

36 weeks Usually Midwife	At this visit we will offer you screening for Group B Streptococcus (GBS) and education about antenatal expression of breast milk if you plan to breastfeed. This can include a hands-on demonstration if you are comfortable plus a 'how-to-do & store pack'.
37 weeks	Second (or more!) time mums may not need this check up if they are low risk of blood pressure or growth problems
38 weeks	Let's answer any birth questions! Ongoing discussion about 'when to present' to hospital GBS results
39 weeks	
40 weeks Usually Doctor & Midwife	Not long now! We will start to discuss options if your pregnancy goes beyond 41 weeks such as induction of labour
41 weeks Usually Doctor	Further discussion about induction of labour if your baby has not yet joined us in the outside world!
Postnatal Check Doctor visit 4-8 week after birth	An opportunity to discuss your birth and have health checks for you and your baby if needed. We can also further discuss and arrange contraception and cervical screening if needed.

Please note above is a description of our standard antenatal care. You may require more visits, tests or earlier birth planning depending on your health, your baby(ies) and any previous pregnancies.



## Pregnancy Care – What's Next?

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Congratulations and thank you for choosing Mildura O&G for your pregnancy care. We are a private antenatal clinic offering care for both public and private patients. Our team includes Specialist Obstetricians, a GP Obstetrician, Midwives, Nurses, a Physiotherapist, a Diabetes Educator, an Emotional Health Midwife and Administrative Staff.

All of our team members have different skills to offer and that's why we work together, aiming provide the pregnancy care that will benefit you most.

We have put together a table of what you might expect at your visits:

Pregnancy Visits	
Before you meet us	<p>We will arrange blood, urine and ultrasound tests so that we have as much information as possible when we first meet. These tests will include:</p> <ul style="list-style-type: none"> <li>A full blood count</li> <li>Infection screening</li> <li>Determine your blood group</li> <li>Urine testing for infection</li> <li>Optional: Down Syndrome Screening <ul style="list-style-type: none"> <li>This is a blood test &amp; ultrasound</li> <li>It is a <u>screening test</u> – it does NOT diagnose Down Syndrome it only assesses your risk</li> <li>Please note this is <u>NOT</u> covered by Medicare – please contact Barratt &amp; Smith or Australian Clinical Labs for inquires about costs</li> </ul> </li> </ul>
Booking Usually Doctor & Midwife	<p>This is where we really get to know you and your health so that we can tailor you needs to make your pregnancy as smooth and safe as possible! Please feel free to bring your partner/support person if you wish.</p> <p>We will make an individualised plan, go through your initial results and arrange any further testing that may be required, now that we know more about you!</p>
~16 weeks Usually Midwife	<p>At every visit we will check your blood pressure and baby's heart beat.</p> <p>All your initial testing should now be completed and we will go through all these results.</p> <p>We will also arrange for you to 'book-in' at Mildura Base Hospital so that you can access antenatal classes, have a tour of the maternity unit and make sure all your important information is available for the time of birth.</p> <p>We will also arrange your "19-20 week scan", the Morphology Scan. This ultrasound checks baby's development and if the placenta looks clear of the cervix/birth canal.</p>

20 - 22weeks Usually Doctor	<p>Discussion of "19-20 week scan" results.</p> <p>We will also discuss and arrange some blood tests for 24-28 weeks. These include screening for Gestational Diabetes – as this can occur even low risk women</p>
24 -26 weeks Usually Midwife	<p>We will start to monitor baby's growth from 26 weeks with a tape measure – this is called the 'symphysiofundal height'.</p> <p>Higher risk woman may need ultrasound monitoring instead.</p>
28 weeks Usually Doctor	<p>Your baby's movements and your mental wellness are very important and we will discuss these in detail today!</p> <p>We will also go through your diabetes results and if your blood group is negative you may need an Anti-D injection.</p> <p>We are an accredited vaccination provider and we are able to give you and your support person a Whooping Cough vaccination free of charge.</p> <p>A Screening questionnaire for anxiety and depression is offered.</p> <p>At every visit you will get used to our 'Usual checks': blood pressure, baby's position, baby's heart and movement checks.</p>
32 weeks Usually Midwife	<p>Only 8 weeks to go! We will start to discuss birth in more detail and give you a "Mildura O&amp;G Birth Bag"! It has lots of information about preparation for birth and baby.</p>
34 weeks	<p>If your blood group is negative you may need another Anti-D injection.</p> <p>Also it might be time to consider if you would like to use contraception after birth. We can give advice about breastfeeding safe options.</p>