



Lotus Wellness  
Gynaecology | Obstetrics | Counselling

**Office number:** (246) 435-2020

**Office mobile/What's app:** (246) 243-4127

**Emergency number:** (246) 231-1647

**Fax number:** (246) 427-0179

**Email:** [team@lotuswellnessbarbados.com](mailto:team@lotuswellnessbarbados.com)

**[www.lotuswellnessbarbados.com](http://www.lotuswellnessbarbados.com)**

**PATIENT INFORMATION**  
ANTENATAL INFORMATION

**Dr. Tracy Archer**

Obstetrician | Gynaecologist



(You can tick as each is discussed)

### **First visit**

Folic acid supplementation

Food hygiene how to reduce the risk of a food acquired infection

Lifestyle advice, including smoking cessation, and the implications of recreational drug use and alcohol consumption in pregnancy

All antenatal screening, including the anomaly scan and screening for Down's syndrome, as well as the risk and benefits of the screening tests

### **Midwife appointment**

How the baby develops during pregnancy

Nutrition and diet

Exercise, including pelvic floor exercises

Place of birth

Breastfeeding, including any workshops including technique and good management practices.

Antenatal classes

All antenatal test (if results are back)

### **Before or at 36 weeks**

Breastfeeding information

Preparation for labor and birth, including information about Recognition of active labour

Postnatal self-care

Awareness of baby blues and postnatal depression

### **At 38 weeks**

Options for management of prolonged pregnancy.