



Antenatal Share Care with your GP

at Gosford and Wyong Hospitals

Having a baby is a major life event for a woman and her family, and every woman should have access to the antenatal care of their choice.

One option is shared care with your GP. This means that your GP and the midwives and doctors at the hospital (Gosford or Wyong) work together to care for you during your pregnancy. Your GP provides most of your antenatal care, and refers you to the hospital if you experience complications.

All appointments at the hospital are covered by your Medicare card.

How it works

- If you have a low risk pregnancy, ask your GP if they participate in shared care.
- Your GP will order any initial blood tests or ultrasounds that may be required. They will then refer you to the ante-natal clinic at the hospital for a free 'Booking In' appointment with a midwife.
- At 10 weeks gestation, phone 4320 2884 to make the 'Booking In' appointment for between weeks 14 and 16. Take a referral letter from your GP with you to the appointment. Until then, your GP will provide your early antenatal care.
- During the 'Booking In' appointment the midwife will take a comprehensive medical history and answer any questions you may have. Your GP will receive a letter back from the Antenatal Clinics after your Booking In appointment confirming you have chosen GP Antenatal Share Care.
- Follow up visits can be with your GP until 36 weeks.
- A midwife will ring you at approximately 28-30 weeks gestation to check on your wellbeing/progress, follow up your test results and answer any questions you may have. The midwife will also refer you to the antenatal clinic at the hospital at any time should you have any problems.
- From 36 weeks of pregnancy, your follow up visits would be with the midwives at the antenatal clinic at the hospital until the birth.

The benefits

Trust

You already have a good relationship with your GP, they know your history and your family, and you trust them.

Convenience

Your GP is likely to be closer to home, which could mean a better choice of appointment dates and times, and easier parking. They can also organise blood tests and ultrasounds.

Continuity of care

Your GP will be looking after the baby and the whole family after the birth.

Cost

Many GPs will bulk bill for antenatal care. Ask your GP if this is an option.

What others say

"I chose to do shared care with my GP because I know her appointments are thorough and I feel comfortable with her; I've been with her for over 10 years. She knows everything about me, including my history and my children, and I will be coming back here with the baby. It's not just the affordability and convenience, but the relationship and rapport with her," – Jodie, mother of four.

More information

To learn more about shared care, you can speak to:

- Your GP
- A midwife when you make your booking-in appointment
- Leanne Roberts, Midwifery Unit Manager of Antenatal Services on 4320 3863 or email Leanne.Roberts@health.nsw.gov.au



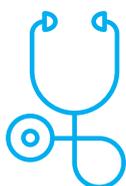
Schedule of GP Antenatal Share Care Visits

Please note:

- The hospital will organise all your hospital appointments.
- You will need to organise your own share care doctor/midwife appointments.
- **When you start share care you will receive an information pack, along with a yellow antenatal card. It is important to bring this card to all your share care doctor/midwife appointments and hospital appointments, including when you come in to have your baby. This is how the doctors and midwives communicate about your care.**



Hospital visit



GP visit

6-12 weeks pregnant

- Visit your GP to get pregnancy blood tests, and a dating ultrasound if required.
- At 10 weeks pregnant, phone 4320 2884 to make a 'Booking In' appointment. This appointment occurs between 14-16 weeks pregnant.

14-20 weeks pregnant

- Attend the 'Booking In' appointment with a Registered Midwife at Gosford or Wyong Hospitals, or in a Community Health Centre. You will be provided with:
 - » Breastfeeding information and a breast check if desired.
 - » A referral for a Morphology Ultrasound at 18-20 weeks pregnant.
 - » An appointment for when you are 36 weeks pregnant.
 - » Information on pregnancy and early parenting education childbirth classes (to book phone 4320 3251).
- If you have a negative blood group, the midwife will ask if you'd like an Anti D injection. If so, appointments will be made for this to occur at the hospital during weeks 28 and 34 of your pregnancy.

20-28 weeks pregnant

- Attend monthly appointments with your GP to monitor the growth and wellbeing of your pregnancy/baby (to be booked by you). You will be offered:
 - » Blood tests for monitoring Gestational diabetes (GTT) and iron levels (FBC).
 - » dTpa (Diphtheria, Tetanus, Pertussis/Whooping cough vaccine) at 28-30 weeks pregnant. The GP or midwife can give this vaccine.

30-36 weeks pregnant

- Attend monthly appointments with your GP to monitor the growth and wellbeing of your baby/pregnancy (to be booked by you).

36 weeks pregnant until birth

- The GP share care Midwife will contact you via phone to discuss your care, answer questions and follow up blood test results for your hospital notes.
- Visits from now until birth will be with the midwife (the hospital will organise). You will be offered:
 - » A GBS vaginal swab and a blood test to monitor your iron levels.
 - » Information on signs and stages of labour, as well as information on pain relief and breastfeeding.
 - » A hospital tour (to book phone 4320 3440).
 - » To book an appointment with an Obstetrician if needed.

After the birth of your baby

- A midwife from the hospital will attend your early post-natal care, and then refer you to a Child and Family Health Nurse and your GP.
- A follow up appointment with your GP around six weeks postnatal is to be arranged by you. The GP will check on the wellbeing of you and your new baby.