



# Antenatal Care



Antenatal appointments will allow your GP, midwife and other people on your healthcare team to help both you and your baby stay healthy. Attending your appointments is crucial to identifying and reducing any potential dangers, even if your pregnancy is going well and you're feeling good.

You should take advantage of this wonderful opportunity to ask any questions you may have regarding your pregnancy, including what to expect during each trimester, physical symptoms, and the actual delivery.

You can also receive lifestyle support, such as guidance on mental health issues, nutritional recommendations, assistance in stopping smoking, and abstaining from alcohol. Any issues you may be having at home might be discussed. We also have tailored program to help your postpartum care for your child as well.



# ANTENATAL VISIT SCHEDULE

WHEN	WHERE	WHY
6-12 weeks	GP/Midwife	Confirm pregnancy, routine blood test referral, dating ultrasound referral. <b>GP sends referral, pathology and ultrasound to hospital, then you call the Antenatal Clinic on PH. 4253 4284 to book initial appointment.</b>
12-16 weeks	Hospital/Antenatal clinic	For a medical and obstetric history appointment and maybe see a doctor as a second appointment (the midwife will inform)
20-21 weeks	GP/Midwife	To talk about 19 weeks ultrasound. Discuss pregnancy immunisations.
24 weeks	GP/Midwife	To order your 28 week blood test, discuss infant feeding and pregnancy.
28 weeks	GP/Midwife	Discuss 28 week blood tests.
If you have a <b>negative blood group</b> make an appointment at hospital for Anti-D Ph. 4253 4284. This appointment will need to be within 2 days of your 28 week blood test.		
31 weeks	Hospital/Antenatal clinic	Discuss your infant feeding, birth plan and update ultrasound and blood results. Make 36 week hospital appointment at this visit. <b>Consider booking Saturday Childbirth Education classes 4253 4284 or 4253 4256</b>
34 weeks	GP/Midwife	Discuss infant feeding, pregnancy concerns, birth, etc
If you have <b>Gestational Diabetes (GDM)</b> please book into the 36 week midwife online education while you're at the hospital. If a <b>negative blood group</b> make an appointment at 34 weeks at hospital for Anti-D Ph 42534284.		
36 weeks	Hospital/Antenatal clinic	Group B Strep (GBS) swab and discuss bloods if necessary.
37-39 weeks	GP/Midwife	Discuss infant feeding, birth, community support, postnatal GP care etc (may omit 37 week visit if second time Mum and well).
40 weeks	Hospital/Antenatal clinic	Discuss birth plan and any concerns.
41 weeks	Hospital, Doctor visit	To discuss birth
<b>GDM or diabetes in pregnancy:</b> Extra visits to Illawarra Diabetes Service may be required. Ph. 1300 308 969. Level 2, 304 Crown Street Wollongong		





## Maternity Care at Wollongong Hospital

A range of pregnancy and after birth care options are offered at Wollongong Hospital with the Antenatal Shared Care Program including preparation for birth, parenting and breastfeeding groups.

For more information: [Click Here](#)

## Having a Baby

Provides valuable information for partners and families, helping them understand and participate in this significant phase of their lives.

For more information: [Click Here](#)

## Safer Baby Bundle

Is a national initiative with five evidence-based elements to address key areas where improved practice can reduce the number of stillborn babies.

For more information: [Click Here](#)

## Raising Childrens Network

Provides parents and carers with free, reliable, scientifically validated information. This information helps parents and carers keep their children healthy and developing well.

For more information: [Click Here](#)

## The Australian Breastfeeding Association

Is Australia's peak information, education and support service on breastfeeding. Through the provision of practical mother-to-mother peer support, up-to-date and evidence-based information and continuing education for health care workers, ABA helps hundreds of thousands of families each year on their breastfeeding journey.

For more information: [Click Here](#)





## Healthy Diet

Both you and your growing baby need extra nutrients, and the best way to get them is to eat a wide variety of nutritious foods and be as healthy as possible as early as possible in your pregnancy.

For more information: [Click Here](#)

## Iron Deficiency Management

Management of iron deficiency in maternity and gynecology involves a multi-faceted approach that includes iron supplementation, dietary changes, treatment of underlying conditions, and regular monitoring to optimize maternal and fetal health. Close collaboration between obstetricians, gynecologists, and hematologists is often necessary to provide comprehensive care for women.

For more information: [Click Here](#)



## Ultrasound & 1st Trimester Screening

[Harmony Test/ NIPT](#)

[Nuchal Translucency blood test and Ultrasound](#)

[Morphology Ultrasound](#)

[Breech Baby](#)

[Rh negative women](#)