

Contacting your CAPS Midwife (Canterbury Antenatal Postnatal Service)

- There are 4 Midwives in CAPS
- Your midwife works closely with another Midwife - her 'buddy', who you may meet during your pregnancy or postnatally
- Please contact your Midwife via her mobile phone
- If your Midwife is not available, your call will be transferred to her buddy or to the Waratah postnatal ward
- We run "meet the midwives" sessions once a month and do encourage you to come to one towards the end of your pregnancy. This is an opportunity to discuss your upcoming labour and birth and take a tour of our Birthing Unit.

Contacting your Midwife while you are pregnant

- Please call your midwife on her mobile phone number between 8am and 4:30 pm
- Outside these hours your call will be diverted to Waratah postnatal ward
- If you do not get through to your midwife it is important that you leave a message. Text messaging is not reliable
- **Text messages are not regularly checked by the midwives. Please do not text the midwife for information or advice**

Contacting your Midwife after you have your baby

Your midwife will visit you at home to check on you and your baby for the first 2 weeks after your discharge from hospital. Your midwife will work out a time that suits you both for the visit. If for some reason you cannot be home please call or text your midwife. **If you need advice after hours, call your Midwife's phone and you will be diverted to Waratah postnatal ward.** When you call, let them know who your CAPS Midwife is. The Waratah ward Midwife will advise you and will update your midwife later with a call or text.



IN AN EMERGENCY, GO STRAIGHT TO THE HOSPITAL EMERGENCY DEPARTMENT

My midwife's name is:

My midwife's phone number is:

While pregnant please call Birthing Unit on 97870555 / 97870554 if you have any of the following urgent concerns;

- If you think you are in labour (having regular, painful contractions)
- Concerns your baby movements have changed
- Waters break
- Vaginal bleeding
- Abdominal pain
- Headaches or blurred vision
- Swelling in hands and face
- High temperature
- Dizziness or feeling faint
- Vomiting or diarrhoea
- Severe itching (particularly hands and feet)
- Burning or stinging when passing urine
- In a car accident or have a fall

Tell the Birthing Unit Midwife that you have a CAPS midwife.

The Birthing Unit midwife will direct your care and will update your CAPS midwife later.



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Health
Sydney
Local Health District



Going home after you have your baby

If you choose CAPS care and everything is normal with your pregnancy and birth, you will be expected to go home within 4-12 hours of having your baby. This may surprise you or your family, but there are some very good reasons for it:

- Returning home soon after the birth of your baby is safe. Mums and babies who do this don't have any more medical problems or greater need to return to hospital than those who go home later
- Women who return home with CAPS care are well supported by their midwife and have fewer problems with feeding and settling their babies
- Your midwife can visit you regularly at home for up to 2 weeks
- When you are at home and having CAPS care you will be able to call the CAPS midwives between 8:00 am and 4:30 pm any day (outside these hours the phone will be diverted to the postnatal ward)
- Women learn to care for their babies in their own home where they feel most comfortable
- Women enjoy their babies more and have fewer problems with anxiety and post-natal depression
- Partners and family can be more involved. If you stay in hospital your partner will probably not be able to stay with you. They will be able to help you so you can get more rest
- You still have access to all the hospital facilities during this time. If there is a problem your midwife can send you straight back to hospital. You can attend breast feeding classes as an outpatient



Your CAPS Midwife will see your family at home until your baby is around 2 weeks old and will be available to you by phone throughout this time as well.

Sometimes there are good reasons to stay in hospital for longer. If there are complications your midwife will ask you to stay.

If you feel you would like CAPS care but are concerned about returning home soon after having your baby we are very happy to talk to you and help you decide if this is the type of care for you.

If you are very sure that you do not want to go home 4-12 hours after you have your baby under any circumstances then this is not the model of care for you. The midwives can help you find what would suit you better.



If you have any feedback or questions about your care, please contact the CAPS Midwifery Unit Manager Claire Devonport on 9787 0559 or claire.devonport@health.nsw.gov.au