

## Antenatal Care is Important

Regular antenatal care will help you and your baby by giving you information and the right screening tests, preventative care and treatments at the right times. The number of visits for a healthy pregnancy and childbirth depends on your individual situation.

**\*Keep your pregnancy record with you\***

Will you have your baby in Wagga Wagga? Book in, this is a free appointment to prepare for your birth. You will be given handout information and your hospital records will be started. A midwife will discuss consent forms and education classes.

### Pregnancy Care & Education Centre:

PCEC ☎ 6938 6425

**All women should "Book in" at Wagga Wagga Base Hospital (WWBH) PCEC at 12-14 weeks of pregnancy**

### Choose Your Shared Care Model

#### ➤ GP Obstetrician Care

Do you plan to give birth in Cootamundra, Temora Tumut, Narrandera or Leeton? Start your visits with a GP obstetrician, who will contact Wagga Wagga Base Hospital if your pregnancy is high risk.

#### ➤ GP Antenatal Shared Care

Most visits in a normal pregnancy are with your Shared Care General Practitioner, listed on this brochure. Visits to the PCEC are 12 & 28 weeks to a midwife, 36 & 41 weeks to an obstetrician.

#### ➤ Midwife Care

Visits in a normal pregnancy are with a midwife at the PCEC from 12 weeks, and with an obstetrician at 36 & 41 weeks. There is no cost.

#### ➤ Riverina Medical & Dental Aboriginal Corporation:

Visit the midwife, Aboriginal Health Worker, shared care GP, diabetes services, transport available.

#### ➤ Adolescent Pregnancy Support

Are you under 20 years old? Midwife visits are with the Pregnancy Support Midwife at the PCEC.

#### ➤ Aboriginal Mothers/Babies Services

**WWBH Services:** Visit the midwife and Aboriginal Health Worker at the PCEC from 12 weeks.

## Antenatal Education Classes, WWBH

**Antenatal Classes prepare you for the arrival of your new baby.** WWBH classes cover normal labour and coping skills; pain management; breastfeeding; baby's first few days; parenting skills; caesarean birth and a tour of the birth suite. Classes usually run from 28 weeks and are held at PCEC from 9am - 2pm for two Saturdays.

**Adolescent Pregnancy Support and Education** Special classes for young pregnant women and their partners. Talk with other young women, learn more about your pregnancy and childbirth. Contact Shirley ☎ 6938 6429

## Start your Antenatal Care as soon as possible

### Other services available in Wagga

#### Australian calmbirth @ childbirth classes.

Empowering parents – discovering the joy of birth. Contact Carmel Woods ☎ 0414 351 716 [www.calmbirthregister.com.au](http://www.calmbirthregister.com.au)

#### Wagga Birthing and Babies Support Group (BaBs)

Discussions regarding the issues of pregnancy, birth and parenthood. Contact Kirsty ☎ 0401 523 121 [waggababs@gmail.com](mailto:waggababs@gmail.com)

#### WWBBA Multiple Birth Association

Families in the same boat helping each other. Social functions, playgroup, library. Contact Jenny ☎ 02 6931 2916 [wwmba@hotmail.com](mailto:wwmba@hotmail.com)

**The Australian Breastfeeding Association** offers breastfeeding classes, local groups and a comprehensive website with discussion forums.

☎ 1800 686 268 or [www.breastfeeding.asn.au](http://www.breastfeeding.asn.au)

Aboriginal Sustained Home Visiting WWBH: Home visit support to raise children up to 5 years of age.

Disclaimer: This pamphlet has been prepared with due care to better inform the local community about antenatal care and local options. It is not intended that information contained should replace consultation with a suitably qualified health or medical practitioner. **Information source:** ACT Health Maternity Shared Care Guidelines; local care providers; WRHS pamphlet Produced March 2015

Month	Week	Visits	
		Tests/Care Due	
1 <sup>st</sup> Trimester	1	1	1 <sup>st</sup> Visit/s approx 6 - 10 weeks, GP
		2	<input type="checkbox"/> Note due date
	2	3	<input type="checkbox"/> Health history & Physical exam
		4	<input type="checkbox"/> Discuss folate, diet, lifestyle & baby feeding
		5	<input type="checkbox"/> Routine tests
		6	<input type="checkbox"/> Offer genetic screening tests
		7	<input type="checkbox"/> Explain options for antenatal care
		8	<input type="checkbox"/> Refer to book in at hospital
		9	<input type="checkbox"/> Other referrals
		10	2 <sup>nd</sup> Visit approx 12 - 14 weeks, GP
2 <sup>nd</sup> Trimester	3	11	<input type="checkbox"/> Standard check
		12	<input type="checkbox"/> Check diet, lifestyle, exercise, work, baby feeding
	4	13	<input type="checkbox"/> Book 18-20 week ultrasound
		14	<input type="checkbox"/> Order early glucose test if needed
		15	<input type="checkbox"/> Discuss Anti D if Rh negative
		16	12 - 14 weeks "book in" at PCEC, midwife
		17	At all visits
		18	<input type="checkbox"/> Monitor emotional well-being
		19	<input type="checkbox"/> Review & discuss information/tests
		19	<input type="checkbox"/> Standard check on BP and baby, see Checklist
3 <sup>rd</sup> Trimester	5	20	18 - 20 weeks Ultrasound Due
		21	3 <sup>rd</sup> Visit approx 20 weeks, GP
	6	22	<input type="checkbox"/> Order 75g 2 hour glucose test
		23	4 <sup>th</sup> Visit approx 26 weeks, GP
		24	<input type="checkbox"/> Book Anti D if needed
		25	26 - 30 weeks Antenatal Education Classes start at PCEC, midwife
		26	5 <sup>th</sup> Visit approx 28 weeks PCEC, midwife
		27	<input type="checkbox"/> Review all tests and any risk factors
		28	<input type="checkbox"/> Check for depression
		29	<input type="checkbox"/> Plan obstetrician high risk clinic review if needed
3 <sup>rd</sup> Trimester	7	30	6 <sup>th</sup> Visit approx 32 weeks, GP
		31	<input type="checkbox"/> Book PCEC visit for Anti D if needed
	8	32	7 <sup>th</sup> Visit 34-36 weeks PCEC, Obstetrician
		33	<input type="checkbox"/> Check position & growth of baby
		34	<input type="checkbox"/> Order GBS swab
		35	34 weeks PCEC, midwife, ONLY if having Anti-D
		36	8 <sup>th</sup> & 9 <sup>th</sup> Visits 37-40 weeks, GP
		37	<input type="checkbox"/> Check position & growth of baby
		38	<input type="checkbox"/> Plan support options after birth
		39	10 <sup>th</sup> Visit 41 weeks PCEC, Obstetrician
9	40	<input type="checkbox"/> Monitor baby	
	41	<input type="checkbox"/> Planning for birth and support options after birth	

## Riverina Obstetric GPs

### These GPs have advanced training in Obstetrics

#### REGIONAL AREAS

**Cootamundra Medical Centre** ☎ 6942 0222

*Dr Scholtz, Dr Offermeier*

**Kookora Surgery Griffith** ☎ 6962 1100

*Dr Thompson-Seagrave*

**Leeton Family Clinic** ☎ 6953 2733

*Dr Haasbroek*

**Leeton Medical Centre** ☎ 6953 2699

*Dr Sangster*

**Young Medical Centre** ☎ 63821544

*Dr Larcombe, Dr Meagher, Dr Sevier*

**Narrandera Medical Centre** ☎ 6959 2100

*Dr Romeo, Dr McQueen-Thomson, Dr Toma*

**Temora Medical Centre** ☎ 6977 3600

*Dr Jeri, Dr Christmas*

**Tumut Family Medical** ☎ 6947 2211

*Dr Darwiche*

**Victoria St Surgery Temora** ☎ 6978 0063

*Dr Kurtzer*

#### WAGGA WAGGA

**Blamey St Surgery** ☎ 6925 2242

*Dr Oliver*

**Riverina Medical & Dental Aboriginal Corp**

☎ 69230 5200 *Dr Elliott-Rudder*

**Peter St Medical Centre Wagga**

☎ 6921 8899 *Dr Henman*

## Riverina Antenatal Shared Care GPs

#### REGIONAL AREAS

**Batlow Medical Centre** ☎ 69491120

*Dr Tadrous*

**Connection Medical Centre (Tumut)**

☎ 69476711 *Dr Mangahis*

**Coolamon Medical** ☎ 6927 3785

*Dr Amir*

**Cootamundra Medical Centre** ☎ 6942 0222

*Dr Zeng*

**Griffith AMS** ☎ 69620000

*Dr Thevashangar*

**Gundagai Medical Centre** ☎ 6944 3444

*Dr Ho, Dr Zhao*

**Tristar Medical Group Hay** ☎ 69931900

*Dr Khanal*

**June Medical Practice** ☎ 6924 3022

*Dr Kirolus, Dr Muzammel, Dr Phang*

**Kookora Surgery (Griffith)** ☎ 69621100

*Dr Karunapalan*

**Lake Cargelligo Family Practice** ☎

6898 2312 *Dr Bardawil*

**Leeton Family Clinic** ☎ 6953 2733

*Dr Le, Dr Pavlovskaya,*

**Leeton Medical Practice** ☎ 69534447

*Dr Nguyen*

**Lockhart Medical Practice** ☎ 6920 5249

*Dr Wiles*

**Bland Medical Centre (West Wyalong)**

☎ 69721189 *Dr Pranavendran*

**Murrumbidgee Medical & Primary Care Centre (Leeton)** ☎ 69534333

*Dr B Ratnam, Dr Rahman, Dr Geng*

**Roths Corner Medical Centre (Tumbarumba)**

☎ 6948 2015

*Dr Pakkiyathurai*

**Tristar West Wyalong** ☎ 69724811

*Dr Velautham*

**Tumbarumba Medical Practice** ☎ 6948 2052

*Dr Arya,*

**Tumut Family Medical** ☎ 6947 2211

*Dr Golez*

**West Wyalong Medical Centre** ☎ 69722866

*Dr Matrook*

**Young Medical Centre** ☎ 63821544

*Dr Lattimore, Dr Ullah,*

**Your Health (Griffith)** ☎ 69627661

*Dr Ranasinghe,*

#### WAGGA WAGGA

**Blamey St Surgery** ☎ 6925 2242

*Dr de Marco, Dr Glasson,*

**Estella Medical & Dental Centre** ☎ 6933 1300

*Dr Selga*

**Glenrock Country Practice** ☎ 6971 2000

*Dr Azab, Dr Hanna, Dr Millad, Dr Sedrak, Dr F Shenouda, Dr Vargas Illescas*

**Kincaid Medical & Dental** ☎ 6971 0811

*Dr Selga,*

**Koorngal Medical Centre** ☎ 6922 6144

*Dr Aziz, Dr Goddard, Dr Van der Merwe, Dr Roper*

**KRS Health** ☎ 6922 6144

*Dr Andraous, Dr Azer, Dr Beik, Dr So, Dr Zeng*

**Peter St Medical Centre** ☎ 6921 8899

*Dr Ho*

**Riverina Medical & Dental Aboriginal Corp**

☎ 69230 5200

*Dr Bruce, Dr Cumberlege, Dr Overliet, Dr Padgett,*

**St George Family Medical Centre** ☎ 6971 9009

*Dr Chen, Dr Solomon*

**Trail Street Medical Centre** ☎ 69213990

*Dr Edwards, Dr Ross, Dr Shahab, Dr Veira*

**Trinity Medical Centre** ☎ 5908 3000

*Dr Gouda, Dr Lee, Dr Wei*

**Wagga Medical Centre** ☎ 6971 7878

*Dr Bartusek,*

## Private health insurance

There is no gap for a private patient at WWBH. The hospital's specialist obstetricians will support the midwife at your birth. A private room may be available.

### Private specialist obstetricians, for details

Calvary Hospital, Wagga Wagga 6925 3055

Specialist Clinics, Griffith 6969 5811

### Private midwifery

For details of private midwife care during pregnancy or through pregnancy and childbirth: Australian Society of Independent Midwives: ☎ 9888 7829

### Pregnancy & pelvic floor muscle care

**Physiotherapy:** Cathy Arnell ☎ 6921 7021

**Physiotherapy:** WWBH ☎ 6938 6364

**Satyananda Yoga:** Nives Zalokar ☎ 0466 270 173

### Ultrasounds

Regional Imaging Riverina 6932 1300

(Wagga/Tumut/Temora, Gundagai)

Regional Imaging (Griffith) 6966 8500

Imaging Associates 6971 6100

Go Sonics 1800 338 111

(Temora/Cootamundra)

Young Diagnostic Imaging 6382 6901

Young District Hospital 6382 8888

Griffith Base Hospital 6969 5593

Leeton Diagnostic Imaging 6953 4644

### Hospital Contact Numbers

#### Wagga Wagga Base Hospital

**Maternity Unit 24 hours** 6938 6259 / 6938 6667

Pregnancy Care & Education Centre

(PCEC) 6938 6425

Community Health 6938 6411

Sexual Health 6938 6492

Genetic Counsellor 6938 6443

Adolescent pregnancy midwife 6938 6429

Aboriginal mothers/babies 0448 671 822

Aboriginal sustained home visits 1800 249 645

Cootamundra Hospital 6942 0444

Temora Hospital 6980 0200

Tumut Hospital 6947 0800

Griffith Maternity Unit 6969 5631

Leeton Maternity Unit 6953 1235

Narrandera Hospital 6951 0200

Mothersafe pharmacist 1800 647 848

# Riverina Antenatal Shared Care Program



*Having a baby in the Riverina*

Options for Antenatal  
(Pregnancy) Shared Care

2015-2016

Make your first appointment as early in your pregnancy as possible