Your Care During Pregnancy – Patient Information

This page includes specific advice for Aboriginal and Torres Strait Islander people.

Now that you have decided to have your baby in the Newcastle area, you will generally be able to choose from several different types of care. Where you have your pregnancy care and where you have your baby will depend on your general health, your preferences, where you live, and your previous birth experiences.

Your choices include:

<table>
<thead>
<tr>
<th>Provider</th>
<th>Low Risk</th>
<th>Moderate Risk</th>
<th>High Risk</th>
</tr>
</thead>
<tbody>
<tr>
<td>General Practitioner shared care</td>
<td>✓</td>
<td>✓</td>
<td>_</td>
</tr>
<tr>
<td>Private Obstetrician</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>John Hunter Hospital Antenatal Clinic Obstetrician</td>
<td>_</td>
<td>_</td>
<td>✓</td>
</tr>
<tr>
<td>M3 Team (on specialist referral only)</td>
<td>_</td>
<td>_</td>
<td>✓</td>
</tr>
<tr>
<td>John Hunter Hospital Birth Centre</td>
<td>✓</td>
<td>_</td>
<td>_</td>
</tr>
<tr>
<td>Midwife care at Belmont Outreach</td>
<td>✓</td>
<td>_</td>
<td>_</td>
</tr>
<tr>
<td>Midwife care at Toronto Outreach</td>
<td>✓</td>
<td>_</td>
<td>_</td>
</tr>
<tr>
<td>Midwife care at Tomaree Outreach</td>
<td>✓</td>
<td>_</td>
<td>_</td>
</tr>
<tr>
<td>Midwife care at Wallsend Outreach</td>
<td>✓</td>
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<td>_</td>
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<tr>
<td>Belmont Midwifery Group Practice</td>
<td>✓</td>
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<tr>
<td>Birra–Li Aboriginal Maternal and Child Health Service</td>
<td>✓</td>
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</tbody>
</table>

**John Hunter Hospital (JHH)**

- **Antenatal Clinic**

  The clinic provides a range of antenatal services including midwifery–led care, shared care, and high risk specialist obstetrician care. Other services include social work, family care, physiotherapy, interpreter service, diet and nutrition advice, and diabetes education services. The clinic also provides women with the information and support required to enable them to make an informed choice about a vaginal birth or repeat caesarean birth.
Women who have had one previous caesarean birth also have the choice of attending the Yemaya Midwifery Team clinic.

- **Birth Centre Team Midwives**
  
  The Birth Centre Team at JHH is a small team of midwives offering continuity of care for women with low risk pregnancies who have a natural approach to pregnancy and birth. The midwifery team provides antenatal care on the JHH campus and in the community. The clinic's schedule, and midwife on duty in the Birth Centre 24 hours per day, enables support for women to meet midwives during their pregnancy, and to receive care on arrival at the Birth Centre. Postnatal care is provided by either the JHH Home Maternity Service or the postnatal ward at JHH. After the birth, a postnatal follow up visit takes place on the ward or women will receive a phone call at home from one of the birth centre team midwives.

  - John Hunter Hospital Campus, Royal Newcastle Centre, Level 1
    Clinic hours: Tuesday to Friday 9 am to 4.30 pm
  
  - Hunter New England Waratah Campus, Community Health Centre
    Clinic hours: Wednesday 9.30 am to 4.00 pm
  
  - Phone (02) 4921–4585

- **M3 Team**
  
  Women with certain medical conditions or complex pregnancies will see a specialist obstetrician at the John Hunter Hospital Antenatal Clinic. You may be referred to the M3 Team, a multi-disciplinary team providing midwifery, medical, and obstetric care throughout a high risk pregnancy and during birth. You can enquire about this team at your visit or when you have your booking-in visit.

- **Antenatal Day Care Unit**
  
  The Antenatal Day Care Unit is located at the JHH and is staffed by midwives and medical staff. The majority of women requiring review in the Day Stay Unit have pregnancies that have reached 41 weeks gestation and beyond, or are experiencing complications in their pregnancies that require extra monitoring. This service provides an alternative to hospital admission.

- **John Hunter Breastfeeding Support Service**
  
  The Breastfeeding Support Service is a free service offering support and advice to breastfeeding mothers whose baby was born at John Hunter Maternity Service and is less than 4 weeks old. They also offer support to pregnant women who have experienced breastfeeding problems previously. The service operates 4 days a week, Monday through to Thursday (excluding public holidays). Referrals may be made by midwives, women, general practitioners, or other health care providers.

  For appointments phone (02) 4921–3992 8.00 am to 4.00 pm. Hours of service are from 8.30 am to 5 pm Monday to Friday.
Belmont Midwifery Group Practice

This group offer one-to-one midwifery care throughout pregnancy, birth and postnatal experience. This service is based at Belmont Hospital, however care is also provided within your home and the community. This service is professionally and functionally linked with John Hunter Maternity and Gynaecology Services. It is only available to women who assessed as having a low risk pregnancy.

🚀 Birra–Li Aboriginal Maternal and Child Health Service

The Birra–Li Aboriginal Maternal and Child Health Service is an Aboriginal Health partnership between Awabakal Aboriginal Medical Service and Hunter New England Health. Birra–Li is a service offered to Aboriginal women or women with Aboriginal partners. Coordination of care, education, and support throughout pregnancy is provided by Birra–Li Health Officers and midwives, and for some designated geographical areas, a Child and Family Health Nurse. The Birra–Li workers can see you in the antenatal clinic, at our outreach clinics, or visit you at home providing individual care during your pregnancy and up to six weeks after the birth of your baby. Phone: (02) 4924–6595 or (02) 4921–3000, pager 2145.

Appointments

To make an appointment for all antenatal clinics phone (02) 4921–3600 between 9.00 am and 4.00 pm weekdays.

Clinic Times

John Hunter Hospital
- Monday and Tuesday 2.00 pm – 4.00 pm
- Wednesday 9.30 am – 12.30 pm and 2 pm – 4.30 pm
- Thursday and Friday 9.00 am – 12.30 pm

Tomaree Hospital
- Tuesday 9.00 am – 3.00 pm

Toronto Polyclinic
- Tuesday 8.00 am – 5.30 pm

Wallsend Hospital
- Monday and Thursday 8.30 am – 4.00 pm
Belmont Midwifery Group Practice
Appointments are arranged with your midwife, phone (02) 4923–2108
- Monday 9.00 am – 12.00 pm and 2.00 pm – 4.00 pm
- Friday 9.00 am – 4.00 pm

The Parenting Education Service
This service provides a wide range of programs in a friendly, relaxed, informal group setting. Book in early for your antenatal classes by phoning the Parenting Education Service on (02) 4921–3992 or email JHParentingEducation@hnehealth.nsw.gov.au.

What to bring to hospital when you are having your baby

For mother:
- antenatal record
- maternity (sanitary) pads
- comfortable cotton nightie, long t-shirt or a sarong. You are welcome to wear your own clothes during labour and birth.
- massage oil, barley sugar, glucose drinks, music (all optional but helpful during labour)
- camera with fresh batteries and film or memory card
- nursing bras, nursing (breast) pads (disposable or cloth, not plastic lined)
- toiletries, tissues
- cotton underpants
- comfortable shirts, shorts / trousers, or tracksuit for day wear
- pyjamas, nightgowns, dressing gown, slippers
- telephone numbers of relatives and friends
- change for public phone use (50 cents per local call) or a phone card
- writing pad and pen
- change of clothes, including a jumper / jacket, for support person/s

Note: Leave all valuables at home.
For baby (these items are not supplied):

- at least three of each:
  - singlets
  - sets of clothing
  - bunny rugs / baby wraps (brushed cotton if cold weather, fine cotton, or muslin type if warm weather)
  - bibs
- your choice of bath solution or baby soap
- one packet of cotton buds (for “cord” care)
- your choice of baby lotion or wipes
- if you are bottle feeding your baby, bring a tin of your choice of infant formula. Sterile bottles are only provided while you are in hospital.
- Belmont Midwifery Group Practice – You will need to bring in your own formula and bottles.

Note:

- disposable nappies are supplied during your hospital stay.
- baby powder is not recommended.
- please clearly mark your surname on your baby’s clothes and linen.

Remember, it is important to have an approved infant or baby restraint installed in your car when you are about 34 – 36 weeks pregnant. This must be checked by an authorized RTA agent.