Maternity activities in Caithness

NHS Highland
na Gàidhealtachd

Antenatal Activities

You'll have your booking appointment and regular check ups with your midwife. Home visits can be arranged if needed.

You can have your Routine Ultrasound scans for pregnancy.

Early pregnancy scanning and screening - offered by dedicated screening midwife.

Early pregnancy services and support of early pregnancy loss.

Face to face obstetric consultant offers local antenatal clinics and Near Me appointments when required.

Aqua-natal relaxation classes at the local pools.

If you need extra checks, such as blood pressure monitoring, blood tests, CTG monitoring or diabetes screening. These are all available at Caithness CMU.

A midwife who is trained in non-medical prescribing can prescribe you medications if you need them.

Your **IFSW** will discuss feeding.

Antenatal preparation for parenting and birth sessions. To support families either individually or in small groups.

Unscheduled Midwifery Care (24/7)
If you have any concerns like altered baby movements, pain, bleeding, or think you might be in labour; care is available locally:

- **09:00–17:00:** Call 01955 880 330
- **Out of hours:** Contact Raigmore Maternity Triage on 01463 705 284

A midwife will assess if an ambulance transfer with a midwife escort is required for you.

Birth and Postnatal Care

A Birthing pool is available.

Local Birth options: You can give birth in the CMU or at home .

Our team will support **local CMU births** or **home births** with personalised care plans that reflects your choices, preferences and needs.

Our staff can carry out a new born pulse oximetry if there is a screen.

Your midwife will support your contraceptive choices which includes injecting implants locally.

Baby massage sessions.

Routine post birth care will be offered to your family in your home environment.

Our staff can provide hearing screening checks for your baby.

Midwives can carry out routine examinations on the newborn **(NIPE).**

Dedicated **IFSW** to support your and your baby.

Infant feeding support is offered routinely by all staff.

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