

## Patient information

# Perinatal mental health antenatal clinic

## Welcome to the perinatal mental health antenatal clinic

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

## What is obstetric consultant led care?

Your midwife or GP will refer you to an obstetrician if they have any concerns about your pregnancy, for example, you had a previous complication in pregnancy or if you have a significant physical or mental health issue. An obstetrician is a doctor who specialises in the care of women during pregnancy and birth. Healthy women with a low risk pregnancy are suitable for midwifery led care.

## Why have I been referred?

The main reasons for seeing women in the perinatal mental health antenatal clinic include:

- anxiety and depression
- schizophrenia
- previous or current psychotic illness
- bipolar disorder
- personality disorder
- birth trauma
- being prescribed psychiatric medications

## **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.

## **Who will I see at my appointment?**

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

- Obstetrician
- Psychiatrist
- Midwife
- Doctor in training

## **What services does the clinic deliver?**

- Work with you to develop a personalised antenatal plan which is shared with your GP, your community midwife team and your mental health team
- Answer questions that you or your family may have about your pregnancy or birth
- Arrange any additional specialist referrals
- Counselling women about the risks and benefits associated with different modes of delivery
- Advice on management of pregnancy symptoms
- Provide information regarding medicines in pregnancy
- Breast feeding information
- Advice regarding contraception
- Future pregnancy planning

Our team works closely with our specialist perinatal mental health midwife, the perinatal mental health team, the community mental health team, your GP, your community midwife and your social worker (if you have one).

## 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 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.

*This is a collaborative clinic run by West Suffolk Hospital Foundation Trust and Norfolk and Suffolk NHS Foundation Trust*

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](mailto: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>

