



# BEFORE YOUR FIRST PREGNANCY APPOINTMENT AT THE WOMEN'S

Be sure to make bookings for services you may need **BEFORE** your appointment

You can make a booking for the following services:

- » hospital tour
- » childbirth education workshops
- » childcare for your appointment(s)
- » an interpreter.

For all contact details for services at the Women's visit our website at: [www.thewomens.org.au/patients-visitors](http://www.thewomens.org.au/patients-visitors)

## A family doctor

It is important for you, your baby and your family to have a GP (general practitioner or family doctor) that you know and trust. Your GP can provide ongoing care after your pregnancy as well as general health care for you and your family.

## See your GP for your early pregnancy checks

You can see your GP for your early pregnancy checks, tests and routine visits. Your GP can:

- » confirm your pregnancy with a urine or blood test
- » talk with you about any concerns you might have about your pregnancy or general health
- » discuss and organise early tests and ultrasounds
- » talk with you about diet and exercise and other lifestyle advice
- » immunise you and your partner for the flu at any time in your pregnancy
- » immunise you and your partner for whooping cough (pertussis) from 28 weeks
- » help you to give up smoking and discuss alcohol and drug issues, if necessary
- » make sure any medications you are taking are safe in pregnancy, including any natural or alternative medicines
- » talk to you about whether they can provide your pregnancy care as a shared care patient of the Women's.

Your GP can order the following tests:

- » blood and urine tests
- » Pap smear (if you are due, this can be done safely in pregnancy)
- » genetic tests
- » ultrasounds.

**Speak to your doctor about any charges that may apply.**

## Genetic Screening Tests

While most babies are born healthy, there is always a risk of problems. The decision to have screening tests is up to you and your partner.

For more information about screening tests:

- » Talk with your doctor about genetic testing.
- » Look at our website for more detailed information: [www.thewomens.org.au](http://www.thewomens.org.au)
- » Contact the Genetic Counselling Services at the Women's [www.vcgs.org.au/](http://www.vcgs.org.au/)

## Ultrasound

We suggest all women have an ultrasound between 19 and 22 weeks to check the development of their baby. Your local doctor will need to organise this for you in the community.

## Your first appointment at the Women's

We aim to arrange your first appointment at the Women's between 16 and 18 weeks of pregnancy.

What to bring:

- » copies of all blood, urine and ultrasound results (including any genetic screening tests) undertaken with your GP
- » Medicare card and Health Care card (if you have one)
- » confirmation letter of your appointment
- » your doctor's contact details
- » if you are from overseas you will need to bring details of your private health insurance and your passport.

## Where to get more information

### Women's Health Information Centre

Tel: (03) 8345 3045 1800 442 007 (rural callers)

### The Pregnancy Advisory Service

Tel: (03) 8345 3061

### Language services at the Women's (to book Interpreter)

Tel: (03) 8345 3054

More pregnancy information and fact sheets are available from the Women's website at: [www.thewomens.org.au](http://www.thewomens.org.au)