**Evelyn & Rose Women’s Health Antenatal Care & Schedule**

**Flecker House**

**Unit 4D, 3-5 Upward Street, Cairns 4870**

**Phone – 1300 076732 or 42253029**

**Welcome**

Congratulations on your pregnancy and thank you for choosing Evelyn & Rose Women’s Health to be a part of your amazing journey into parenthood.

Dr Suvi will care for you and your family during pregnancy and in the post-natal period in conjunction with Heather, Evelyn & Rose’s dedicated midwife.

Dr Suvi understands that pregnancy and childbirth is a very special personal moment in life and can be associated with a plethora of emotions and expectations.

Dr Suvi’s aim is to provide an exceptional standard of supportive personalised holistic care focusing on yourself and your family whilst preparing for the safe arrival of your baby. Dr Suvi Aims to be at the Birth of every woman that she has the privilege of caring for.

**Where will I give birth?**

Dr Suvi delivers at the Cairns Private Hospital and limits the numbers of her antenatal patients so she can be there exclusively for your Birth.

**When do I make my first appointment?**

Evelyn & Rose Women’s Health would like to see you for your first antenatal appointment around 8 weeks where Heather will ensure that all your initial pregnancy screens have been performed. We encourage your partner to attend also.

You will require a referral from your GP for medicare related purposes and our friendly receptionist will explain your pregnancy care schedule and our fee program in detail.

It is also important to registrar at the Cairns Private Hospital. This can be done online through the Cairns private maternity website or by ringing the maternity bookings officer on 4052 5303 Monday to Friday 9am – 4pm to arrange an appointment with a Midwife and to book Antenatal Classes. http://www.cairnsprivate.com.au/Maternity/Maternity-Preadmission

**What to expect at my first Antenatal visit with Dr Suvi?**

The first antenatal visit involves a comprehensive medical assessment aimed at establishing an agreed estimated due date and outlining a management plan for your pregnancy. Further discussion around pregnancy screening tests like the Combined first trimester screen and non-invasive pre-natal testing (NIPT) to evaluate the chance of Trisomies, i.e. Trisomy 21 (Downs Syndrome) may occur.

Dr Suvi has the ability of performing an Ultrasound of your baby in her rooms with each visit, as this does provide a greater deal of accuracy as it allows direct visualisation of your baby.

If you elect to have a Nuchal translucency scan performed from 11 to 13+6 weeks gestation then an external referral will be given for this to be performed outside the practice. The same applies to the Morphology Scan at 18-20 weeks gestation

**Subsequent Antenatal visits**

Dr Suvi and Heather will share you pregnancy visits. Initially you will be seen every 4 weeks up until 28 weeks and then fortnightly until 36 weeks and weekly thereafter until delivery. A schedule of care will be made available to you on your first visit. There is an option to have visits at your home which you may like to access in the post-birth period when it is much easier for Dr Suvi to come to you.

If any issues arise then more frequent attendance may be necessary and a referral to another specialist may also be made.

These visits are necessary to ensure that your pregnancy is progressing well, to address any concerns and ensure that any pregnancy problems are identified early if they were to arise.

Evelyn and Rose encourages you to attend antenatal classes and these can be booked via the Cairns Private Hospital, Phone 4052 5303

**Gestational diabetes**

Dr Suvi routinely screens for Gestational Diabetes between 26-28 weeks of gestation and occasionally earlier in your pregnancy is strong risk factors are identified.

If the screening test is positive, you will be referred to a diabetes specialist for further management and will require close monitoring of your sugars (BSLs) and you may require insulin.

**Anti-D**

Anti-D is routinely recommended for those that are Rhesus negative at 28 & 34 weeks and after birth if your Baby is rhesus positive. If you have any unscheduled bleeding throughout pregnancy then it will be required also and for invasive procedures like amniocentesis or Chorionic Villis Sampling (CVS).

**Group B Streptococcus**

A low vaginal swab screening for Group B Streptococcus is recommended at 34 to 36 weeks gestation and can be self-collected. If you are found to be group B streptococcus positive then intravenous antibiotics are then recommended to decrease the risk of your baby becoming unwell.

**Caesarean Sections**

If you are planning an elective Caesarean section the optimal timing of this is after 39 weeks of gestation to help minimise the risk of you baby have issues with breathing and its lungs.

**Induction of labour**

Dr Suvi will discuss with you the option of labour induction and reasons for induction of labour.

**How and when to seek medical advice:**

If you are requiring advice in hours you can contact the rooms on 1300 076732 or 4225 3029 or after hours please call the Birthsuite at the Cairns Private Hospital for further advice, phone number – 4052 5232

Please contact us or the Cairns Private hospital Birthsuite immediately if you are experiencing any of the following

* Vaginal bleeding
* Persistent or severe abdominal pain, especially where it feels as though your abdomen is contracted and not relaxing
* Leakage of fluid from the birth canal
* High fever
* Concern about baby’s movement
* Severe headache

**Telephone advice and counselling**

During office hours, telephone enquiries regarding matters related to your pregnancy, whether they may seem major or minor, are welcome. If not available arrangements will be made for Dr Suvi of Heather to call you back as soon as possible. Please phone Evelyn and Rose Women’s Health on 1300 076732 or 42253029

External Resources

These are links to some sites that may provide valuable information

[www.uptodate.com](http://www.uptodate.com/)

[www.rcog.org.uk](http://www.rcog.org.uk/)

[www.nice.org.uk/patientsandpublic/index.jsp](http://www.nice.org.uk/patientsandpublic/index.jsp)

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

[www.babynames.com.au](http://www.babynames.com.au/)

Breasfeeding [www.breastfeeding.asn.au](http://www.breastfeeding.asn.au/)

Mothersafe [www.sesiahs.health.nsw.gov.au/mothersafe](http://www.sesiahs.health.nsw.gov.au/mothersafe)

Diabetes - [www.adips.org/](http://www.adips.org/)

Food Guidelines in Pregnancy

[www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Pregnancy\_and\_diet?open](http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Pregnancy_and_diet?open)

Exercise in Pregnancy [www.sma.org.au/information/](http://sma.org.au/2010/03/women-in-sport-leadership-grants/)

Travel  in Pregnancy [www.cdc.gov/travel/](http://www.cdc.gov/travel/)[www.thetraveldoctor.com.au/pregnancy.html](http://www.thetraveldoctor.com.au/pregnancy.html)

Medicare & Safety Net Information [www.medicareaustralia.gov.au](http://www.medicareaustralia.gov.au/)/