

# Maternity Services Information

for Patients  
in the Nepean Blue Mountains Region

**If you are expecting, you need to arrange a Maternity Booking Visit with your local hospital.**

Nepean Blue Mountains Local Health District (LHD) has four facilities able to provide Maternity Care as per NSW Maternity and Neonatal Service Capability Framework.

## **NEPEAN**

**4734 2000**

## **BLUE MOUNTAINS**

**4784 6573**

## **HAWKESBURY**

**4560 5555**

## **LITHGOW**

**6350 2300**

*Talk to your GP about the appropriate local Maternity Service for you.*

## Maternity Booking Visit

The booking is with a midwife and takes 1.5 to 2 hours. It includes medical history, family history, psychosocial history etc. This visit also allows for education and information sharing.

Benefits of you booking at your local hospital include:

- Earlier booking visits
- Familiarisation with local hospital to allow for timely antenatal assessment and transfer
- Timely referral to tertiary services when required (if complications arise)
- Ability to book into local antenatal and breastfeeding classes
- Decreased travel time and increased convenience
- Potential to do shared visits between Nepean Hospital and their local hospital depending on level of risk
- Shorter waiting times and referral of low risk women to the appropriate level of service
- Facilitates transfer back to your local Hospital postnatally or if risk decreases antenatally

## Facilities Available

	Nepean	Hawkesbury	Blue Mountains	Lithgow
Birth Rooms	9	4	2	2
Partners can stay overnight after the birth	✗	✗	✓	✗
Free parking	✗	✓	✓	✓
Parenting Education classes	✓	✓	✓	✓
Special Care Nursery	✓	✓	✗	✗
Neonatal Intensive Care Unit	✓	✗	✗	✗

## Available Models of Care

	Nepean	Hawkesbury	Blue Mountains	Lithgow
Midwives	✓	✓	✓	✓
Caseload	✓	✗	✗	✗
Obstetric	✓	✓	✓	✗
GP/Obstetrician	✗	✗	✗	✓
GP shared care	✓	✗	✓	✓
Midwifery at Home Postnatal	✓	✓	✓	✗
Privately Practicing Midwives	PPM are available throughout the area. Providing antenatal, birth and postnatal care. Patients require a referral to their midwife of choice for antenatal and postnatal care. This is required for Medicare Rebate.			

### ANTENATAL CLASSES and BREASTFEEDING CLASSES

For details and to book, please call your local hospital.

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**Classes are popular. Please book into the classes ASAP.**

*Please encourage your support person to come with you to the classes.*

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**Health**  
Nepean Blue Mountains  
Local Health District



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