

## PREGNANCY CARE



**Your first antenatal visit booking is at 14 weeks of pregnancy.**

**To increase your care options, you must contact your Hospital Antenatal Clinic at 8 weeks of pregnancy.**

**To contact your hospital's antenatal clinic, phone:**

Hornsby Ku-ring-gai	9485 6699
Northern Beaches Hospital	9105 5000
Royal North Shore	9463 2378
Ryde	9858 7549

## USEFUL NUMBERS



**GP phone:**

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**Antenatal clinic phone:**

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**Other useful phone numbers:**

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# YOUR PREGNANCY CARE OPTIONS

Select the right care for you and your family



[www.snhn.org.au](http://www.snhn.org.au)

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# Congratulations on your pregnancy!

There are a number of pregnancy care options available depending on your health needs and choice. Listed in this brochure are models of care available to help you make an informed decision regarding your antenatal care.

## PREGNANCY CARE OPTIONS

### GP SHARED ANTENATAL CARE

GP Shared Antenatal Care (SAC) is sharing pregnancy care between a GP and either Hornsby Ku-ring-gai, Northern Beaches or Royal North Shore Hospital. Through SAC your check-ups will be shared between your usual GP's surgery and the Antenatal Clinic. SAC helps to establish a good relationship with your GP, for you and your baby's future medical needs.

SAC is suitable for women who have an uncomplicated pregnancy and have no history of obstetric problems. If circumstances during your pregnancy change, you may be referred to the Doctor's Clinic for review. Choosing SAC enables you to have most of your antenatal appointments with your family GP and still have access to Specialist Care at your chosen hospital. SAC is available at Hornsby Ku-ring-gai, Northern Beaches and Royal North Shore Hospitals.



To choose GP Shared Antenatal Care, let your GP **and** the antenatal clinic know that this is the care option you prefer.

### MIDWIFERY CARE

Care throughout your pregnancy is provided by the midwives in the Antenatal Clinic. Throughout your pregnancy, birth and postnatal period, support is provided to you via midwifery, obstetric and multidisciplinary teams.

During labour the midwives on duty in the Birthing Unit will care for you. A doctor will be consulted if required.

If there are any concerns or problems at any stage of your pregnancy, you may need to have some or all of your visits in the Antenatal Clinic with doctors, or see the clinic more frequently.

### MIDWIFERY GROUP PRACTICE

Available at Hornsby Ku-ring-gai, Northern Beaches, Royal North Shore and Ryde Hospitals, Midwifery Group Practice is a primary health, continuity of care model that offers care to well, normal risk pregnant women. Care is provided by

your "known" midwife allocated to you. This midwife will care for you throughout the pregnancy, birth and postnatal period, and the beginnings of parenthood.

If you choose this option, your allocated Midwifery Group Practice midwife will phone you to arrange your first visit.

### DOCTORS CLINIC

If your pregnancy is identified as "high risk" by your GP or midwife then you may be referred to the Doctors Clinic at the hospital. The Doctor's Clinic is available at Hornsby Ku-ring-gai, Northern Beaches and Royal North Shore Hospitals. A variety of specialist doctors, supported by midwives, will provide care for you throughout the pregnancy, birth and postnatal period.

