



Pregnancy care



**PIONEER HEALTH
ALBANY**

Congratulations on your pregnancy

We look forward to providing care throughout your pregnancy, birth and beyond in the newborn period.

Our obstetric team and services

At Pioneer Health our GP obstetricians are Dr Carly Roxburgh, Dr David Tadj, Dr Jess Millman and Dr Yen Lo. Our GP obstetricians are available on call 24 hours a day, 7 days a week for our maternity patients. We are qualified to look after you throughout pregnancy, during birth and post-natally. We all participate in regular professional development activities to maintain our skills and we have advanced qualifications in obstetrics and neonatal care. We are backed up by the consultant obstetrician and gynecologist at Albany Health Campus.

*Our GP
obstetricians
are available
on call 24/7
for our
maternity
patients.*

Facilities

Pioneer Health's investment in specialised obstetrics equipment allows us to offer high quality pregnancy care. The practice has several ultrasound machines which are used regularly to ascertain your baby's growth and wellbeing.

We have a cardiotocograph (CTG) machine, which is used to monitor fetal wellbeing.

We work closely with the maternity ward at Albany Health Campus and we offer shared care with the midwifery clinic there for low risk women.

Standard antenatal care

At each antenatal visit you will see our midwife or nurses for a routine check. You will then see your doctor who will check you and your baby and arrange necessary tests.

Standard visits occur at 4-8 weeks, 15 weeks, 20 weeks and monthly until 32 weeks, then fortnightly until 36 weeks then weekly. Your doctor may modify this schedule if medically required.

Routine blood tests are done at booking, at 26 weeks and at 36 weeks. Additional blood tests may be recommended by your doctor.

Short Ultrasound scans, including dating scans, may be done at your visits to Pioneer Health.

Great Southern Radiology, located in Albany, provides detailed ultrasound examinations, including dating scans, nuchal translucency screening (12 weeks) and the routine anatomy scan (at 19-20 weeks).

After you reach 20 weeks of pregnancy, we will arrange for you to book into Albany Health Campus. You will need to meet with a midwife and complete your booking paperwork. You will receive lots more information about having your baby at Albany Health Campus. You can attend childbirth education classes run at the hospital by midwives, usually after about 30 weeks of pregnancy.

Following discharge from hospital, the visiting midwife can visit you daily at home if required. The local child health nurse will then monitor your baby's progress in the first few weeks of life. We usually see you and your baby for a post-natal check up at 6-8 weeks after the birth. At that time, the baby can also have their first immunisations. Of course, we are happy to see you earlier if required.



Early pregnancy

We recommend a pregnancy supplement containing folate and iodine is taken at least until 12 weeks of pregnancy. Ideally they should be started 1-3 months prior to pregnancy, but the earlier they are started, the better. Folate is important for the formation of the baby's spinal cord and iodine helps baby's thyroid and brain to develop. These supplements are available at the supermarket or pharmacy.

If you are using any other supplements or prescription medications, please advise your doctor. Many supplements and medications are safe in pregnancy but occasionally an adjustment is required.

Smoking, alcohol and illicit drugs should not be used during pregnancy. Smoking causes disease in the placenta which can stop the baby from developing properly. If you require help to stop smoking, please discuss this with your doctor.

Pregnant women should eat a balanced diet. There is no need to "eat for two"! You will need to make sure that you are getting enough iron, calcium and fibre in your diet.

Some foods should be avoided as they are considered high-risk for listeria, which can

cause miscarriage or stillbirth. These foods should be avoided throughout pregnancy. Please refer to the enclosed pamphlet on listeria. Please ask your doctor if you have concerns or questions about your diet.

Pregnant women should not handle cat litter or cat faeces as there is a risk of toxoplasmosis which can infect unborn babies. This job should be delegated to someone else!

We recommend regular exercise in pregnancy. In Albany there are several locations offering exercise classes specifically designed for pregnant women. Please discuss with your doctor if you have any concerns about your physical activity.

Vaccination against influenza is recommended for all pregnant women. The vaccination is updated annually and is usually available from late March. Pertussis (whooping cough) vaccination is recommended from 28 weeks. These are provided free to pregnant women and can be given as part of your routine visit at Pioneer Health.



Antenatal visits and tests

<8 weeks	First visit with your GP Obstetrician, dating scan
10 weeks	Blood tests
12 weeks	First trimester screening ultrasound
14-15 weeks	Appointment with GPO/midwife/Shared Care GP
19-20 weeks	Anatomy scan & blood tests
21 weeks	Appointment with your GP Obstetrician, book into hospital
24 weeks	Appointment with GPO/midwife/Shared Care GP
26 weeks	Blood test - glucose tolerance
28 weeks	Appointment with your GP Obstetrician & blood tests & swabs
32 weeks	Appointment with GPO/midwife/Shared Care GP
34 weeks	Appointment with GPO/midwife/Shared Care GP
36 weeks	Appointment with your GP Obstetrician
37 weeks	Appointment with GPO/midwife/Shared Care GP
38 weeks	Appointment with your GP Obstetrician
39 weeks	Appointment with GPO/midwife/Shared Care GP
40 weeks	Appointment with your GP Obstetrician
41 weeks	Appointment with your GP Obstetrician

Appointments at Pioneer Health with GP Obstetrician

Appointments at Pioneer Health with GP Obstetrician or midwife Shared Care GP

*Blood tests/scans - **not** at Pioneer Health*

Tests in pregnancy

Your doctor will refer you to have various tests during pregnancy, including blood, urine, swab and ultrasound tests. Pregnant women are routinely screened for hepatitis B, hepatitis C, HIV, syphilis, rubella, blood group, blood sugar, full blood count, urinalysis and chlamydia at the initial visit. Some women are also tested for vitamin D, thyroid function and iron. If your pap smear is due, it can safely be done in early pregnancy.

Gestational diabetes

All pregnant women are screened for gestational diabetes and this is done at 26 weeks with a two hour glucose test. This test is done at Western Diagnostic Pathology and involves a sweet glucose drink which is consumed then a blood test 2 hours later. You need to book and you need to fast on the morning of the test.

Group B streptococcus

All women, planning vaginal birth are screened for group B streptococcus at 36 weeks of pregnancy. This is done with a vaginal and rectal swab which you obtain yourself. Group B streptococcus can cause dangerous infections in neonates. About 1/5 of women carry this bacteria and we recommend antibiotics during labour to protect the baby if the bacteria is present.

Ultrasound scanning

Ultrasound scanning is available in our practice, at Great Southern Radiology and at Albany Hospital. An initial ultrasound may be required to confirm the dating of your

pregnancy. There is a routine anatomy scan at 19-20 weeks which is usually done at Great Southern Radiology. This involves a detailed assessment of your baby's growth, including the brain, heart, kidneys, limbs and placenta. You can find out the gender of your baby at that scan if you wish. Further ultrasounds may be ordered by your doctor if medically required.

First trimester screening

The nuchal translucency screening test is an optional test done in early pregnancy to screen for chromosomal abnormalities including Down syndrome. It involves a blood test which should be done in the 10th week of pregnancy and an ultrasound scan done between 12- 14 weeks of pregnancy.

The blood test is done in Albany and the Ultrasound can now be done at Great Southern Radiology. The test gives a low risk or high risk result. There is an out-of-pocket cost.

About 1 in 20 women have a high risk result, so a further test called an amniocentesis is offered to diagnose whether or not the fetus is affected. Amniocentesis is provided at King Edward Memorial Hospital in Perth.

An alternative to the nuchal translucency test is non-invasive pre-natal testing (NIPT), also called Harmony. It is a highly accurate blood test that can be done after 21 weeks to screen for trisomy 21 (Down Syndrome). The cost is currently around \$500, with no medicare rebate.

Your doctor will discuss these tests with you in detail to help you to make your decision.



Consultation Fees

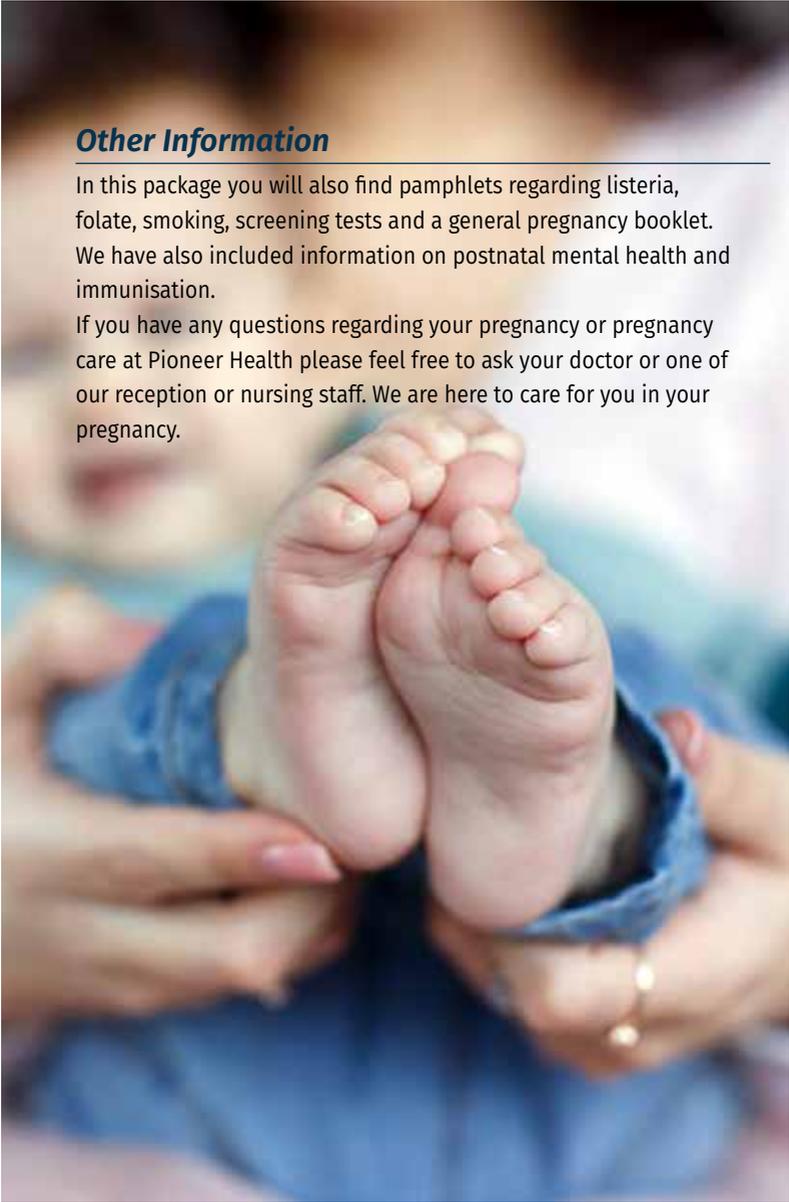
Standard	Fee	Rebate	Gap
Standard Antenatal	85.00	40.10	44.90
Pregnancy Management and Planning (>20 wks) (one per pregnancy)	Bulk Billed		0

Health Care Card	Fee	Rebate	Gap
Standard Antenatal	71.00	40.10	30.90
Pregnancy Management and Planning (>20 wks) (one per pregnancy)	Bulk Billed		0

Iron infusion: \$56 out of pocket

Cardiotocography (CTG): no gap to patient

If you have private health cover, please discuss with your doctor.
Patients are encouraged to discuss antenatal care costs with their GP Obstetrician if they have any concerns



Other Information

In this package you will also find pamphlets regarding listeria, folate, smoking, screening tests and a general pregnancy booklet. We have also included information on postnatal mental health and immunisation.

If you have any questions regarding your pregnancy or pregnancy care at Pioneer Health please feel free to ask your doctor or one of our reception or nursing staff. We are here to care for you in your pregnancy.

For more information on antenatal, obstetric and other Pioneer Health services please visit www.pioneerhealth.com.au

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