How can I help to reduce healthcare associated infections?
Infection control is important to the well-being of our patients and for that reason we have infection control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. We ask that you, and anyone visiting you, use the hand sanitiser available at the entrance to every ward before coming into and after leaving the ward. In some situations hands may need to be washed at the sink using soap and water rather than using the hand sanitiser. Staff will let you know if this is the case.

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Patient information leaflet
If you require a translation of this leaflet please call the Antenatal Clinic

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What does it mean if my baby seems small?
Small for gestational age refers to a baby that we think has not reached the expected weight/growth for the number of weeks of pregnancy.

How is my baby’s growth monitored?
At each antenatal appointment from 26-28 weeks your midwife or doctor will assess the growth of your baby by measuring the distance in centimetres from the top of your uterus to your pubic bone (this is plotted on a customised growth chart).

Customised Growth Chart
This can be found attached to page 14 of your handheld notes and has been individually adjusted for you and your baby. The graph indicates what should be the normal growth of your baby. More information about this is found on page 12 of your handheld notes.

If your baby is thought to be smaller than expected for the number of weeks of your pregnancy you will be referred to the Day Assessment Unit (DAU) and offered an ultrasound scan within 72 hours.

What to expect when you visit the Day Assessment Unit
Please bring your handheld notes with you, allowing at least 1-2 hours for your appointment and ensure adequate parking time and funds.

A full antenatal examination will be performed if there are any concerns raised by the ultrasound scan. This will include a detailed history of your pregnancy, any medical conditions, or any other concerns, including your baby’s movements.

The midwife may listen to your baby’s heart rate with either a Pinard (fetal stethoscope) or handheld Doppler (sonic aid). An electronic recording of your baby’s heart rate and movements may be performed; this is called a cardiotocograph (CTG).

What will the ultrasound scan (USS) show?
An ultrasound scan (USS) will:
- Check that your baby is growing well and estimate the weight of your baby (there can be 10-15% difference between the scan estimate and actual weight).
- Measure the amount of amniotic fluid around your baby.
- Measure the blood flow from the placenta to your baby through the cord.
- It may also measure the blood flow to your baby’s brain.

All of these measurements enable us to make an assessment of your baby’s growth and wellbeing.

If all of the above observations are found to be normal, you will be transferred back to the care of your Community Midwife or doctor.

If there are any concerns about the growth or wellbeing of your baby you will be offered closer monitoring at the hospital throughout the remaining weeks of your pregnancy. Any proposed investigations or treatment will be discussed with you in detail, but if you have any questions, please do not hesitate to contact either your Community Midwife or a Midwife from the DAU.

Useful Contact Numbers
Antenatal Clinic  01296 316140 (Stoke Mandeville)
Antenatal Clinic  01494 425569 (Wycombe)
Day Assessment Unit  01296 316106 (Stoke Mandeville)

Day Assessment Unit Opening Hours
Monday to Friday  8.00am to 6.00pm
Saturday/Sunday  9.00am to 5.00pm

If you have any comments or suggestions regarding this information leaflet, please contact the Head of Midwifery, Buckinghamshire Healthcare NHS Trust, Stoke Mandeville Hospital, Mandeville Road, Aylesbury HP21 8AL