

The prenatal consultation welcomes you

To :

- listen to you, respond to your questions, give you advice...
- monitor your health (blood pressure, weight...);
- monitor the growth and development of your baby;
- realize a gynecological exam;
- prescribe monitoring examinations and medical tests needed during your pregnancy.

Proposed calendar of visits

1 st pregnancy	2 nd pregnancy and +	Ultra-sounds
6-8 weeks	6-8 weeks	
13 weeks	13 weeks	12 weeks
17-18 weeks	19 weeks	
23 weeks	23 weeks	22 weeks
27-28 weeks	28 weeks	
33 weeks	33 weeks	32 weeks
36 weeks	37 weeks	
38 weeks		
39 weeks	39-40 weeks	
40 weeks		

THE PRENATAL CONSULTATION

QUESTIONS ABOUT YOUR PREGNANCY ?

RESPONSIBLE EDITOR
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REALIZATION
ONE

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Prenatal consultation near you ...

For more information, including the hours, of a prenatal consultation near you, visit www.one.be or call the ONE subregional Administration of your province :

Central Administration : 02 542 12 11 - info@one.be

Brussels : 02 511 47 51 - asr.bruxelles@one.be

Wallon Brabant : 02 656 08 90 - asr.brabant.wallon@one.be

Hainaut : 065 39 96 60 - asr.hainaut@one.be

Liège : 04 344 94 94 - asr.liege@one.be

Luxembourg : 061 23 99 60 - asr.luxembourg@one.be

Namur : 081 72 36 00 - asr.namur@one.be



Chaussée de Charleroi 95 - 1060 Bruxelles
Tél : 02 542 12 11 / Fax : 02 542 12 51
info@one.be - one.be



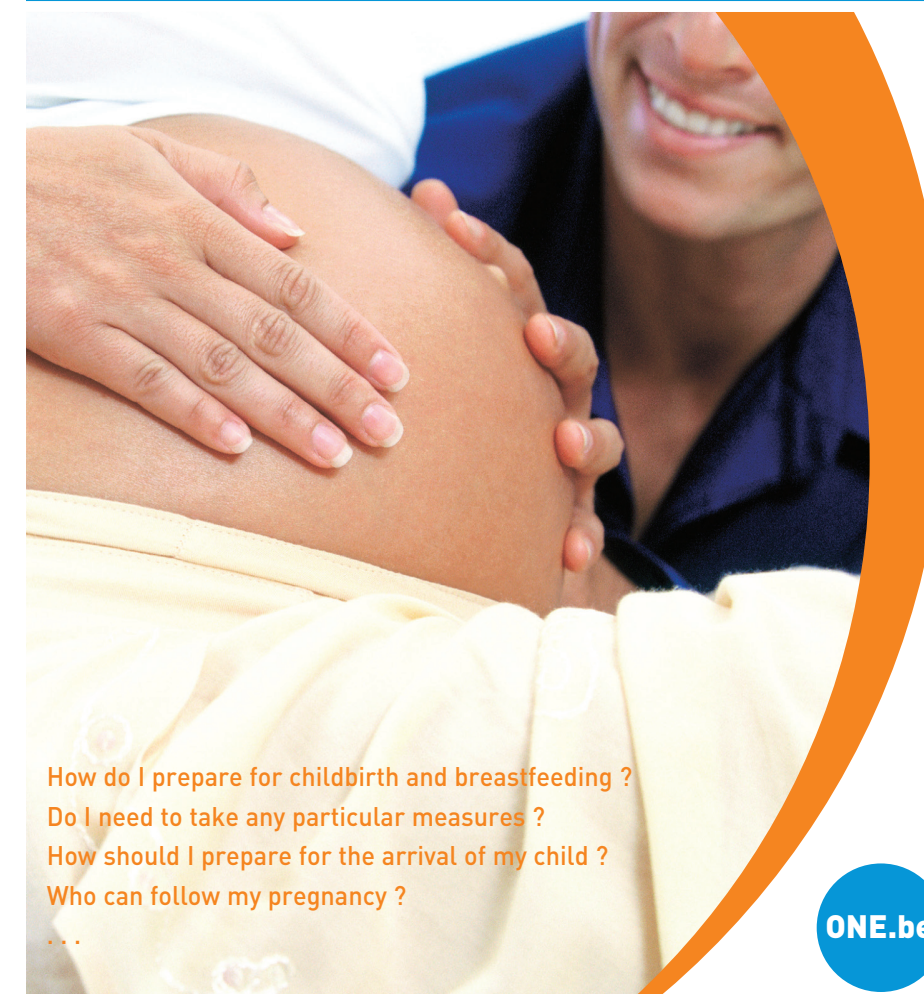
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ONE accompanies you

PRENATAL CONSULTATION

QUESTIONS ABOUT YOUR PREGNANCY ?



How do I prepare for childbirth and breastfeeding ?
Do I need to take any particular measures ?
How should I prepare for the arrival of my child ?
Who can follow my pregnancy ?
...

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Professional Support and Advice

The prenatal consultation is a place open to all future parents.

It is located in your neighborhood or at the hospital.

You will be welcomed by a team of professionals who are trained in prenatal care: a mid-wife, a general practitioner, a gynecologist, and a medico-social worker.

They will be in charge of all social and medical follow-ups for the duration of your pregnancy.

The services at the consultation are free and available to all !



Personalized attention and support



The ONE* medico-social worker (TMS) will propose one or more interviews, either at your home or at the consultation.

During the first interview, you will receive "le carnet 'Devenir parents'", a notebook entitled "Becoming Parents".

This notebook provides information about the services offered in order to respond to your and your child's needs.

The TMS is responsible for supporting you throughout your pregnancy, responding to any and all of your concerns, including (but not limited to) :

- diet, fatigue, work, preparing for childbirth and breastfeeding, administrative/logistical items, social rights...

He/she will also tell you about the activities organized by your prenatal consultation :

- preparation for childbirth and breastfeeding, information nights, support to quit smoking...

*public institution under the Wallonia-Brussels Federation.

Quality medical follow-up

The consultation team will monitor your pregnancy, ensuring the health of you and your baby.

You will be informed about all hygiene and prevention measures for an optimal pregnancy. Three ultrasounds will be prescribed and conducted outside of the consultation. At your first visit, you will receive the "**Carnet de la mère**", or the "**Mother's Notebook**", a diary of your pregnancy.

Keep it in a safe place! It will serve as a link between all of the health professionals that will support you during those 9 months, and will be a source of important information.

In case of difficulty ?

Professionals will be at your side when you experience a problem with your pregnancy and need a professional medical opinion.

In this case, the prenatal consultation will guide to you a hospital in your neighborhood or any other hospital of your choosing.

In case of illness, you can also call your general practitioner.

