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## What is Shared Care?

Shared Care is sharing your pregnancy care between the hospital and your family doctor.

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## Who is it For?

Women who normally attend The Sutherland Hospital Clinic with healthy pregnancies.

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## What are the Advantages of having my GP look after me?

- ☆ Personalised service
  - ☆ Continuation of care with your GP
  - ☆ Generally, shorter waiting times and more flexible appointments
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## What Does it Cost?

Normal GP consultation is usually charged and, in general, all tests are bulk billed.

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## What tests do I Need?

The following are the most common **tests** performed:

On Confirmation of Pregnancy	Blood Tests Urine Tests Cervical Smear (if not done within last 1-2 years)
18 weeks	Ultrasound
28 weeks	Blood Tests
36 weeks	Repeat Blood Tests and Vaginal Swab in some patients

### Nuchal Translucency Test

This ultrasound test is done at 12 weeks of pregnancy and can detect most cases of Down's Syndrome as well as other chromosomal disorders. It is only available through private ultrasound clinics. **Please discuss this with your GP before 12 weeks of pregnancy.**

Further details can be found at:  
[www.genetics.com.au](http://www.genetics.com.au)

## How Do I Arrange Shared Care?

If you are planning your pregnancy, or as soon as you know you are pregnant, ask your GP for details.

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## Health Issues in Pregnancy

### Folic Acid (folate)

Evidence has confirmed that the majority of Neural Tube defects (Spina Bifida) can be prevented by Folic acid supplementation. Ideally this should start 2 to 3 months prior to conception and continue to 3 months gestation. The dose is 0.5mg daily (5mg for women at high risk).

### Food Safety and Healthy Eating

Information regarding a healthy balanced diet, the avoidance of listeriosis (a type of food poisoning) and mercury in fish, can be found in the NSW Food Authority brochure 'Food Safety During Pregnancy'.

Contact: 1300552406 or go to  
[www.foodauthority.nsw.gov.au](http://www.foodauthority.nsw.gov.au)

### Smoking, Alcohol and Recreational Drugs

The deleterious effects of smoking and excessive alcohol intake on the foetus are well documented, both should be stopped in pregnancy. Information on the above and on recreational drug use can be obtained from 'Mothersafe' 9382-6539 and for smoking cessation, Quitline 13QUIT (137848).

### Exercise

This is especially important for overweight women. Excessive overheating should be avoided. High impact and contact sports should be discussed with your doctor.

### Iodine

Iodine deficiency is common. Iodine is vital to the baby's brain development, therefore pregnant women should increase their daily intake by 100 to 200mg. This can be done by taking multivitamins containing Iodine or by using iodised salt in cooking.

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## Schedule of Visits During Pregnancy

*Initial visit to GP*  
**(6-10 weeks)**      Pregnancy test  
Any other tests required

*Initial Visits to Clinic*  
**(10-14 weeks)**      Visit to Antenatal Clinic

**14-26 weeks**      Monthly visit to GP

**28 weeks**      Visit to GP

**30 weeks**      Check-up at Clinic

**32-34 weeks**      Fortnightly visit to GP

**36 weeks**      Check-up at Clinic

**37-40 weeks**      Weekly checks by GP

**41 weeks**      Weekly checks at Clinic

*Postnatal*  
**4-6 weeks**      Visit to GP

*This schedule is at the discretion  
of the Specialist and/or GP.*

### USEFUL PHONE NUMBERS

#### Sutherland Hospital

**Main Switchboard**      **9540 7111**

**Antenatal Clinic**      **9540 7240**

*Appointment Enquiries Mon—Fri*      *9.00am—4.30pm*

**Antenatal Assessment Unit**      **9540 8654**

*Clinical Enquiries Mon—Fri*      *8.30am—4.30pm*

**Birthing Suite**      **9540 7982/7981**



Shire GPs is an association of General Practitioners in the Sutherland Shire.

The focus is:

- ☆ To improve patient care in the community and in the hospital
- ☆ To improve communication between GPs and other local health providers
- ☆ To contribute to more efficient and cost-effective allocation of community health resources

## Did You Know You Can Have



## Shared Pregnancy Care with your GP?

SURGERY STAMP