

# Schedule of Visits

## RPA Women and Babies / Canterbury Hospital

This table describes the minimum recommended visits during pregnancy. Care is individualised and GPs will determine if more frequent or additional consultations are needed.

| Stage of pregnancy | Encounter  | Who to visit                       |
|--------------------|--|------------------------------------|
| 4-10 weeks         | See your GP to arrange routine antenatal screening and referral to your chosen hospital shared care provider:<br><b>RPA:</b> Antenatal Clinic, Birth Centre or MAPS<br><b>Canterbury:</b> Antenatal Clinic or CAPS | GP                                 |
| 10 weeks           | Non-invasive prenatal testing (NIPT) is an optional blood test, not covered by Medicare, used to screen for specific chromosomal conditions in the fetus. At RPA, it is performed after 11 weeks gestation.        | RPA or private ultrasound provider |
| 11-13 weeks        | Combined First Trimester Screen (ultrasound plus a blood test, this screens for some fetal health conditions, pre-eclampsia and fetal growth restriction risk).  | RPA or private ultrasound provider |
| 12-14 weeks        | <b>RPA:</b> First half booking appointment <b>via telehealth</b> with hospital midwife (45 mins)<br><b>Canterbury:</b> Full <b>face-to-face</b> booking appointment with midwife (90 mins)                         | Hospital                           |
| 18-20 weeks        | <b>RPA:</b> Second half <b>face-to-face</b> booking appointment with hospital midwife (45 mins)  | Hospital                           |
| 19-23 weeks        | Ultrasound and review with either GP or hospital depending on pregnancy risk assessment  | GP/<br>Hospital                    |
| 26-28 weeks        | Antenatal visits   | GP                                 |
| 30 weeks           | Antenatal visit with midwife   | Hospital                           |
| 31-36 weeks        | 2-3 weekly visits  | GP                                 |
| 37 weeks           | Antenatal visit with midwife   | Hospital                           |
| 38-40 weeks        | 1-2 weekly visits  | GP                                 |
| 40 weeks           | Antenatal visit with midwife or hospital doctor  | Hospital                           |
| Postnatal          | <b>GP visit:</b> newborn check (10-14 days of age), mother and baby check at 6 weeks   | GP                                 |

Antenatal visits may include clinical assessment, review of blood pressure and your baby's growth and welfare, **vaccines**, and discussions about mental health and antenatal education. Women will be referred for ultrasounds and other tests as required, including routine blood tests, the **Glucose Tolerance Test (GTT)** for diabetes at 26-28 weeks and swab for **Group B Streptococcus** at 35-37 weeks.

Ask your GP to send an electronic referral to the hospital, including copies of your antenatal test results, ultrasounds and relevant medical history (including cervical screening tests).

Your GP can visit the HealthPathways Sydney website or call the SLHD GP eReferral Team for information on how to complete an electronic referral.

### SLHD GP e-Referral Team

Email: [SLHD-EReferralProject@health.nsw.gov.au](mailto:SLHD-EReferralProject@health.nsw.gov.au)

Contact options for GPs only (not patients or community members).  
Enquiries about logged referrals are to be directed to the service.

### RPA Women and Babies

#### Antenatal Clinic (Mon-Fri 8am-4pm)

Appointments ..... 9515 7101

Midwife ..... 9515 8090

#### Birth Centre (Mon-Fri 8am-4pm)

Booking In /Appointments ..... 9515 6405

### Canterbury Hospital

#### Antenatal Clinic (Mon-Fri 8am-4pm)

Appointments ..... 9153 2091

9153 2092



If you require **EMERGENCY** medical help during your pregnancy

If you are **greater than 20 weeks** pregnant contact:

- RPA Delivery Ward on 9515 8420
- Canterbury Hospital Birth Unit on 9153 2135

If you are **less than 20 weeks** pregnant contact:

- For urgent problems attend:
  - RPA Emergency Dept, Missenden Rd, Camperdown, Ph: 9515 6111 or
  - Canterbury Hospital Emergency Dept, Canterbury Rd, Campsie, Ph: 9153 2000
- For non-urgent problems contact your GP

GP Stamp and details

last amended December 2025



GP Antenatal

Shared Care

Sharing your pregnancy care between your GP and the hospital

RPA Women and Babies  
Canterbury Hospital

**phn**  
CENTRAL AND  
EASTERN SYDNEY

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## What is Antenatal Shared Care (ANSC)?

Antenatal Shared Care is a program which enables you to be cared for by your General Practitioner (GP) while you are pregnant. This GP will have gained recognition to provide shared care with RPA Women and Babies and Canterbury Hospital.

The program has been designed to provide you with regular and professional care throughout your pregnancy, up until the time of your baby's birth and ongoing after you leave hospital.

## Who is it for?

The program is for women who are likely to have an uncomplicated pregnancy. Most visits during your pregnancy will be to your GP with occasional visits at the hospital antenatal clinics.



If problems do arise during the pregnancy, your care may be transferred to the hospital Antenatal Clinic.

Your GP can provide shared care with the Antenatal Clinic, Birth Centre or Midwifery Antenatal and Postnatal Service (MAPS) at RPA, or with the Antenatal Clinic or Canterbury Antenatal Postnatal Service (CAPS) at Canterbury Hospital.

## What are the advantages of having Antenatal Shared Care during my pregnancy?

As most visits during your pregnancy will be with your GP, you will have flexible appointment times and avoid having to regularly travel to the hospital.

It allows you to continue receiving care from your GP before, during and after the pregnancy.

## When do I discuss Antenatal Shared Care with my GP?

Ask your GP for details of the program if you are planning a pregnancy or as soon as you know you are pregnant.

If you do not have a GP, or your regular doctor is not affiliated with the Shared Care program, the staff at the hospital can help you select a Shared Care GP in your area. These GPs have experience and particular interest in providing antenatal care.

## Are there any costs involved?

The GP consultation is charged as per their usual rate. Hospital visits are covered by Medicare. If you do not have Medicare, you will be charged a cost as set by NSW Health. Please discuss with your insurance company what they will cover.



## IMPORTANT REMINDER !

Ask your GP for a referral and book into the Antenatal Clinic as soon as your pregnancy is confirmed. Your first midwife appointment at the hospital will be scheduled for when you are 12-14 weeks pregnant.

## The importance of visiting your GP early during your pregnancy

It is important to visit your GP early to discuss key information regarding your pregnancy.

This may include discussing screening tests such as reproductive carrier screening, combined first trimester screening (cFTS), non-invasive prenatal testing (NIPT) and the oral Glucose Tolerance Test, family history, vaccination status including rubella, folic acid intake and nutrition.

Some tests can only be undertaken early in pregnancy so it is important that you talk with a GP as soon as possible.

## What do I need to bring to my first hospital appointment?



- Medicare Card
- Photo ID (Passport or Driver's license)
- All pregnancy pathology results and ultrasound reports
- Yellow antenatal record card provided by your Antenatal Shared Care GP provider. This card needs to be carried with you at all times and brought to every visit with your GP and the hospital so that it can be updated with your latest information.