- ☐ 2 stainless steel water bottles

## Bathing

- ☐ Bathtub on a stand or a tummy tub
- ☐ Baby bath towel
- ☐ Baby soap/lotion/hair lotion
- ☐ Diaper rash ointment
- ☐ Baby wipes
- ☐ Baby hairbrush/comb
- ☐ Nail scissors/cardboard nail file

## Your baby

- ☐ Digital thermometer (not an ear thermometer)
- ☐ 6 hydrophilic washcloths
- ☐ 12 hydrophilic diapers
- ☐ 6 molton diapers
- ☐ 6 burp cloths
- ☐ Diapers
- ☐ Rompers
- ☐ Cotton tops and trousers (size 50-56)
- ☐ Socks
- ☐ Hats
- ☐ Jacket

## For the birth

- ☐ Maternity package
- ☐ 2 buckets, garbage bags
- ☐ Bed risers or crates (to raise the bed height to 75 cm)
- ☐ Warm bedroom
- ☐ Good, bright lighting

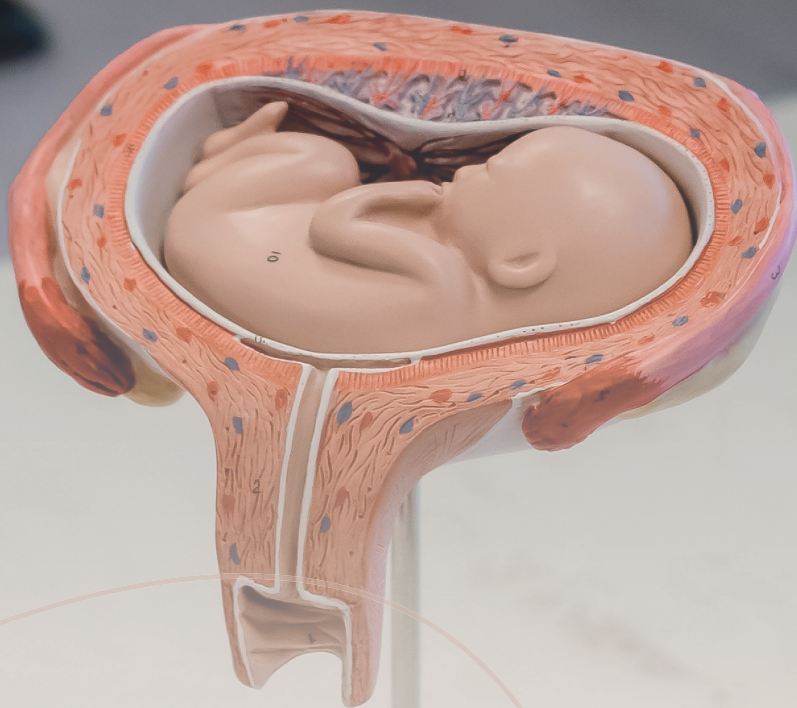
## For Mum and the baby in the hospital

- ☐ Pregnancy calendar, care plan and postnatal care plan
- ☐ 2 cotton T-shirts/nightdress
- ☐ Warm socks
- ☐ Bathrobe
- ☐ Slippers
- ☐ Underwear
- ☐ Toiletry items
- ☐ Nursing bra
- ☐ Clothes for the baby
- ☐ Car seat/Maxi-cosi
- ☐ Baby blanket
- ☐ Baby bath towel

## Getting out and about with your baby

- ☐ Pram
- ☐ Car seat/Maxi-cosi
- ☐ Baby sling/carrier





# Important telephone numbers

## **Kraamzorg**

Liev Kraamzorg Limburg

06 - 5149 8188

[www.lievkraamzorglimburg.nl](http://www.lievkraamzorglimburg.nl)

## **Kraamzus**

088 - 4100 799

[www.kraamzus.nl](http://www.kraamzus.nl)

## **Geboortezorg Limburg**

088 - 9094 000

[www.geboortezorglimburg.nl](http://www.geboortezorglimburg.nl)

## **Echocentrum CVONL**

077 - 3031 820

Phone line open on Monday, Tuesday,  
Thursday and Friday from 9am to 1pm  
[info@cvonl.nl](mailto:info@cvonl.nl)

[www.cvonl.nl](http://www.cvonl.nl)

## **Moeders voor moeders**

0800 - 0228 070

[www.moedersvoormoeders.nl](http://www.moedersvoormoeders.nl)

## **Borstvoeding/Lactatiekundigen**

[www.lonnekesmits.nl](http://www.lonnekesmits.nl)

Lon Thijssen

06 - 3922 9892

## **Zwangerschapsyoga**

[www.bijlidwien.nl](http://www.bijlidwien.nl)

[www.yogabijmirjonne.nl](http://www.yogabijmirjonne.nl)

[www.jayoga-velden.nl](http://www.jayoga-velden.nl)

[www.yogajufjanssen.nl](http://www.yogajufjanssen.nl)

[www.yogastudiohelmie.nl](http://www.yogastudiohelmie.nl)

## **Zwangerschapswemmen**

[www.rodanzwemschool.nl](http://www.rodanzwemschool.nl)

[www.bosbaddemeander.nl](http://www.bosbaddemeander.nl)

## **Zwangerschapsgym/Zwangerfit**

[www.fysiovitae.nl](http://www.fysiovitae.nl)

[www.funqtio.nl](http://www.funqtio.nl)

## **Cesar therapie**

[www.cesar2move.nl](http://www.cesar2move.nl)

## **Haptonomie**

Marleen Dols

077 - 3514 341

## **Mindfulness Zwanger**

[www.het-symbool.nl](http://www.het-symbool.nl)



# Addresses

Our practice offers surgery hours at different locations.



## **Geboortecentrum Venlo**

Professor Gelissensingel 20  
5912 JX Venlo



## **Medisch centrum Lambertus Blerick**

Leeuwerikplein 1F  
5922 VL Blerick



## **Huisartsenpraktijk Maasduinen Velden**

Kloosterstraat 18  
5941 ET Velden



## **Huisartsenpraktijk de Dolgaard Arcen**

Kerkstraat 1  
5944 AL Arcen



# Appointments

Date	Time	Location

## Astrea Verloskundig Centrum

info@verloskundigenpraktijkastrea.nl

www.verloskundigenpraktijkastrea.nl

For non-urgent matters and appointments: from 9am to noon.

When you go into labour, or if you have urgent questions that cannot wait until the next day, you can reach us 24 hours a day. Stay on the line, your call will be redirected.

## See you soon in our practice!

Leonie, Dionne, Karin en Thin.