

MATERNITY

Grow Baby Grow

Care for your pregnancy and beyond at Growlife Medical

Congratulations on your pregnancy!
At Growlife Medical we believe in creating strong mothers, resilient families and connected communities. This starts with comprehensive care during your pregnancy.

As a member of the Growlife Medical community, you are fortunate to have access to a wonderful team:

- Experienced GPs
- Passionate Midwives
- Specialist Lactation Consultants
- Dedicated Baby Nurse

We are here to work with you and help you navigate and thrive through this next stage of your life journey.

**IN AN EMERGENCY,
ATTEND MATER
PREGNANCY ASSESSMENT
CENTRE OR EMERGENCY
DEPARTMENT OF YOUR
LOCAL HOSPITAL.**



Pregnancy care options

- GP Shared Care. What are the benefits?
Choose your appointment times, choose your GP, flexibility to change appointments, know who you are seeing each visit. Lower cost, midwifery care alongside known GP.
- Private Obstetric Care
- Midwifery Group Practice
- Midwife public hospital care or
- Private midwife care.

Regardless of the model of care you choose, our experienced team of midwives, LCs and GPs will share the journey with you. You are welcome to contact us for support at any time and all families are welcome at our education sessions.

Early pregnancy care is the same regardless of model of care chosen:

Early days (5–9 weeks) GP visit

Date:

Discuss models of care, early pregnancy essentials and screening tests available

- Blood and urine tests, dating scan (this confirms the number of babies and the weeks of pregnancy)
- Review with GP for results and planning
 - Commence GP shared pregnancy care with our team and the hospital
 - OR be referred to your choice of private obstetrician

Start your folate-containing pregnancy vitamin

After this, follow up and appointments will be dependent on your preferred model of care for your pregnancy.

Antenatal Care at Growlife Medical (GP Shared Care)

At each visit you will see an experienced **GP or Midwife** and you will have a health check appropriate to the stage of your pregnancy.

Your pregnancy visits will be individualised dependent upon your clinical and personal needs.

Below is an appointment guide and some things to consider prior to each of your visits with Growlife Medical.

10–12 weeks GP visit

Date:

- NIPT + early morphology ultrasound
- What screening tests are available?
- Do you or the father of the baby and family members have any medical problems?
- How can I stay healthy during pregnancy?

14 Weeks GP + Midwife phone call

Date:

- Smoking cessation
- Healthy eating in pregnancy
- What exercise can I do when pregnant?

18 weeks GP + Midwife phone call

Date:

- Have you heard from hospital?
- How do you plan to feed your baby?

20 weeks GP

Date:

- Morphology ultrasound
- Body changes in second trimester
- Your baby's movements

24 weeks GP + Midwife

Date:

- Influenza and whooping cough immunisation at Growlife Medical
- Book antenatal Life With Your Newborn class at Growlife Medical
- Book a hospital tour
- Consider antenatal breastfeeding consultation at Growlife Medical
- How are you feeling about having a baby?

28 weeks GP +/- Midwife

Date:

- Glucose tolerance test / blood test
- Skin to skin with your baby
- Where will your baby sleep – importance of rooming-in
- What is SIDS?
- When do I need to go to hospital?
- Have close family/friends had whooping cough immunisations?

30 weeks Long appointment with Midwife

Date:

- Third trimester common concerns
- Safe sleeping when pregnant
- What is optimal fetal positioning?
- Birth preferences and thoughts
- You baby's movements

Remember: Decreased baby movements or bleeding in late pregnancy require urgent review in hospital.

32 weeks GP +/- Midwife

Date:

- How will I know I am in labour
- Who are your support persons?
- When to go to hospital?
- Discuss parenting ideas/thoughts with you partner

34 weeks GP +/- Midwife

Date:

- What supports are available after I have my baby?
- Planning helpers for after baby arrives

36 weeks Hospital appt + Midwife phone call Date:

Blood test

- Where do I go when I'm in labour
- What do I need to bring (pack bags)
- How long will I have to stay in hospital?

38 weeks GP + Midwife

Date:

- How can I help baby to come on time?
- What is early labour?
- What alternate strategies might help you during labour (water, meditation, positioning, massage, music)?
- Do you have any breastfeeding questions, have you thought about antenatal expressing of breastmilk?

40-41 weeks GP +/- Midwife

Date:

- When to go to hospital
- Normal baby movements

After your baby is born

It is important to have a check up with your GP in clinic once you are home from hospital. There are many changes that happen in the days after leaving hospital.

- **7-10 day check (GP +/- Midwife)**
 - Mum and baby check up
- **14-21 day check (Midwife)**
 - Baby weight
 - Feeding support – refer to Lactation Consultant for home or clinic visit
- **6 week check (GP +/- Midwife)**
 - Appointment for mum and baby including immunisations
 - Enrol in parents group
 - Consider SongLife Connections

For information on cost, please see our online fee schedule at www.growmedical.com.au

We are here for you for the weeks, months and years ahead as often or as little as you need. **At Growlife Medical we are with you for life.**



Sherwood | Highgate Hill | Oxley

Phone 07 3154 2393

growmedical.com.au