

midwives  
sage-femmes

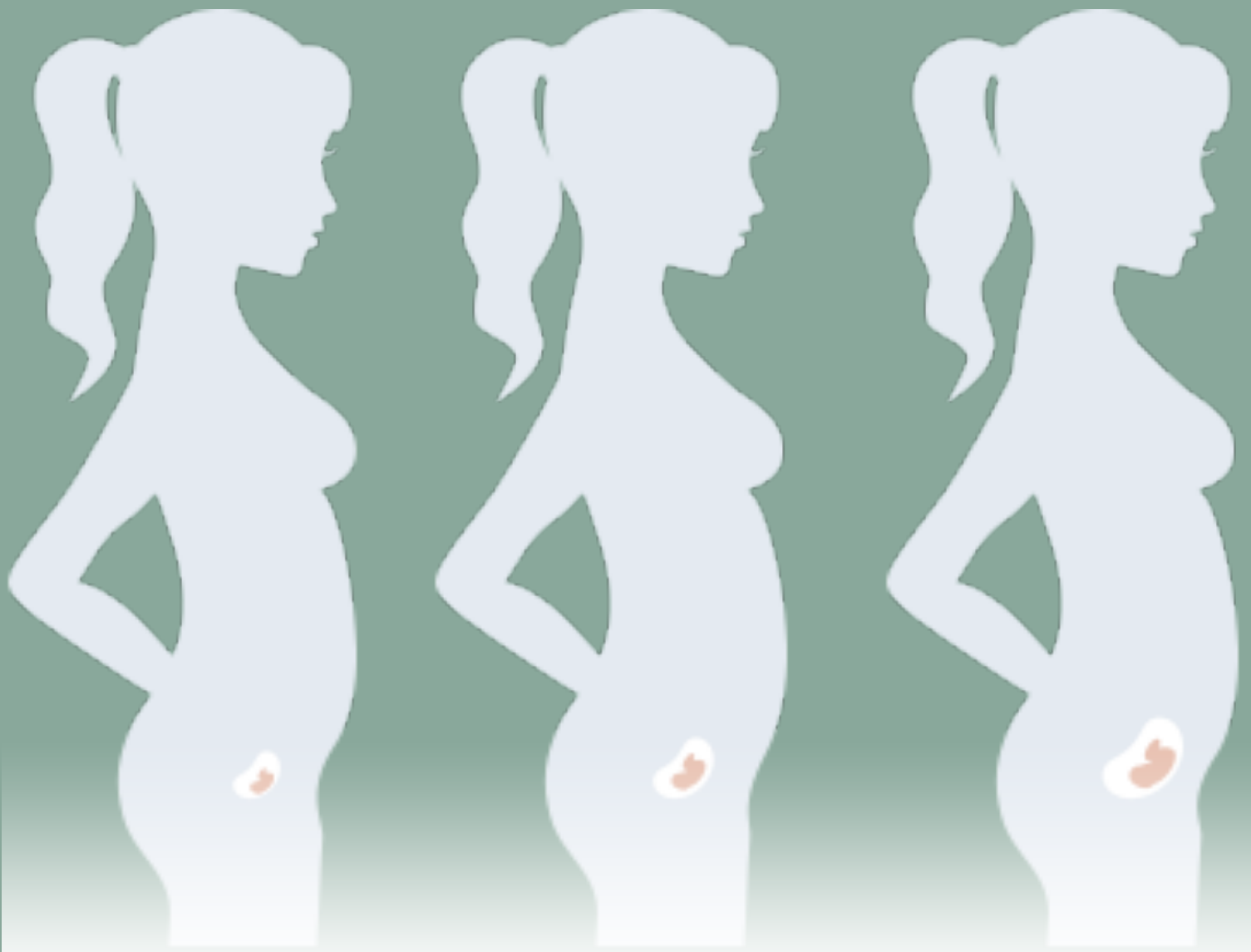


ostetrica  
hebammen

VERLOSKUNDIGEN  
101

# PREGNANCY

## the first trimester



## OUR CARE

Congratulations on your pregnancy! The next months are going to be a special time for you (and your partner). We will walk this path with you and guide and support you. You will be cared for by our small team of midwives and together with you we will aim for a relaxing, stress-free pregnancy, labour and beyond. We offer personal and complete antenatal care at all stages of your pregnancy, birth and beyond tailor-made to suit your specific needs. We strive to provide expectant mothers with a positive and reassuring pregnancy. It is important to build a good relationship in which you can trust us and our care in this most special and exciting time. Our philosophy of care is based on respect for pregnancy as a state of health and viewing childbirth as a normal, healthy, physiological process. Throughout the pregnancy we will ensure timely identification of symptoms that may lead to medical risks, whilst protecting the natural process. We are trained to monitor and signal medical risks closely.

### THE 1ST TRIMESTER

The first trimester lasts from week 1 through the end of week 12. During the first trimester alone your baby changes from a single fertilized cell to the embryo that implants itself in your uterine wall, and becomes a 7cm bundle of growing limbs and body systems. In week 5, your baby's heart begins to beat spontaneously. It will become stronger and more regular. By week 6, the arms, legs and feet start to sprout – and fingers and toes around week 10. At week 8, the intestines will begin forming. The brains and spinal cord begin to form (neural tube). By taking folic acid daily (0,4mg) you can reduce neural tube defects. Buy your folic acid at the drugstore or pharmacy. During early pregnancy you can feel very tired. Rest as much as you can. A healthy diet and exercise might increase your energy. Some women experience morning sickness, it typically plays up by about week 6 of pregnancy. Small but frequent meals might help, as well as getting out of bed slowly in the morning.

### ULTRASOUND SCANS IN PREGNANCY

Finding out that you're pregnant is one of the most memorable moments of your life.

The first few weeks are a time of tremendous excitement; and the 11 week dating scan can feel like a lifetime away. You are probably keen to have an **early scan** in pregnancy to take your first look at your developing baby, confirm you are pregnant and roughly how many weeks pregnant you are, and check all is well before you spread your good news. For this reason, many mums-to-be prefer to have an early scan. If you are at least 6-8 weeks pregnant, it's the chance to assess the viability of the pregnancy; and if all is well, it's also the opportunity to view your baby's heartbeat.

*Verloskundige echo's*  
**EchoAmsterdam**  
*& Vrouwenkliniek*

Book your scan online at [echoamsterdam.nl](https://echoamsterdam.nl)

# the first trimester

## 4+ weeks Pregnant!

Congratulations on your pregnancy! As there will be some changes to your day to day life, you may have some questions. What food to eat and what to avoid? What about exercise during pregnancy? When will you have your first ultrasound scan? What will you need to organise? You can find the answers to most of these common questions on our website. We will guide you through this special time in your life. You can always call us with any questions or concerns.

Don't forget to take your daily folic acid dose until the end of the first trimester.

## 6+ weeks Viability scan

Are you curious and eager not to wait for your due date scan? From 6+ weeks we can show you the first images of your baby. If you can wait a little longer until 7-8 weeks the scan is more reliable as the risk of an early miscarriage is still present at these weeks. This internal viability scan will also show whether the baby is in the right position inside your uterus and whether you are pregnant with multiples. This scan will cost €50, however in some cases the insurance company will cover the costs of this scan (i.e. when you have had a miscarriage before).

## 8 - 9 weeks First midwife appointment

You'll have your first midwife consultation around now. There'll be a lot to cover at this appointment so it may take up to an hour. We'll ask you about your (family) medical history, measure your blood pressure, screen for risk factors and give lifestyle advice. We'll give you information about prenatal screening and go through things that need to be arranged (i.e. applying for "kraamzorg", a maternity nurse at home after birth). Your midwife will explain what tests and care you can expect during your pregnancy. We will discuss how we can support you and your partner through this exciting time, making sure you feel listened to and supported throughout your pregnancy. Of course you'll also have the opportunity to ask all questions you may have.

## 10 - 11 weeks

During the due date scan the baby will be measured from head until crown (crown rump length) to determine your estimated due date. Ideally this is done between 10 and 11 weeks pregnancy. They can detect the heartbeat of the baby and check if there is one baby or maybe more. This scan is covered by your health insurance. **To do:** after this scan it's important to apply for kraamzorg. There are a lot of kraamzorg companies (i.e. [De Kleine Amsterdammer](#), [de Baker](#), [Procure](#), [Kraamvogel](#) and many more). Would you like to sign up for NIPT? Send us an [email](#) after your due date scan.



## 11+ weeks

You can choose to have your unborn child checked for a number of congenital disorders. This is called prenatal screening. You can select two tests: the prenatal screening for Down's syndrome, Edwards' syndrome and Patau's syndrome (NIPT test); and testing for physical abnormalities (Anomaly Scan). You determine if you want to undergo these tests. At your first midwife appointment we will give you extensive information, and we will answer all your questions. Besides the NIPT test, all pregnant women in the Netherlands will receive a routine blood test in the first trimester to check for iron deficiency, hep B, HIV, syphilis and to check your blood type, rhesus c and D factor. The laboratory is situated inside our ultrasound centre Echo Amsterdam. You can just walk in during opening hours.



## 13+ weeks

### First trimester anomaly scan

This is an early extensive anomaly scan in which your baby will be checked for serious physical abnormalities. It's kind of like an early 20 weeks scan. While the NIPT screens for chromosomal abnormalities, both the 13 week scan and the 20 week scan screen for physical abnormalities.



# Healthy lifestyle during pregnancy



## WATER

We advise to drink at least 1,5 – 2 liters of water a day to stay hydrated.

## FRUIT & VEGGIES

200g of veggies and 2 pieces fruit a day. Vary between the sorts and wash them well

## EGGS

You can eat all variations of prepared eggs! Hard boiled, soft boiled, raw eggs in fresh mayonnaise etc. Of course you'd rather not catch the salmonella virus, however it can't be passed on through the placenta so the baby stays safe.

## FOLIC ACID

Folic acid is vitamin B11. It's also in our food (i.e. bananas, oranges, beans, yeast, milk and green veggies). However, you do need extra of this vitamin during your first trimester as the amount in your food will be too low. Take 0,4mg of folic acid daily.

## CHEESE

soft cheese made from pasteurised milk (all hard cheese are also safe to eat)  
gouda - cheddar - peccorino - manchego - parmezan cheese - etc

## FISH

You can eat all sorts of fish, also raw fish like sushi and haring. However, make sure the fish is fresh. Therefor only buy your fish at the fishmonger or sushi restaurant and eat it that same day.

## VITAMIN D

Calcium helps to build and protect strong bones. Vitamin D plays an essential part to absorb calcium from your food. Although your skin already produces vitamin D when exposed to sunlight, we advise to take 10 microgram extra every day throughout your whole pregnancy.

# What to avoid



## **SMOKING ALCOHOL DRUGS**

## **RAW RED MEAT**

Steak - roast beef - ossenworst - filet  
americain - carpaccio - steak tartare

## **CHEESE**

soft unpasteurized / au lait cru cheese  
camembert - brie - roquefort -  
gorgonzola - etc

However not all camembert and brie  
are unpasteurized! Most of them are  
safe to eat. Check the packaging

## **FISH**

Don't eat prepacked or vacuumed  
fish raw. When properly heated, it's  
safe to eat

## **VITAMIN A**

Don't take any vitamin A supplements and  
don't eat too much organ meat (i.e. liver or  
paté). If you have a healthy diet you will get  
enough vitamin A. Too much vitamin A can be  
harmful for the baby

## **CAFÉÏNE**

coffee  
tea (with theïne)  
cola  
energy drinks like red bull

*max 1 cup of coffee a day*



## CONTACT

Our assistent is available Mon to Fri from 09.00 a.m. to 2.00 p.m. to schedule an appointment and non urgent questions

**020 - 47 000 67 (press 2)**

or email us [info@verloskundigen101.nl](mailto:info@verloskundigen101.nl)

Consultations Mon to Fri 09.00 a.m. to 5.00 p.m.  
Morning consultations from of 08.00 a.m.  
Evening consultations from 6.00 p.m. to 9.00 p.m.

## VERLOSKUNDIGEN 101

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[info@verloskundigen101.nl](mailto:info@verloskundigen101.nl)  
020 - 47 000 67



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101**

## WHEN TO CALL?

We are available **24 hours a day, 7 days a week** by phone for urgent concerns (e.g. blood loss, severe fever, feeling unwell).

Midwife on call:

**020 - 47 000 67 (press 1)**

## ECHO AMSTERDAM

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