



Antenatal Advice Sheet

Our Clinic is based at the Living and Learning Centre at 212 Universal Drive, Henderson

Sarah and Geraldine work in close partnership with each other and with you. When you book with a midwife, she will be your named LMC and will be your first point of contact.

We share the on-call hours and work on a night-on/night-off, weekend-on/weekend-off roster, and have a full day clinic each, once a week. When you come for your antenatal check-ups you will see Sarah and Geraldine for alternating appointments. This way you will get to know two midwives throughout your pregnancy who will offer advice, plan your care and be available for urgent situations. It also gives you the reassurance of knowing the back-up midwife just as well as your LMC midwife, and the reassurance to know that your midwife is well rested between Labours/births.

IF YOUR SITUATION IS URGENT YOU MUST PHONE - DO NOT TEXT.

PLEASE NOTE: If when you call your LMC midwife is OFF-CALL you will get her voice message which will clearly state that she OFF-CALL and to phone her midwifery practice partner - Sarah/Geraldine. Therefore it is very important to note that texts are not diverted and can be unreliable, which is why we insist on phone calls for urgent reasons. Your LMC will ensure you know both numbers.

We have normal working hours to achieve our **non-urgent** work from 9:30am-5:30pm. **Please try to keep non-urgent calls and texts to these hours.** Please also feel free to send us emails for non-urgent issues also.

Sometimes we work in areas which do not receive good reception, or may be attending a birthing woman, so if you can't get hold of me, please wait 5-10 minutes and try again. If you still can't reach me, please try my practice partner, or call Waitakere Hospital Maternity Ward, where a midwife would be able to advise you – Piha ward – 8376605.

Schedule of Visits

You will be seen at approximately the following stages of your pregnancy unless there are any health problems with you or your baby:

10, 16, 22, 26, 30, 33, 36, 38, 39, 40, 41 weeks pregnant

Each visit is for 30 minutes however if you require a longer visit please phone me and we can arrange this. If you cannot make your appointment please phone me and let me know as soon as possible and we can re-schedule.

There will be times when we are on holiday or at a birth and therefore you will be seen by the other practice partner (or occasionally a locum midwife) at your regular appointment. Please keep your phone close by on the day when you have a scheduled appointment – very occasionally we may have to cancel a whole clinic at short notice due to an emergency / urgent situation.

Our Clinic days are Tuesdays and Thursdays, the other days of the week we are attending labours, visiting new Mums/Babies, working on correspondence and paperwork, attending meetings and study days.

Emergencies

You **must** contact me in the first instances for any of the following problems:

- Severe abdominal pain/cramps/contractions that are bad enough to go to A & E
- Leaking of any fluid from your vagina which may be from a rupture of your membranes (breaking of your 'waters')
- Any vaginal bleeding (fresh, bright red blood)
- Your baby's movements decrease/or become spasmodic in nature, or baby's movement pattern changes from his/her usual or predictable pattern (after 24 weeks gestation)
- Any bad swelling around your face/hands/abdomen (**swelling in your feet/ankles is normal**)
- Hot & cold flushes (with pain in your breasts, perineum or on passing urine)
- Headaches with blurred vision or flashing lights (that do not improve with rest/panadol)

Becoming unwell in pregnancy

Midwives in New Zealand are allowed to prescribe some medications to treat the discomforts of normal pregnancy and childbirth. These include problems like thrush, haemorrhoids, and simple urinary tract infections, as well as mastitis and some contraception after your baby is born. Please continue to see your GP for non-pregnancy related issues like asthma, epilepsy, and bacterial infections.

Tests

Blood tests

Early pregnancy	Blood group & rhesus factor; rhesus antibodies; full blood count; HbA1c, Hepatitis status; Rubella status; Syphilis; HIV; Iron levels; mid-stream urine test * possible HcG (pregnancy hormone) levels
10 weeks	MSS1 blood test screening for Down's Syndrome
28 weeks	Full blood count; rhesus antibodies; iron levels; mid stream urine; polycose screen (gestational diabetes check)
36 weeks	Full blood count; rhesus antibodies; iron levels; mid stream urine

Additional blood tests may be necessary if health problems occur such as bladder infections, vaginal discharge and high blood pressure.

Ultrasound Scans

12 Weeks	Nuchal Translucency Scan - to check whether you are at a high risk or low risk of having a Down Syndrome baby (if found to be at high risk you will be referred for further testing and counselling at Auckland City Hospital)
20 Weeks	Anatomy Scan – to check all the major organs of the baby for example; heart, kidneys, liver etc and also where the placenta is lying in your uterus

If any additional scans are required during your pregnancy these will be discussed at the time.

Notes

We are currently in the process of going completely paperless with our notes. What this means for you is that soon after your first appointment with your midwife, you will receive an email with a link directing you to create a username and password that will set you up for accessing the "Client Portal" where you will have access to all your notes, results and information 24/7. You can print or save any information throughout your pregnancy. When you have had baby and he/she is 3mths old you will be sent another email to inform you that your access to the "Client Portal" will be closing and you will be prompted at that point to print or save to pdf any information you wish to keep for your records.

Please Note: Any test or scan results that are on your portal will have been received and viewed by your midwife prior to being loaded to your portal – so if she has not called you to discuss these – then please assume everything is normal and nothing to worry about.

Specialist Referral

If any problems occur during your pregnancy with either yourself or your baby, we will refer you to a specialist doctor at Waitakere Hospital; please note this appointment will be free of charge.

If there is a serious problem during your pregnancy which means you need to transfer to another DHB hospital for delivery eg Auckland City Hospital, your antenatal care will be transferred to that new hospital; however we will still be able to provide you with postnatal care.

Paid Parental Leave

Log onto the IRD website (www.ird.govt.nz) and download the relevant paperwork required. Or Phone: **0800 800 863**.

Information Pamphlets

Please read through all the information we give to you as they advise you of your rights, general pregnancy information, healthy eating in pregnancy etc.

We will provide you with further information during the course of your antenatal care in relation to your labour and birth e.g. pain relief options, Vitamin K and postnatal information etc.

Antenatal Classes

West Auckland Parents Centre – westaucklandparentscentre.co.nz, **(09 837 8481)**

Waitakere Hospital **(09 486 8920 ext. 3048)**

Cathy McCormack - Holisticbaby.co.nz **(09 811 8600)**

Young Mother's Group (14-21 yr olds) **(839 0000 ext. 6004)**

Antenatal Yoga (Petra **09 817 8079**)

mamamaternity.co.nz is a very useful website, gives access to free antenatal classes.

Change of Lead Maternity Carer

If at any time you are unhappy with your midwifery care please talk to us about this and we can often sort out any issues. However you are always able to change to another Lead Maternity Carer if you feel this would best suit you.

Student Midwives

We have a professional obligation to assist the next generation of Midwives so from time to time we will have a student alongside us. Our students are generally energetic and passionate; they are working towards a very specific vocation. We will assume that you are comfortable with the presence of a student midwife unless you specifically say otherwise.