



Before your first pregnancy appointment at the Women's

the women's
the royal women's hospital
victoria australia

Be sure to make bookings for services you may need

If you are interested in using one of the following services:

- take a hospital tour
- childbirth education classes
- childcare for your appointment
- an interpreter (bookings and cancellations) contact the Women's on (03) 8345 2000 and make a booking now before your appointment.

For all contact details for services at the Women's visit our website at: www.thewomens.org.au/OurServices

Your local doctor

Most people have a doctor that they will visit regularly for general health checkups, or when they are feeling unwell (sometimes called a general practitioner or a GP). It might be a doctor who is close to your home. It might be a doctor who speaks your language or with a similar cultural background to yourself. If you don't have a local doctor you are familiar with, ask your friends or people in your local community to recommend someone.

Ultrasound

We suggest you have an 18-20 week ultrasound to check the development of your baby. Your local doctor can organise this for you. Only a limited number of ultrasound appointments are available at the Women's.

Consider seeing your local doctor for your early pregnancy checks

Your local doctor can do early routine visits and organise your first tests. A local doctor can:

- do a pregnancy 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
- 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 do your pregnancy care (shared care).

Your doctor can order the following tests:

- blood and urine tests
- Pap smear (if you are due, this can be done safely in pregnancy)
- genetic tests
- ultrasound – which can look for a number of problems in your baby like spina bifida, heart and limb defects and to check your due date.

Speak to your doctor about any charges that may apply.

Genetic Testing

While most babies are born healthy, there is always a risk of problems. One of the most common genetic problems that a baby can have is a genetic condition called Down syndrome. The decision to have a test is up to you and your partner. All women should consider screening tests, but especially if:

- you are 37 years of age and over
- you or your partner have had a previous baby with a genetic problem or a family history.

Screening tests are best done in the first 16 weeks of pregnancy and cannot be done after 19 weeks.

Do you need more information about genetic testing?

- Look at our website for more detailed information: www.thewomens.org.au
- Talk with your doctor who can order genetic testing.
- Call the Genetic Counselling Services at the Women's who offer information sessions to women (see contact information at the end of this booklet).
- Ask for the booklet Tests and Investigations by the 3 Centres Collaboration or go to their website at: www.3centres.com.au



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Mixed feelings about being pregnant?

If you are undecided about your pregnancy don't be afraid of talking to someone. The Pregnancy Advisory Service (PAS) at the Women's offers support and information to women. The service can outline your options and support you with the decision you feel is right for you. If you are a young woman, there are services especially for you.

Your first appointment at the Women's

What to bring:

- Medicare card
- Health Care card
- confirmation letter of your appointment
- a copy of any test results from your local doctor (if these have been done)
- your doctor's contact details and a referral letter if you have one
- if you are from overseas you will need to bring details of your private health insurance and your passport. Some countries have reciprocal health care arrangements with Australia.

Where to get more information

Royal Women's Hospital

Cnr Grattan St and Flemington Rd
Parkville VIC 3052
Tel: (03) 8345 2000

Women's Health Information Centre

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

The Pregnancy Advisory Service

Tel: (03) 8345 3060

Language services at the Women's

Tel: (03) 8345 3054

More pregnancy information and fact sheets are available from the Women's website at:
www.thewomens.org.au

Disclaimer

The Royal Women's Hospital does not accept any liability to any person for the information or advice (or use of such information or advice) which is provided in this fact sheet or incorporated into it by reference. We provide this information on the understanding that all persons accessing it take responsibility for assessing its relevance and accuracy. Women are encouraged to discuss their health needs with a health practitioner. If you have concerns about your health, you should seek advice from your health care provider or if you require urgent care you should go to the nearest hospital Emergency Department.

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