

When you need a special plan for birth and your baby's care - ADAM Clinic

Maternity Department
Information for Patients

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Introduction

You have been invited to the Antenatal Diagnosis and Management (ADAM) Clinic to talk about a care plan for birth and your baby.

This plan will cover:

- your pregnancy
- your baby's birth
- care after your baby is born

We usually invite you because scans or tests show your baby may need specialist care after birth. If you have questions about why you have been invited please speak to your consultant or midwife.

Our aim is to:

- give clear information
- support you
- make a personal plan for you and your baby

You are welcome to bring your partner and/or another support person.

The clinic takes place in the Antenatal Clinic on the ground floor of the Kensington Building at Leicester Royal Infirmary.

Who you may meet

A group of 3 to 8 healthcare professionals may be at your appointment. This allows different specialists to talk with you about your baby's care. This may seem a lot of people but each has an important part in planning care for you and your baby.

You will meet:

- a fetal or obstetric specialist (a doctor who cares for pregnant people)
- a neonatal specialist (a doctor who cares for newborn babies)

You may also meet other specialists, such as:

- a heart doctor (cardiologist)
- a children's surgeon (paediatric surgeon)
- Specialist nurses and midwives

Who you meet at the clinic depends on your baby's condition. All staff will introduce themselves and explain their role. As this is a teaching hospital, trainees or students may also attend.

Planning for birth

We will talk with you about what may happen during labour and birth. Every plan is made for your situation.

Where possible, we aim to support special moments after birth, such as:

- delayed cord clamping
- holding or touching your baby
- your birth partner cutting the cord
- taking photographs
- support with expressing breast milk

We will also explain who may be present at the birth and why.

Place and timing of the birth

We will talk to you about where and when your baby should be born. We will try to follow the plans we have made with you. Sometimes plans have to change because;

- Your labour starts early
- There is an emergency such as bleeding

If this happens, and you live outside of Leicestershire, you need to go to your nearest maternity unit first. Here they can assess you before transfer to Leicester if needed. In some cases, babies can safely be born and cared for at your local hospital.

Type of birth

Whether a vaginal birth or caesarean birth is recommended depends on:

- your health and earlier births
- your baby's condition
- your preferences

We will talk to you about your planned type of birth in the clinic.

Your baby's care plan

Every baby is different. Your baby's care plan will be made for their own needs.

The plan is developed with specialists. These specialists will be involved in caring for your baby before and after birth. We will talk to you about the plan before the birth. This plan may be reviewed once your baby is born.

Communication

The agreed care plan will be recorded in your electronic medical record. All maternity and neonatal teams will be aware of it. We will always involve you in decisions about your baby's care.

If you have chosen a name for your baby, we will use your baby's name if you wish. Our team looks after babies with a wide range of conditions. We are here to support you with both medical care and emotional support.

Questions

You may have many questions. It can be helpful to write these down before your appointment so we can talk about them during the clinic.

More information for parents

Some babies need care on the neonatal unit, information is available here:

[Neonatal Services - University Hospitals of Leicester NHS Trust](#)

You can watch a short video about the Neonatal Unit at Leicester Royal Infirmary here:

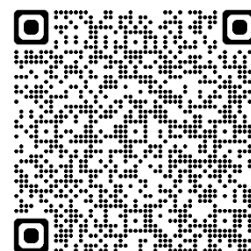
<https://www.emnodn.nhs.uk/leicester-royal-infirmary>

Some babies with heart conditions may be cared for in the Children's Cardiac Ward. You can see information here:

<https://www.emchnetwork.nhs.uk/en/page/east-midlands-congenital-heart-centre>

You can get more information about the neonatal unit here:

Welcome to Neonatal Services



You can get more information about fetal medicine services here:

[Fetal medicine - University Hospitals of Leicester NHS Trust](#)

You can get more information about general maternity queries including induction of labour and caesarean section here:

[Health for Under 5s | For healthy, happy early years](#)

Contact details:

If you need to change your appointment, please contact the appointments team using the details on your appointment letter.

For general enquiries, you can contact the maternity hospital on **0116 258 6111** and choose the option that is right for you.

Health information and support is available at www.nhs.uk or call 111 for non-emergency medical advice

Visit www.uhleicester.nhs.uk for maps and information about visiting Leicester's Hospitals.

To give feedback about this information sheet, contact uhl-tr.informationforpatientsmailbox@nhs.net

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸے دوسرے زبان میں چاہتے ہو، تو 'کری' کر کے 'ਤੇ' ٹیلی فون کریں۔
إذا كنت ترغب في الحصول على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો.

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email uhl-tr.equalitymailbox@nhs.net

We are a research hospital and you may be asked to take part in research