

~ Options of Care for pregnancy and postnatal stay ~

All women who wish to birth at Sutherland Hospital will need to send their Antenatal Referral form to the Antenatal Clinic to organise the first Antenatal visit.

During your first antenatal visit you will be asked to decide about your choice of care during your pregnancy. The various options are described below. Before you come for your first visit at the Antenatal Clinic, please consider and discuss with your GP what type of care you would prefer.

Antenatal Options

GP Shared Care

In this option, women can have their antenatal care with their General Practitioner (GP) and return to the hospital clinic at 30, 36 and 41 weeks of pregnancy. Please discuss with your GP if you are suitable for Shared Care.

Antenatal Clinic

The Antenatal Clinic at The Sutherland Hospital offers antenatal care from a small group of doctors and midwives. Clinics run Tuesday, Wednesday and Thursdays.

Menai Clinic

This clinic offers care during your pregnancy by the same 1 or 2 midwives. The Midwives Clinic runs on Wednesdays at Menai. This clinic is for women with uncomplicated pregnancies.

Engadine Clinic – Young Parents Program

This clinic caters for pregnant young women from 15 years of age. Clinics run on Friday mornings.

Choosing your option of care can be difficult. The midwives at your first antenatal visit will help answer your questions about any of these options and will help you make your choice. Our aim is to make sure you have the best possible experience during your pregnancy.

Postnatal Care

Following the birth of your baby, your expected length of stay in hospital is up to 3 days. A community Midwife based at the hospital is available for home visits for mothers who wish to have their postnatal care at home. After a caesarean birth, expected length of stay in hospital is up to 5 days with follow up visits by the Community midwife when you go home.

Postnatal Check – 6 week check

All new mothers are encouraged to have a check-up 6 weeks after the birth of their babies with their GP. This check-up is very important. It involves discussion of any problems you may be having, followed by a physical examination.

We look forward to caring for you at The Sutherland Hospital