

# Perth Maternity



Welcome to Perth Maternity. This service has been created to assist and guide you and your family through the beautiful, emotional, wonderful and special experience of pregnancy and childbirth. This information brochure offers you an overview of the journey ahead and explains who will be there to care for you along the way.

## Quick Guide

### Who you'll be seeing...

Perth Maternity Midwife	PMM
General Practitioner	GP
GP Obstetrician	GPO
Obstetric Consultant	OBG

### Lets get started...

#### 1st Visit - GP/PMM

- Confirmation of your pregnancy
- Referral for blood test and dating scan
- Discuss nutritional supplements
- Arrange your antenatal booking appointment

#### 8-10 Weeks - PMM

- Antenatal check
- Start Women-Held Maternity Record
- Health assessment
- Review of pathology tests
- Risk assessment profile
- Discuss diet and lifestyle
- Discuss collaborative model of care
- Referral for screening tests

#### 12-14 Weeks - PMM

- Antenatal check
- Review screening test results
- Discuss diet and lifestyle
- Review minor complications of pregnancy

#### 16 Weeks - PMM

- Arrange referral to a maternity hospital or private obstetrician
- Referral for anatomy scan
- Information on pregnancy vaccinations

## What to do when you get the news...

A positive pregnancy test opens up a world of emotions and these can change from one moment to the next. You and your partner may have different ideas and past experiences. This is a journey that you will share with those closest to you from the minute your pregnancy is confirmed.

You can self-refer to a midwife for continuity of care at Perth Maternity. You will have automatic access to one of our GP Obstetricians and we will discuss the most appropriate care options available to you. Your own GP may be involved and we will work with you and your chosen health care team as you progress through the months ahead. We have added a quick guide for you to follow that is aimed at assisting you to understand what is in store for you from one month to the next.

Navigating your way through the first 3 months can be challenging. The changes occurring in your body may be overwhelming at times and having some reassuring support during these early weeks is very important.



You will need to review the different models of maternity care in your area. We can discuss the advantages and limitations of the various options available to assist you to make the decision that is best for you. Perth Maternity will arrange all your early tests and ultrasounds. We will complete all the required documentation and arrange any referrals based on your personal situation.



## You've got the swing of it, now it's time to enjoy the ride...

### 20 Weeks - PMM

- Antenatal check
- Education on pregnancy exercises
- Review minor complications of pregnancy
- Attend pregnancy vaccination with consent
- Review anatomy scan results

### 24 Weeks - PMM

- Antenatal check
- Information on 28 week pathology tests
- Confirm hospital booking appointment
- Book antenatal education sessions

### 28 Weeks - GPO

- Antenatal check
- Information on vaccinations for the third trimester
- Review compliance with supplement therapy

### 30 Weeks - PMM

- Antenatal check
- Review pathology results
- Referral for third trimester health checks

### 32 Weeks - PMM

- Antenatal check
- Third trimester vaccination
- Consent for newborn screening and immunisations.

The period between 3 and 6 months (the mid-trimester) is so exciting as this is the time when you will start to feel your baby moving. Everything becomes more real, you are looking pregnant now and people start noticing your baby bump. You may decide to find out if you are having a girl or a boy when you have your 19 week ultrasound scan.

You will need to make a decision about where you would like to have your baby. We will send through the hospital referral for you and you will be invited to attend a hospital booking visit. This is also an ideal time to book in for your antenatal education classes. Preparing your home for your new baby's arrival is the next step so you probably have some shopping to do! Your birthing options need to be carefully considered before

you finalise any decision. You may choose to do a few hospital tours and we can advise you regarding how to arrange a tour as some services offer online tours and others have specific times for guided tours.



You can choose one of the following options if you are experiencing a normal, healthy pregnancy:

- homebirth
- Family Birthing Centre
- public hospital, or
- private hospital.

At Perth Maternity we offer continuity of maternity care and a shared care option with your chosen birthing service.



## It's time to have your bundle of joy...

You are on the home stretch now. Your body is preparing for the birth and a lot of care is put into making sure both you and your baby stay healthy. Preparation for your labour is going to be the focus for the last few weeks. You will receive guidance, advice and monitoring through the final weeks of your pregnancy.

You will receive information and education on how to manage the early stage of labour at home. We will discuss the care you can expect whether you have a natural labour, an induced labour or a caesarean section birth. You will have time to discuss any concerns with your midwife or your GP Obstetrician.

Once baby's birth day arrives you will be ready! Every experience is personal and you will be in safe hands for the birth. You will have a professional team to support you and your months of preparation will ensure that you

and baby are in the best condition possible. Your support team will be backing you all the way and don't forget, they will be as excited as you. This is going to be a day you will always remember.

## What to expect when you get to the hospital...

It is important to be as active as possible during your labour. Both you and baby will be closely monitored by the hospital midwives. They will work with you to achieve the kind of birth you have planned and they will be with you if any changes occur, keeping you informed along the way.

If you have a booked caesarean section you will be admitted to the maternity unit and a midwife will be with you throughout the entire experience. Your baby will be close to you soon after the birth so you can enjoy some special skin-to-skin time.

### 34 Weeks - PMM

- Antenatal check
- Information on final screening tests

### 36 Weeks - GPO/OBG

- Antenatal check
- Review of maternity care
- Risk assessment and management

### 37 Weeks - PMM

- Antenatal check
- Education on management of early labour at home

### 38 Weeks - PMM

- Antenatal check
- Education on newborn care

### 39 Weeks - PMM

- Antenatal check
- Review consent for newborn screening
- Review birth plan
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### 40 Weeks - PMM

- Antenatal check
- Discuss prolonged pregnancy
- Discuss stretch and sweep and Induction of labour (IOL) booking

### 41 Weeks - GPO/OBG

- Antenatal check
- Discuss IOL and repeat stretch and sweep if indicated



Finally you get to meet your beautiful baby. The happiness, joy, exhaustion and fatigue all melt into a blur during those first few days. The feeding and settling patterns change constantly during the first week as your body slowly settles after the birth.

You will receive advice, support, education and gentle care from the hospital staff. All the follow-up arrangements will be made before you head off home.



## What comes next...

Going home can be exciting and scary as the weight of the responsibility of parenting starts to sink in. You will have access to ongoing maternity care to assist you to master your feeding technique and mother-crafting skills during the first few days after your discharge home.

You are encouraged to attend a drop-in postnatal appointment at the Perth Maternity clinic once you feel up to it. Just call the clinic in the morning if you would like to see a midwife and we will be happy to make time for you during the day. We will look forward to hearing about your birthing experience and how you are coping with the feeding and many newborn challenges. Weekly weights and baby checks will help build your confidence and give you the opportunity to ask questions and pick up some invaluable tips on how to settle your baby.

Recovery after having your baby starts from the day of birth. Your body has been under so much strain and pressure for the past 9 months that it's time to give it something back. Lifestyle choices, exercise and healthy eating habits are all key factors to consider when building yourself back up to 100%. Once you have caught up on some sleep and start to find time to plan your daily activities you will realise that you have successfully navigated your way through one of life's most amazing experiences.



## And, your final appointment awaits...

By the end of the first 6 weeks you and baby will be on your way. Your newest family member will have secured their place in your heart and home. It's time for you both to have your final maternity check-up and time for baby's first immunisations. After your last clinic appointment, and a chat about your family planning choices, your care will be transferred back to your GP.

We will look forward to following your progress and hearing how your baby is growing and developing their own little personality.



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