

Adapted pregnancy care plan

| Week | Consult | Tests |
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| Week 6-10 Booking in visit | <p>Discuss your medical history and previous pregnancies.</p> <p>Discuss management of symptoms of pregnancy if needed.</p> <p>Do a full medical examination +/- Pap smear.</p> <p>Discuss screening for Downs Syndrome.</p> <p>Make a plan for your pregnancy based on your risk factors.</p> | <p>Booking bloods (blood group, blood count, vitamin D, thyroid function, viral screening) if they haven't been done by GP.</p> <p>Screening for Down's Syndrome if desired.</p> <p>Organise ultrasound to check baby at 12-13 weeks</p> <p style="text-align: right;">\$170</p> |
| Week 14 | <p>Review Down's Syndrome screening result.</p> <p>General check of mother and baby</p> | <p>Flu Vaccination - please get as soon as they come out ?in April - we will have them here in the clinic or with your GP if you're from out of town.</p> |
| Week 18 | Phone/video consult | <p>Organise 20-21 week ultrasound to check the baby thoroughly. (might be best done in Melbourne)</p> |
| Week 21-22 | Review 20 week ultrasound result and discuss any changes to pregnancy care plan | |
| Week 24-25 | Phone/video consult | <p>Organise 28 week blood test for diabetes in pregnancy (GTT), blood count, blood group if Rh neg.</p> |
| Week 28 | <p>Be seen on same day as your 28 week blood test if that suits - I will contact you if there is anything untoward</p> <p>Check Mother and baby</p> | <p>Anti D injection if your are Rh negative blood group. We will give whooping cough vaccine.</p> <p style="text-align: right;">\$3000</p> |
| Week 30 | Phone/video consult | |
| Week 34 | Check Mother and baby. | <p>Anti D injection if your are Rh negative blood group</p> |
| Week 36 | Check Mother and Baby, especially to make sure baby is in head down position. If breech, discuss options for management. | <p>Low vaginal swab for group B Streptococcus taken during visit.</p> |
| Week 38, 39 and 40. | <p>Hopefully you will have your baby some time around now.</p> <p>Check weekly for baby's growth and descent into pelvis in preparation for delivery. Watch mother for signs of high blood pressure or other pregnancy complications.</p> | |

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|----------------------------|---|--|
| Week 41 | Discuss induction (bringing on labour) for around 10-14 days after the due date. (Only about 2% of ladies are still pregnant by now) A vaginal examination is done to determine the mode of induction and also to stimulate the cervix to help stir up labour (called a stretch and sweep) | A CTG (baby heart trace) and an ultrasound (to check there is enough fluid around baby) is done to confirm baby is well. |
| 6 weeks after baby is born | Check that your body has returned to it's non pregnant state and any stitches have healed Check for mental health (PND is 1 in 7!) Discuss contraception Do pap smear if due (may need to be done by phone/ videocall - we'll see) | |

This is the plan for a lady with a single baby who is otherwise well and has a healthy pregnancy. If you have any complications you will need to be seen more often and may need more ultrasounds.

Reasons to call either the rooms on 54417888 (in hours) or the labour ward at St John of God on 54343423:

1. Vaginal bleeding
2. Severe abdominal pains
3. Baby not moving normally (after 28 weeks)
4. Unusual vaginal discharge (possible infection or broken waters)

Dear patients,

In an effort to protect both you and myself from the COVID 19 virus I am being forced to implement some changes:

When you come in for an appointment please come alone.

If you are feeling at all unwell with respiratory symptoms please phone instead, I can do most things over the phone.

If you become unwell with the virus, you will need to be admitted to the Base hospital rather than SJOG and I will come and see you there if needed.

I will be working in the rooms on Tuesdays and Thursdays to try to reduce the number of patients in the waiting room. You may be asked to wait in your car. Dr Roessler will be working Mondays and Wednesdays. We will only have one midwife on at the desk so won't be doing procedures like mirena insertions or colposcopy (Peter).

Keep well and phone if you need,
Dr Emma.