

THE PREGNANCY PATHWAY



All women with congenital heart disease should be offered pre-pregnancy advice from their Adult Congenital Heart Disease (AACHD) Cardiologist. It is best if the pregnancy is planned.

It is very important that you attend all your midwife appointments throughout pregnancy, **AS WELL AS** your Cardiac Antenatal Clinic appointments.



If you become pregnant you should contact your GP as soon as possible and you will be referred to a community midwife and for a booking scan at around 12 weeks.

CARDIAC ANTENATAL CLINIC

Your GP, or you, can contact your Bristol or Cardiff Cardiologist or clinical nurse specialist to arrange for you to be seen in the Cardiac Antenatal clinic in Bristol or Cardiff.



You will receive a letter with the time, date and location of your appointment in the Cardiac Antenatal Clinic.

CARDIAC ANTENATAL CLINIC

At each Cardiac Antenatal Clinic visit you will see a Cardiologist and Obstetrician, as well as having an ECG, echo and possibly baby scan, depending on your heart condition. A scan of your baby's heart may be arranged.



When and how often you are seen will depend on your heart condition. At each appointment the doctors will write in your handheld maternity notes.



A decision will be made early on about where it is safest for you to deliver your baby. This may be your local hospital or it may be safer for you to deliver in Bristol or Cardiff.



A birth plan will be made with you and the team, detailing the medical advice for the birth of your baby. You can have your own birth plan about what is important for you to go alongside this.



You will meet an anaesthetist later on in pregnancy, who will talk to you about pain relief in labour.



Your baby will be born in either your local hospital or Bristol/Cardiff as planned.



After the delivery you will be on the Maternity Ward but may have an echo and see the cardiology team before you go home. You may need to stay in hospital for up to a week after delivery, depending on your heart condition.



Before you go home, a follow-up appointment will be arranged with your cardiologist.