



VERLOSKUNDIGENPRAKTIJK
OOSTELIJKE EILANDEN

What do you need take care of after the intake?

Welcome to the Verloskundigenpraktijk Oostelijke Eilanden. You just had the intake and that's why we give you this list. You have probably got a lot of information. It can be nice to have a list with all the things that you now need to take care of, or have to plan. Here you have

an overview of the things you can take care of, or can do in the weeks to come. It's useful to wait until after the term ultrasound, because for a number of things, you need a reliable due date.

10 - 14 weeks

- Make an appointment for a blood test at the OLVG or SALT for the standard blood test for pregnancy and, if you have chosen to do so, the NIPT blood test.

www.olvg.nl/bloedafname, www.salt.nl

- Make an appointment for a 13-week ultrasound (if you have chosen to do so)
- Make an appointment for a 20-week ultrasound (if you have chosen to do so)

Ultrasound practice Echopunt www.verloskundecentrumoost.nl

Before 16 weeks

- Register for Maternity Care (Kraamzorg) via website or telephone. Check out our website for a list of maternity care agencies

Before 24 weeks

- Look for pregnancy courses and sign up. Some courses are quickly overbooked so it is recommended not to wait too long. Check our website for an overview of pregnancy courses.

- Apply for a maternity box via your health insurance

Other

- Acknowledging the unborn child if you are not married or have no registered partnership. This must be done before the birth. www.amsterdam.nl (erkenning (acknowledging))

- Arrange childcare

- Arrange maternity leave or apply for a ZEZ benefit if you are self-employed. www.uvw.nl (ZEZ uitkering), www.rijksoverheid.nl (zwangerschap en arbeidsomstandigheden (pregnancy and working conditions))