

midwives
sage-femmes

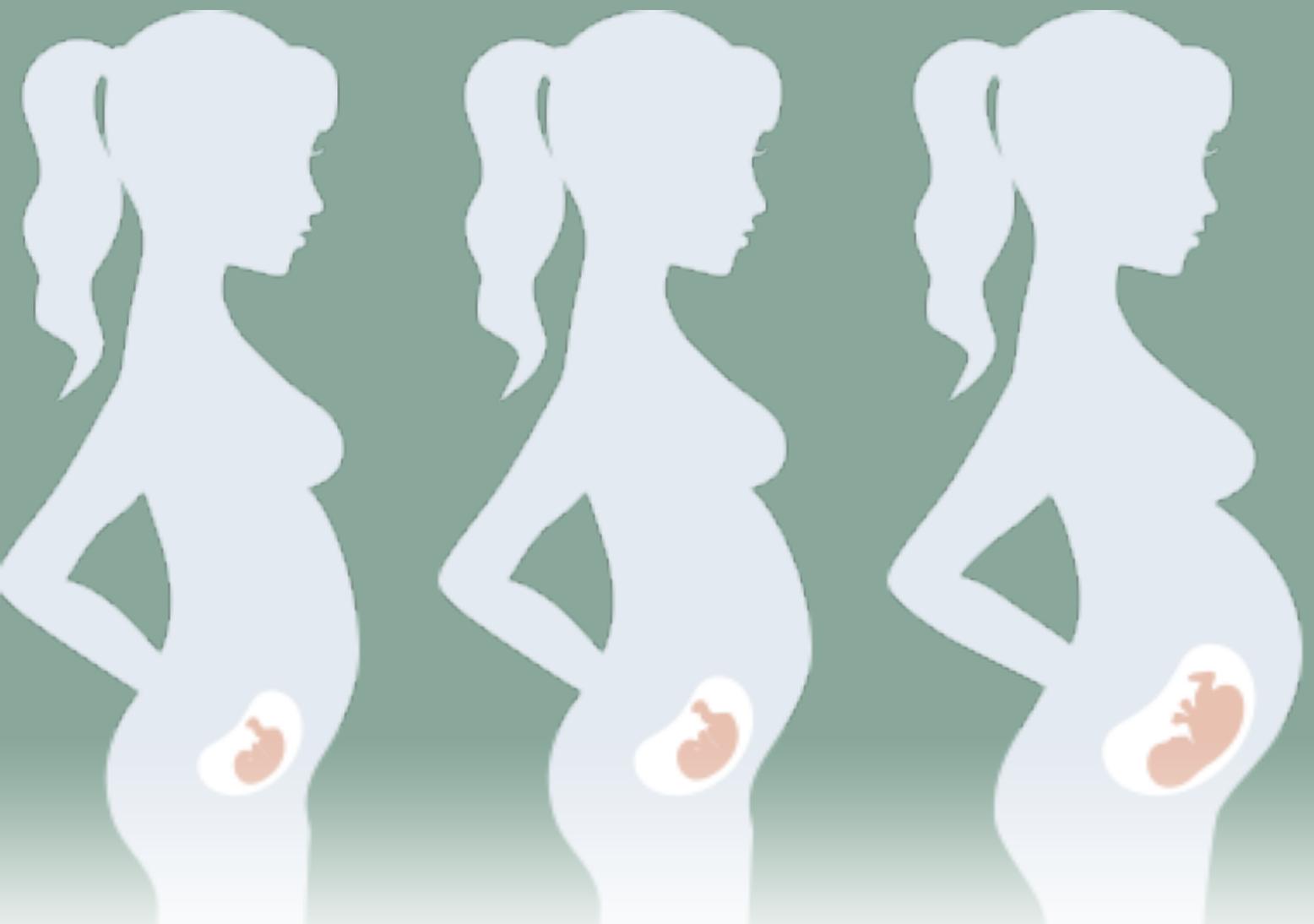


ostetrica
hebammen

VERLOSKUNDIGEN
101

PREGNANT

the second trimester



the second trimester

You've entered the second trimester! Most pregnancy complaints, such as nausea and tiredness have decreased after the first three months and you will have more energy. In the 2nd trimester you'll have midwife appointments as well as the anomaly scan. There are also a few things to arrange which we have organised in this document.



16 weeks

Midwife appointment

In your second trimester we will monitor your health and the fetal growth and heartbeat more closely. During every midwife consultation there is time to discuss possible discomfort/ailment due to the pregnancy and your overall experience of the pregnancy. Of course there will also be time to answer all questions you may have. **To do:** did you arrange **kraamzorg** (maternity assistant after birth) and apply for your **kraampakket** at your insurance company? If not, please do so this week. Also check the information about the whooping cough vaccination and plan an appointment if you wish to do so at the **GGD**.

19 - 21 weeks

Second trimester anomaly

This **anomaly scan** will evaluate the anatomy of your baby. Brain, head, face, spine, heart, stomach, intestines, kidneys, bladder and limbs will be checked. The size of the baby will be measured, the placental position and the amniotic fluid will be assessed. This scan is covered by your insurance company and is also called the "20 week scan".



24 weeks

Midwife appointment

Your baby now weighs up to 600g (1.3lb) and is starting to fill the space in your womb. From head to heel he/she now measures about 30cm. In week 24 you also have a midwife appointment where we discuss the results of your anomaly scan. If you are at risk for gestational diabetes we will refer you to the lab to take a glucose tolerance test (GTT). If indicated we will also refer you for a growth scan. **To do:** Your partner needs to acknowledge your unborn baby to become the child's legal parent. This has to be arranged at the **City Office** in person. Read more about this on the next page.



THINGS TO ARRANGE

APPLY FOR KRAAMZORG

11-16
weeks

Dutch maternity postnatal care (kraamzorg) is quite unique in the world. The maternity nurse will guide and teach you to care for your baby and helps with breastfeeding and bottle feeding at home. She monitors your recovery daily and checks the health of the baby. Click [here](#) to read how to sign up.



PLAN ANOMALY SCAN (20 WEEKS SCAN)

16
weeks

The anomaly scan will evaluate the anatomy of your baby. Brain, head, face, spine, heart, stomach, intestines, kidneys, bladder and limbs will be checked. The size of the baby will be measured, the placental position and the amniotic fluid will be assessed. Click [here](#) to make an appointment.



WHOOPING COUGH VACCINATION

22-28
weeks

Whooping cough is dangerous for babies. You can protect your baby from whooping cough by getting vaccinated yourself during your pregnancy. The vaccine is available starting from the 22nd week of your pregnancy and free of charge. You can get the vaccination in Amsterdam, during a walk-in clinic at the Parent and Child Team (Ouder- en Kindteam). In Amstelland, visit the Well-Baby Clinic (consultatiebureau). Click [here](#) for more information.



ACKNOWLEDGE THE UNBORN BABY

< 24
weeks

In legal terms, if you are unmarried or not in a registered partnership, your child only has one parent: the biological mother. The father or co-parenting mother must first acknowledge the child in order for them to become the child's legal parent. To read more and to make an appointment, check [amsterdam.nl](#). Make sure you have arranged this before 24 weeks (it can take weeks to get an appointment!).

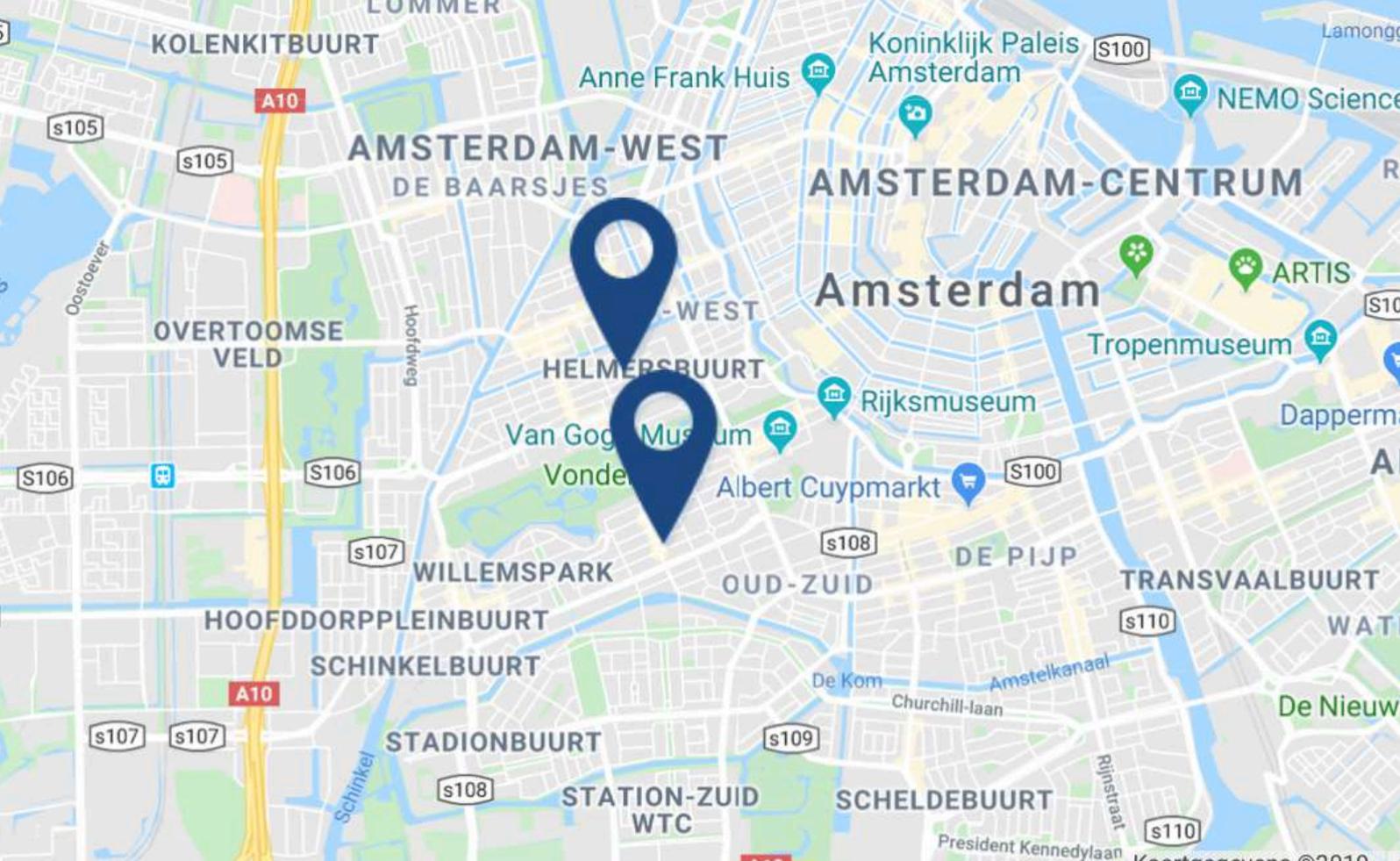


APPLY THE KRAAMPAKKET

16 - 32
weeks

If you have a Dutch insurance it will supply a '*kraampakket*' which is a box of the necessary goods for your delivery (for both home or hospital birth) and postnatal weeks such as pads, gauzes etc. If you have a foreign insurance you can buy it at a pharmacy or at 'Prenatal'.





CONTACT

Our assistant 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

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

VERLOSKUNDIGEN 101

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**VERLOSKUNDIGEN
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)

If you can't get hold of the assistant at the practice and you have a medical non urgent question, you may call the midwife on call or email at info@verloskundigen101.nl

ECHO AMSTERDAM

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