



## INFORMATION SHEET Obstetric Visits and What to Expect

Pregnancy is a time of both physical changes and heightened emotions as you prepare to welcome your precious baby. That is why you need consistent care from people you trust.

It can be overwhelming, especially the first time. That is why our Full Circle Team works so hard to make your pregnancy and birth a positive experience.

### What Can You Expect at each of your visits with Full Circle?

#### 8 – 10 Weeks

#### **Initial Antenatal visit booked for 45-minute duration, typically closer to 10 weeks.**

We like to see you for the first time at around 8-10 weeks and you can expect to be with us for 45 – 60 minutes. At each visit you will catch up with one of our experienced Midwives, where you will discuss different pregnancy related topics. They will become one of your best resources, so we encourage you to ask lots of questions or express any concerns you may have. You will be asked to complete an \*Edinburgh Perinatal Anxiety & Depression checklist; If there are any initial dating ultrasounds or blood tests, these are also entered into your Orange Book, we will also keep this information on our system, so if you forget your 'Orange Book' at any stage the details can be entered later.

When you are ready you will see Dr Ganu, this is part of our full circle collaborative care approach. Dr Ganu will go through your medical history in detail, your symptoms, and guide you through investigations (blood tests and ultrasound scan) and any necessary treatment.

Dr Ganu will also do an ultrasound scan in each visit so you get to see how your baby is growing, and will also review any high-risk factors, and give you an overview of your pregnancy care.

We welcome partners and/or support person/s, grandparents, siblings, and best friends to any of your appointments with Dr Ganu.

*\*It is now a recommendation and a Medicare requirement that the Edinburgh score is done twice during a pregnancy and again after delivery due to the significant rise in postnatal anxiety and depression in our society. These conditions can be treated easily if detected early enough but can have dire consequences if left undiagnosed, to both mother and baby. We therefore strive to help your pregnancy experience be as stress-free and enjoyable as possible.*

#### Every 4 Weeks up to 28 weeks

#### **Subsequent Antenatal Visits – 15 minutes duration**

You will see our Private Nurse / Midwife when you arrive, they will take your blood pressure and discuss and answer any questions you may have in relation to your pregnancy. You will then see Dr Ganu.

**10-12 weeks** – Antenatal check-up and NT Translucency Ultrasound and SAMSAS blood test to be organized if required. You may also opt to have the NIPT (Non-invasive prenatal testing) or more commonly known as the Harmony Test. This will incur an out-of-pocket expense and can be discussed at this visit if not already discussed at your Initial Appointment.

**16-18 weeks** – Antenatal check-up and Ashford Hospital booking admission forms to be completed.

**18-20 weeks** – Antenatal check-up and Morphology Scan is due. This ultrasound confirms babies' heartbeat, detects multiple births, measures the size of foetus, assesses the position of the placenta, checks the volume of amniotic fluid around baby and looks for foetal abnormalities. The sex of baby may be able to be determined at this stage.

**20-22 weeks** - Antenatal check-up and review of your Morphology scan results. In this appointment we will discuss pregnancy management, antenatal classes and discussion about other healthcare providers that will be part of your care, your Paediatrician, Anaesthetists and Physiotherapists.

**24-26 Weeks** - Antenatal check-up and pathology forms will be given to you for a Glucose Tolerance Test – (this test detects gestational diabetes in pregnant women), CBE and Blood Group and antibodies in Rh negative women.

**28 - 29 Weeks – 30 minute appointment** - Antenatal check-up and a longer appointment booked to allow you to discuss with Dr Ganu pregnancy, birth and postnatal planning, and we repeat the **\*Edinburgh Perinatal Anxiety & Depression checklist** at this visit. If you are a negative blood group, you will be given Ante-D at this visit.

**Each visit in your third trimester, Dr Ganu will discuss about different aspects of Childbirth and Postnatal care and answer your questions.**

Whooping cough vaccine is recommended to women and their partners at this time by their GP.

**Every 2 Weeks up to 36 weeks**

**Subsequent Antenatal Visits – 15 minutes duration**

You will see our Private Nurse / Midwife when you arrive, they will take you blood pressure and discuss and answer any questions you may have in relation to your pregnancy. You will then see Dr Ganu.

**30 Weeks** – Antenatal check-up, remember to let us know if you and your partner have had the Whooping cough and/or Fluvax and/or COVID19 Vaccine so we can update your Pregnancy Record.

**32 Weeks** – Antenatal check-up and we will order your Ante-D for your next visit if Rh Negative.

**34 Weeks** – Antenatal check-up and our Nurse / Midwife Team will administer your Anti-D to be given if Rh Negative.

**36 Weeks** – Antenatal check and we will get you to do a GBS (Group B Strep) vaginal swab for culture, CBE and Blood Group Antibodies. Information and discussion about labour delivery and breastfeeding will be discussed in much more depth at this visit and over the next 4 weeks.

**Weekly Visits until Delivery**

**Subsequent Antenatal Visits – 15 minutes duration**

You will see our Private Nurse / Midwife when you arrive, they will take you blood pressure and discuss and answer any questions you may have in relation to your pregnancy. You will then see Dr Ganu.

Extra ultrasound scans may be required to check growth/size for delivery.