

## How can you book?

You can ask your GP to refer you or you can refer directly by calling the number below:

<u>Choice of Care</u>	<u>Contact Number</u>
Midwifery Led Unit	049 4376059
Dr Essajee	049 4376130
Dr Syed	049 4376911
Dr Aziz	049 4376133
Dr Farrag	049 4376031

## Other services available in Cavan Maternity

### Early Pregnancy Unit

The Early Pregnancy Unit is a specialist department that looks after women in early pregnancy, with a positive pregnancy test up to 14 weeks gestation and if there are any concerns such as:

- ❖ Vaginal bleeding
- ❖ Pain or cramps
- ❖ Previous miscarriages
- ❖ Previous ectopic pregnancy
- ❖ Previous Molar pregnancy

Self-referral or G.P referral by **appointment only** by calling **049 4376060**

## Antenatal Education

Our antenatal education midwives run antenatal classes for mothers and their birthing partners. We offer evidenced based information to help prepare you for birth and transition to parenthood. Our classes are specifically designed for your needs. Contact: 049 4376541 or speak with your midwife.

### Special Care Baby Unit (SCBU)

The Special Care Baby Unit (SCBU) is situated alongside the postnatal ward in the maternity unit of Cavan General Hospital.

The role of SCBU is to care for all babies who have more than routine care requirements from 30 weeks gestation.

### Perinatal Mental Health Support

A specialist midwife in Perinatal Mental Health is available to all women who attend the Maternity Services. One to one appointments available. Contact: 049 4376434 or speak with your midwife.

### Lactation Specialists

If you are thinking about breast feeding, there is a Midwife Lactation Specialist available to you. We offer lactation classes in the antenatal period and offer support throughout your pregnancy and postnatal period. Contact: 049 4376864.



## Your Choice of Care and Birth Options Cavan and Monaghan Maternity Unit

Midwifery Led Care

Consultant Led Care

Private Consultant Care



## Midwifery Led Care

The Midwifery Led Unit (MLU) is run by a team of experienced midwives who provide care throughout your pregnancy, birth and after the birth of your baby. The MLU is suitable for the majority of women with a healthy pregnancy, no risk factors and no previous obstetric problems.

### **MLU offers:**

- ❖ Flexible allocated antenatal appointments, five days a week with minimal waiting times in the MLU or in St Davnet's, Monaghan
- ❖ The use of the pool during labour
- ❖ Reassurance of nearby obstetric assistance if needed
- ❖ Accommodation in the MLU suite for the duration of your stay
- ❖ Postnatal care at home: this includes early discharge from the hospital and home visits by a midwife to suit your needs

### **Appointments:**

- ❖ Your antenatal care will be shared with your midwives in the MLU and your G.P.
- ❖ You will attend your booking visit with your midwife between 12 and 14 weeks gestation, this will include your medical/surgical/obstetric history and blood tests

### **Ultrasound Scans include:**

- ❖ A dating scan
- ❖ An anomaly scan
- ❖ A growth scan at 32 weeks

## Consultant Led Care

A team of doctors and midwives led by a Consultant Obstetrician provide care throughout your pregnancy, birth and after the birth of your baby. The CLU is suitable for all women regardless of risk factors. The CLU also looks after women who have underlying health conditions or complications in their pregnancy.

### **CLU offers**

- ❖ Antenatal clinics are held in Cavan General Hospital and St.Davnet's, Monaghan
- ❖ The use of the pool during labour
- ❖ Antenatal, labour, birth and postnatal care are provided by an experienced obstetric and midwifery team led by Consultant Obstetricians

### **Appointments:**

- ❖ Your antenatal visits will be shared between the hospital and your G.P.
- ❖ You will attend your booking visit with your midwife between 12 and 14 weeks gestation, this will include your medical/surgical/obstetric history and blood tests

### **Ultrasound Scans include:**

- ❖ A dating scan
- ❖ An anomaly scan
- ❖ Scans as requested by your obstetric team

## Guide for antenatal appointments

MLU/CLU	G.P
12-14 weeks	◇
20 weeks	24 weeks
28 weeks	30 weeks
32 weeks	34 weeks
36 weeks	37 weeks
38 weeks	39 weeks
40 weeks	◇
40 + weeks	◇

## Private Care with Consultant

This fee paying model of care is with your chosen obstetrician and shared care with your G.P.

This model of care is suitable for all women. You will be seen by your Consultant Obstetrician at each appointment.

### **Appointments:**

The consultant obstetrician provides antenatal care in his private clinic.

### **Your Maternity Care:**

- ❖ Antenatal, labour, birth and postnatal care is provided by an experienced obstetric and midwifery team led by your chosen Obstetric Consultant who will be involved in all decisions regarding your care
- ❖ You will be accommodated in a private room should one be available