

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: <ul style="list-style-type: none"> RPA: Antenatal Clinic, Birth Centre or MAPS Canterbury: Antenatal Clinic or CAPS 	GP
11-13 weeks	Combined first trimester screen (nuchal translucency ultrasound and blood test for pre-eclampsia risk)	RPA or private ultrasound provider
12-14 weeks	Booking visit with hospital midwife	Hospital
19-23 weeks	Ultrasound and review with either GP or hospital depending on pregnancy risk assessment	GP/Hospital
26-28 weeks	Antenatal visits with GP	GP
30 weeks	Antenatal visit with midwife	Hospital
2-3 weekly	Antenatal visits with GP	GP
37 weeks	Antenatal visit with midwife or hospital doctor	Hospital
1-2 weekly	Antenatal visits with GP or midwife/hospital doctor	GP/Hospital
40 weeks	Antenatal visit with midwife or hospital doctor	Hospital
Postnatal	GP visit: newborn check (10-14 days); mother/baby check (6 weeks)	GP

Antenatal visits may include clinical assessment, review of blood pressure and your baby's growth and welfare, vaccines for pertussis (whooping cough), influenza and COVID-19, 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 and ultrasounds. Your GP can visit the HealthPathways Sydney website or call the Antenatal Clinic for information on how to complete a referral.

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
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Midwifery Antenatal Postnatal Service (MAPS) (Mon-Fri 8am-4pm)

9515 4465

Canterbury Hospital

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

Appointments	9153 2091
	9153 2092

Canterbury Antenatal Postnatal Service (CAPS)

(Mon-Fri 8am-4pm)
Email: slhd-caps@health.nsw.gov.au 0448 225 917



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 March 2024



Antenatal GP Shared Care

Sharing your pregnancy care between your GP and the hospital

RPA Women and Babies
Canterbury Hospital

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An Australian Government Initiative

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.



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 licence)
- All pregnancy pathology results and ultrasound reports.
- Yellow antenatal record card provided by your Antenatal Shared Care GP provider. This card needs to be brought to every visit with your GP and the hospital so that it can be updated with your latest information