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PLAZA MEDICAL CENTRE

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On Behalf of Sterry Care Pty Ltd
ABN 52 134 020 072

Pregnant 36-41 wks advice

Congratulations ! You are almost there!

The last five weeks of your pregnancy are exciting, daunting and uncomfortable. We are here to help you as much as we can. It is important that you have more frequent visits in the last few weeks - if this is your first baby your visits will be weekly. Those having their second (or third/fourth or more!) may be scheduled for fortnightly reviews.

If you have ANY concerns between your routine visits please call the practice (**9021 3988**) and ask to speak to the midwife. Out of hours please call the Kalgoorlie Hospital Maternity Unit (**9080 5410**) and speak to one of the midwives who will give you advice over the phone or ask you to come in for review. If there are concerns the midwives will talk to your doctor. **If you are a private patient please ensure you let the midwives know so they call your chosen doctor.**

It is particularly important call if you experience any of the following:

- ANY bleeding from your vagina
- Fluid loss or persistent vaginal leaking (put on a pad first then call us)
- Regular painful contractions.
- Persistent headache - particularly if this is unusual for you
- Sudden or worsening hand or face swelling

It is also important that your baby remains active - if you think your baby has become quiet it is a good idea to eat or drink something and then lie down for 1-2 hours. The baby should then become more active (average 10 movements in a few hours). If they haven't then call Plaza (during working hours) or the Maternity ward.

Be aware of your Group B Strep results from the swabs taken in your pregnancy. Don't forget to phone the hospital before leaving home, and remember to take your antenatal record book.

Labour - When you think you are in labour or your waters have broken please call maternity - 9080 5410. Once you have been assessed the midwives will let your doctor know and a plan will be organised for you. If you are having contractions and your waters have not broken, you may be advised to monitor them at home. The midwives from Maternity will advise you when to call back or come in.

In Hospital - After your delivery it is important that you have good support and education before leaving hospital. If this is your first baby and you intend to breast feed it is recommended you stay 3-4 days to allow good breastfeeding to establish. A doctor will review you daily until you go home and check your baby before discharge. We encourage minimal separation and rooming in with your baby as much as possible

Going Home- After discharge your child health nurse will catch up with you 1-2 weeks after the birth. We encourage you to come in to Plaza or ring the midwife if you ANY concerns. The midwife is also available to help with breastfeeding advice, baby weights and mother crafting advice. She will also arrange an urgent medical review with your doctor if required.

Medicare It is very important to register your baby as soon as possible with medicare. If the baby does not have a medicare card number any visits at Plaza will be charged at \$40. To register ONLINE go to ;
<https://www.humanservices.gov.au/individuals/enablers/how-add-your-newborn-your-medicare-card>

Plaza Postnatal Services - Please ring and make this appointment as soon as possible after birth

Appointments 6 weeks Postnatal check for you and your baby. This needs to be with midwife AND GP.