

Child’s Details

Child’s Name.....

Gender ☐ Male ☐ Female

Date of Birth

D

D

M

M

Y

Y

Y

Y

Place of Birth.....

Birth Weight.....

Discharge Weight.....

Birth Length.....

Head Circumference.....

Apgar Score ☐ / 10 at 1 min ☐ / 10 at 10 min

Gestational Age at Birth (weeks).....

Type of Delivery.....

Complications.....

.....

Parent’s Details

Mother’s Name.....

Contact Number

Father’s Name

Contact Number

Blood Group (Mother)

Blood Group (Baby)

Child’s Doctor.....

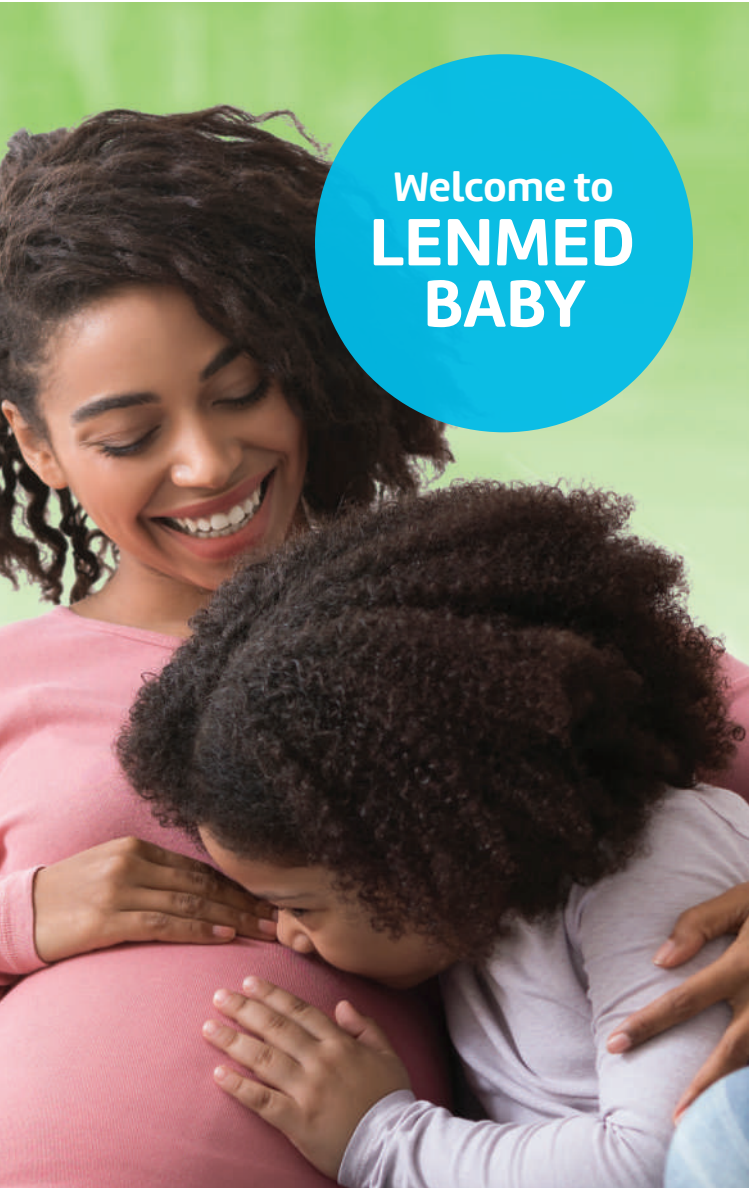
Doctor’s Contact Number.....

Doctor’s Address.....

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Vaccine Schedule

Age	Vaccination	Date	Signature	Batch Number	Return Date
BIRTH	OPV – Oral Polio Vaccine				
	BCG – Tuberculosis Vaccine				
6 WEEKS	OPV – Oral Polio Vaccine				
	RV – Rotavirus Vaccine				
	DTaP-IPV/Hib – Diphtheria, Inactive Polio, Haemophilus Influenzae Type B Vaccines				
	HBV – Hepatitis B Vaccine				
	PCV – Pneumococcal Conjugated Vaccine				
10 WEEKS	DTaP-IPV/Hib – Diphtheria, Inactive Polio, Haemophilus Influenzae Type B Vaccines				
	HBV – Hepatitis B Vaccine				
14 WEEKS	RV – Rotavirus Vaccine				
	DTaP-IPV/Hib – Diphtheria, Inactive Polio, Haemophilus Influenzae Type B Vaccines				
	HBV – Hepatitis B Vaccine				
	PCV – Pneumococcal Conjugated Vaccine				
9 MONTHS	Chicken Pox Vaccine				
	PCV – Pneumococcal Conjugated Vaccine				
12 MONTHS	Measles Vaccine				
	HAV – Hepatitis A Vaccine				
15 MONTHS	MMR – Measles, Mumps and Rubella				
18 MONTHS	DTaP-IPV/Hib – Diphtheria, Inactive Polio, Haemophilus Influenzae Type B Vaccines				
	Measles Vaccine				
6 YEARS	Td Vaccine – Tetanus and Diphtheria				
10 YEARS	Cervical Cancer Vaccine				
12 YEARS	Td vaccine – Tetanus and Diphtheria				
	DTP Booster				
OTHER					



VACCINATION RECORD

Welcome to Lenmed Baby!







The Lenmed teams congratulates you on your pregnancy and is here to assist you on your journey to welcome your baby into the world.

This pamphlet has been carefully compiled by our team to ensure you enjoy this special time. Here is the token to for obtaining your Lenmed Baby bag and your 4D scan (at select hospitals).

If you have any questions, please do not hesitate to contact our Customer Relations Officers or our Maternity Unit Managers at each of our hospitals. You may also email our Customer Relations Department at the Lenmed Head Office at any time on info@lenmed.co.za.

Warm Regards,
The Lenmed Family

What to expect

	CONFIRMATION OF PREGNANCY By sonar, blood test or urine test
	AT 16 WEEKS Visit gynaecologist for genetic tests (<i>this depends on the doctor and the patient history</i>)
	BLOOD TESTS Do blood group testing, HIV status and baseline blood tests (<i>e.g. haemoglobin</i>)
	REGULAR CHECK-UPS Visit your gynaecologist every 6–8 weeks
	FROM 28 WEEKS Visit your gynaecologist every 2 weeks
	FROM 36 WEEKS Visit your gynaecologist weekly

First Trimester

WEEK 04	Parts of baby's body start to develop.
WEEK 05	Baby's heart and circulatory system start to develop. You may now confirm your pregnancy!
WEEK 06	Baby's face starts to take shape.
WEEK 07	Your breasts are growing and beginning to be tingly and achy.
WEEK 08	Baby starts moving. Morning sickness may start.
WEEK 09	Baby is building muscle. You may feel tired.
WEEK 10	Baby is building bones and cartilage. The heart is beating at a rate of 180 beats per minute. Eyes are easily recognisable behind sealed lids and the external ears have started to grow. You should increase fibre intake to cope with pregnancy constipation.
WEEK 11	Baby is starting to look more human. Facial bones are completely formed and the eyes are fully developed and remain tightly closed.
WEEK 12	A fine layer of hair covers most of the body. Arms and legs can clearly be seen and the foetus is moving quite vigorously.
WEEK 13	Baby is about half the size of a peach. The heart is fully functional and beating at 110 to 160 per minute. The foetus makes reflex responses to external stimuli

Second Trimester

WEEK 14	Hair starts to sprout on baby's head, eyebrows and body. First trimester symptoms should ease up a little.
WEEK 15	Baby is kicking legs and flexing elbows. Blood vessels and bones can be clearly seen. Eyes are now positioned at the front of the head with eye lids closed and the foetus starts becoming aware of bright light beyond the abdominal wall.
WEEK 16	Baby's eyesight and eyelashes are developing. All the connections between the brain, nerves and muscles have been made.
WEEK 17	Baby is starting to suck and swallow.
WEEK 18	Baby's movements may be becoming more noticeable. Your back may be getting increasingly tired.
WEEK 19	Baby's skin now has a protective coating. You may be battling with leg cramps.
WEEK 20	You can now find out whether baby is a boy or girl. The ears are perfectly formed and foetus can hear loud sounds from the world outside.
WEEK 22	Unique finger prints and toe prints start to form. Hands grasp firmly on to any object they encounter. The foetus responds to noises inside and outside the mother's body. The eyelids start to open and a cycle of sleeping and waking starts to develop.
WEEK 24	Baby's facial features are filling out. Your belly button may pop out!
WEEK 26	Baby opens eyes! Foetal heart rate has slowed to 140 – 150 beats per minute. Baby has started to make breathing movements.

Third Trimester

WEEK 27	Foetus grows in length and weight increases. Fingernails and toe-nails can be clearly seen.
WEEK 28	Baby has started blinking.
WEEK 29–32	Baby's body and brain is growing fast now. Your breathing room may decrease and you may experience some Braxton–Hicks contractions.
WEEK 33	Baby's immune system is boosted. The eyes are opening and closing and pupils can contract and dilate in response to light.
WEEK 34	Sucking reflex becomes properly established. Baby will suck its thumbs and fingers.
WEEK 35	Baby's brain grows more. You may experience more pressure on your bladder.
WEEK 36	You may experience an aching tired body.
WEEK 37	Baby is preparing for birth by sucking, turning and breathing in the womb. Lungs are fully mature.
WEEK 38	Baby produces surfactant to assist with first few breaths. Foetal heart rate 120 – 160 per minute In boys, testes descend into the scrotum. You are producing colostrum, the precursor to breast milk.
WEEK 39	Baby's brain development is in high gear. The circumference of the baby's head is as big as its abdomen. You may start to experience signs of labour.
WEEK 40	The official end of your pregnancy – although your baby may not agree!

Important Pregnancy Information

Healthy living

- ✓ Maintain good personal hygiene
- ✓ Do not take over the counter or traditional medication
- ✓ Include a variety of vegetables and fruit in your diet
- ✓ Do not eat ice (*this can cause anaemia*)
- ✓ Do not eat soil (*refer to clinic*)
- ✓ Do not smoke or drink alcohol. You will put your baby at risk of Foetal Alcohol Syndrome and Intra–Uterine Growth Restriction
- ✓ Avoid oily, spicy or salty foods (*these can cause hypertension*)
- ✓ Include mild exercise in your daily routine as recommended by your clinic sister (Registered Nurse)

Danger signs during pregnancy

The following symptoms should be reported to the nearest hospital/ baby clinic sister immediately. Visit your to Maternity Unit (*if booked*) or go to a Lenmed 24HR Accident & Emergency Unit (*if unbooked*)

- ✓ Vaginal Bleeding
- ✓ Draining of liquor
- ✓ Lower abdominal pains
- ✓ Reduced foetal movement
- ✓ Severe headache with other symptoms like blurred vision, epigastric pain, dizziness, swollen legs, vomiting, gastro/diarrhoea, loss of appetite and constipation
- ✓ Yellowish–green discharge that is offensive, smelly and/or itching
- ✓ Vaginal warts or swollen labia

Trauma

Report and go to an Lenmed 24HR Accident & Emergency Unit/ Maternity Unit for an assessment if you have suffered a fall or were involved in a vehicle accident.

Doctors and Clinic Visits

- ✓ Do not neglect your doctor / clinic visits
- ✓ Take medication strictly as prescribed by the doctor. Do not make any adjustments on dosages yourself
- ✓ Know your medical history and last menstrual period
- ✓ Consult your gynaecologist before attending traditional healers and/ or using traditional medicines

Signs of labour

- ✓ Severe lower abdominal pain that comes and goes (2–3 in 10 minutes). Go to your maternity department for an assessment
- ✓ Show: blood–stained mucus plug
- ✓ Draining of liquor. Feeling of being wet. Observe the colour
- ✓ Vomiting
- ✓ Backache
- ✓ A pressing feeling on pelvic bone
- ✓ Frequent passing of urine