

Patient information

HELIX Antenatal Clinic

Welcome to the Helix Antenatal Clinic

You have been referred to the Helix antenatal clinic. This leaflet contains information about the clinic which we hope you will find useful.

What is the aim of the clinic?

Our service aims to provide specialist antenatal care, centered around the needs of you and your family. The clinic will bring together specialists who will be involved in your care during your pregnancy, birth and beyond.

Why have I been referred?

In Helix antenatal clinic we provide personalized maternity care for a number of issues including:

- Mental Health issues such as significant anxiety and depression, schizophrenia, bipolar disorder or post-traumatic stress
- Young parents
- Complex social factors.

Who will I see at my appointment?

You may be seen by more than one specialist at your consultation, this could include:

- Obstetrician
- A Specialist Midwife, such as the Perinatal Mental Health midwife if applicable
- Antenatal Clinic Midwife
- Doctor in training.

What is offered?

- Listen to you and work with you to develop a personalised antenatal care plan.
- Answer questions that you, or your family, may have about your pregnancy or birth.
- Support your mental health.
- Arrange any additional specialist referrals.
- Counselling about the risks and benefits associated with different modes of delivery.
- Advice on the management of pregnancy symptoms
- Provide information regarding medicines in pregnancy.
- Breast feeding information.
- Advice regarding contraception and sexual health
- Provide information and support regarding housing and benefits, domestic abuse, drug and alcohol abuse.
- Future pregnancy planning.

Our team works closely with the community midwifery team, your GP and partnership agencies including the perinatal mental health team, the health visiting services, family nurse partnership and children's social care.

What can I expect to happen at my appointment?

This will depend on the reason for the referral but may include some of the following:

- Consultation: This will be with one or more of the consultant specialists or the doctors in their team. You will have an opportunity to ask questions and help plan your care.
- Ultrasound scan: You may be offered an ultrasound appointment.
- Physical wellbeing check: Blood pressure measurement and testing a urine specimen.

What about follow up appointments?

Follow up appointments can be with a midwife, obstetrician or a combination of both. You may also see other health care professionals during your pregnancy such as your GP, a dietician, physiotherapist.

West Suffolk NHS Foundation Trust is actively involved in clinical research. Your doctor, clinical team or the research and development department may contact you regarding specific clinical research studies that you might be interested in participating in. If you do not wish to be contacted for these purposes, please email info.gov@wsh.nsh.uk. This will in no way affect the care or treatment you receive.

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (the new name for DisabledGo) <https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>



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