

Midwife appointment

A midwife is an independent specialist who helps, instructs, monitors and advises women throughout their fertile life – before pregnancy, during pregnancy, in childbirth and in the postpartum period, they assist in breastfeeding, prepare women for the parental role, give advice on sex education and family planning and take part in prevention work related to the gynaecological field.

Nearly 140 midwives work at the Women's Clinic of East Tallinn Central Hospital.

Midwives hold independent appointments. If necessary, they will consult a gynaecologist or refer the patient to an appropriate specialist.

Pregnancy appointment – the midwife of the maternity clinic detects the pregnancy, takes initial analyses, plans the analyses and examinations necessary during the pregnancy (first trimester screening, ultrasound of foetal anatomy). In addition, the midwife monitors and advises the pregnant woman throughout the pregnancy and can give advice on various problems.

Youth appointment – the midwife of the youth office advises young people under the age of 26 on sexual health issues, introduces contraceptive methods, advises on pregnancy-related topics, etc.

Infertility centre midwife appointment – the midwife advises in the case of infertility problems and arranges the necessary analyses.

Appointment for patients with breast complaints – the midwife advises on breast health issues and, if necessary, organises investigations.

Cervical cancer screening – a midwife takes the PAP test from the cervix and advises on the topics related to cervical cancer.

Breastfeeding counsellor's appointment – the midwife and breastfeeding counsellor reviews the condition of the breasts and the child's breastfeeding behaviour, checks the child's weight gain, shows correct breastfeeding techniques, shares recommendations on giving the child age-appropriate supplementary food and helps wean the child from breastfeeding.

Gestational diabetes appointment for pregnant women – pregnant women who have been diagnosed with gestational diabetes are referred to a midwife. During the counselling session, information about the disease and nutritional advice are shared and the patient is taught how to measure blood sugar. Further monitoring will be agreed on.

Vaccination against HPV (human papillomavirus) – at the appointment, the midwife will advise you on HPV vaccinations and administer the HPV vaccine.