



Welcome to the Preterm Prevention Clinic (PPC)

Your team consists of:

Mani Malarselvi - Specialist PPC Lead Consultant
Shalini Patni - Specialist PPC Consultant
Emma Stansfield - Specialist PPC Consultant
Afsheen Mahboob - Specialist PPC Consultant
Mustafa Elgasim – Specialist PPC Consultant
Sarah Harman – Specialist Midwife Sonographer
Kirsty Ferrara – Specialist Midwife Sonographer
Sara Land- Preterm Lead Midwife
Tracey Ashford - Specialist PPC Midwife
Ann Horne - Specialist PPC Midwife
Ionela and Justina - Maternity Support Worker

Important information

This service is based at **Heartlands Hospital** in the Princess of Wales Women's Unit - linked to the Day Assessment Unit. See individual appointment letter to confirm the exact location of your appointment.

Please allow extra time for parking, to ensure you arrive promptly for your appointment, as late attendance may result in your scan having to be rescheduled.

Routine antenatal checks will be performed at **every** appointment. You will be asked to provide a fresh urine sample and a low vaginal swab (you will be told how to do this by the clinic staff) on arrival at each appointment with the PPC team. This is to identify signs of infection so they can be promptly treated.

You will be seen first by the PPC midwife, followed by a PPC Consultant. Occasionally, there may be delays to your appointment time due to the complexity of this clinic, we apologise for this in advance, so please allow up to one to two hours for your appointment.

You will need an empty bladder, as you will be offered an internal ultrasound scan. You will be asked to remove your underwear for the examination, and you will be covered with a sheet to maintain your dignity and privacy. A special slim probe is placed into the vagina. The vaginal probe is cleaned before and after each use, covered with a protective probe cover, and lubricated with sterile jelly, to make the insertion into the vagina more comfortable. It is a painless examination. The examination is safe during pregnancy.

Both male and female sonographers are employed by the Trust and work within the PPC team. Please be aware that when you attend for your PPC appointment, we are unable to guarantee that the scan will be performed by a female sonographer. If you decline a scan on these grounds,

you have the option to be rebooked. Please be aware that there is no guarantee of being put onto a female sonographer's scan list at the rebooked appointment, and this may risk your scan not being performed during the optimum timeframe.

Please ensure you have read the patient information leaflet prior to your appointment, which outlines some of the potential treatment you may be offered under this clinic.

Your electronic **BadgerNet Record** will be used throughout your pregnancy by the team. Please download the BadgerNet App so you can access your record, if you have not already done so. Your community midwife should have provided you with a link and password at the start of your pregnancy.

Voicemail - If you do not currently have a voicemail set up on your mobile phone, we ask that you set one up (which includes your name) to enable our team to leave you a voicemail if required.

Transvaginal ultrasound scanning

During your appointment with the Preterm Prevention Clinic (PPC)

During your appointment with the Preterm Prevention Clinic as part of your assessment with the consultant/specialist midwife, you will be offered a vaginal scan at each appointment where we can assess the cervix (neck of your womb). It will help us to measure the length of your cervix, identify any changes in the cervix which can lead to preterm birth and in these circumstances an individualised plan will be made with you.

What is a trans vaginal scan (TVS)?

A transvaginal ultrasound scan is a type of ultrasound that uses a probe inserted into the vagina to create an image of the pelvic organs, including the uterus, ovaries, fallopian tubes, and cervix. This allows us to see these organs more clearly compared to a standard abdominal ultrasound. In PPC we will **only assess the cervix** (neck of the womb).

Procedure

1. Preparation:

You will be asked to empty your bladder (have a wee) before the scan, and you will be asked to undress from the waist down.

2. Insertion of the probe:

- A thin, lubricated probe is inserted into the vagina. The probe is cleaned and disinfected for every individual patient.
- The procedure may be mildly uncomfortable, but it should not cause pain.

3. Scanning:

The probe works by emitting sound waves that we cannot hear, and the echoes are converted into pictures on a monitor.

4. Interpretation:

The consultant/specialist midwife will interpret the images and explain the findings to you, before you leave the department.

We will ensure that you feel comfortable throughout your assessment with the PPC team. You will be offered a cover to place over your legs during the assessment.

Department address and contact information:

University Hospital Birmingham
Princess of Wales Unit
Maternity
Heartlands Hospital
Birmingham
B9 5SS

Useful telephone numbers and websites

- **Maternity Reception** 0121 424 42682
- **Heartlands Hospital Delivery Suite** 0121 424 3514 or 0121 424 2710
- **Heartlands Hospital Antenatal Triage** 0121 424 2729
- **Heartlands Hospital Antenatal Clinic** 0121 424 0730
- **Good Hope Hospital Delivery Suite** 0121 4247713
- **Good Hope Hospital Maternity Assessment Clinic** 0121 424 2729
- **Good Hope Hospital Antenatal Clinic** 0121 424 7637

Accessibility

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