



Antenatal Shared Care

St George and Sutherland hospitals have joined to become the Central Hospitals Network. The two hospitals will offer complementary models of maternity care depending on upon your pregnancy, preference for birthing and your baby's needs.

- **What care is available for me during my pregnancy?**

Pregnancy care **shared** by your local doctor and the Central Hospitals Network Antenatal Services.
- **Which hospital is right for me?**

This will depend on

 - ☺ What type of birth you plan to have
 - ☺ What your previous pregnancy was like and how this pregnancy is progressing
 - ☺ Your baby's health
 - ☺ Your health (pre-existing medical conditions)

Both hospitals encourage

 - ☺ Active, natural labour without intervention
 - ☺ Option of attending a clinic nearer your home as well as the hospital
 - ☺ Vaginal delivery after a caesarean, if you have had a previous vaginal delivery

St George Hospital offers

 - ☺ Team midwifery through their clinics and the Birth Centre
 - ☺ Homebirth option
 - ☺ Care for more complicated issues during pregnancy
 - ☺ Transfer to Sutherland Hospital after delivery if all is well
- **What are my Shared Care options?**

You may choose to have your pregnancy care with your doctor **and** one of the Central Hospitals Network Antenatal Clinics. These clinics are

 - ☺ Sutherland or St George Hospital Antenatal Clinic
 - ☺ Hospital Outreach Clinics (held in Child and Family Health Centres)
 - ☺ The Birth Centre at St George Hospital (TANGO Team). Homebirth is also offered as a choice of birth place for low risk women booking with the Birth Centre TANGO team.
- **How do these options affect my choice for the delivery of my baby?**
 - ☺ **My Doctor & the Hospital Antenatal Clinic**

Your pregnancy care will be shared by your doctor and the Hospital Antenatal Clinic. Your labour and the birth of your baby will then be managed by the staff at the Hospital Delivery Suite. After your baby is born you will be looked after in the Postnatal Ward. From the second day after delivery you can choose to go home and be visited by a midwife for up to 10 days after delivery. The service is the Maternity Support Programme (MSP).
 - ☺ **My Doctor & the Outreach Clinics**

Your pregnancy care will be shared by your doctor and the team at the clinic of your choice. Your labour, birth, (in the hospital delivery suite) postnatal care (on the Postnatal Ward) and Maternity Support Programme will depend on the clinic you attend.
 - ☺ **My Doctor & the Birth Centre (TANGO Team – St George Hospital)**

Your doctor and the Birth Centre (TANGO) team will provide your pregnancy care. The Birth Centre team will provide care during your labour, the birth of your baby and the immediate post-natal period in a safe, homelike environment for natural childbirth, located within the hospital. The team will also provide postnatal care through Maternity Support Programme.



Antenatal Shared Care

- **Why might Shared Pregnancy Care suit me?**
Some women like to visit their family doctor for check-ups because they know their doctor, or because their doctor speaks their language. Others find travelling to the doctor's surgery easier, parking a lot better, or the appointment time more suitable for their needs. Visiting your doctor also allows him/her to get to know you so that he/she can better look after you and your baby in the future.
- **Where do I have my pregnancy check-ups?**
Pregnancy check-ups are done either in the doctor's surgery or at one of the hospital Antenatal Clinics.
- **Where can I get more information?**
If you would like to know more about Antenatal Shared Care please ask your doctor or the midwives at the Antenatal Clinics.
- **What if I have a problem with my pregnancy?**
For any problem during your pregnancy, please contact your doctor or the Emergency Department of your local hospital. If you are over 20 weeks pregnant and you think that the problem is urgent, you can contact the Delivery Suite Midwife on 9113-2125

Schedule of Shared Care visits during your pregnancy

Time of pregnancy	Who you will visit?	What will be done?
6 – 10 weeks	Your doctor	Pregnancy test. The following will be performed: <ul style="list-style-type: none"> • Blood tests • Urine test • Cervical smear (if needed) • Other Counselling as appropriate
10 – 14 weeks	First visit to Hospital, STOMP or TANGO clinic	Seen by a midwife and obstetrician
16 weeks	Your doctor	Routine check-up. Ultrasound may be arranged.
20 weeks	Your doctor	Ultrasound will be reviewed
24 weeks	Your doctor	Routine check-up
28 weeks	Your doctor	Routine check-up Blood tests, Anti-D injection if blood group Rh negative (done at Hospital clinic)
30 weeks	Hospital, STOMP or TANGO clinic	Check-up Review tests (from 28 weeks)
33 weeks	Your doctor	Routine check-up
34 weeks	Hospital Clinic - for Rh negative women only	Anti-D injection if blood group Rh negative (done at Hospital clinic)
36 weeks	Hospital, STOMP or TANGO Clinic	Check-up, review birth arrangements
37 – 40 weeks	Your Doctor	Weekly check-ups
41 weeks	Hospital, STOMP or TANGO Clinic	Check-up, planning of your delivery
4- 8 weeks after birth of baby	Your Doctor	Check-up for you and your baby. Arrange immunisations for baby.

Shared pregnancy care with STOMP or TANGO teams will require you to attend alternate visits with your doctor and the midwife team

USEFUL PHONE NUMBERS

St George Hospital

Main Switchboard	9113-1111
Birth Centre	9113-3103
Antenatal Clinic	9113-2162
Delivery Suite	9113-2126
St George Bookings/Info	9113-2162 from
8.30am – 3.30 pm Mon to Thurs & 8.30am – 12.00 pm Fri	

USEFUL PHONE NUMBERS

Sutherland Hospital

Main Switchboard	9540 7111
Antenatal Clinic	9540 7240
Appointment Enquiries ~ Mon – Fri 9 am – 4.30 pm	
Antenatal Assessment Unit	9540 8654
Clinical Enquiries ~ Mon to Friday 8.30 am – 4.30 pm	
Birth Suite	9540 7982/7981