

## What do I need to do?

**It is important that you book into the antenatal clinic as soon as your pregnancy is confirmed.**

To make an appointment telephone the antenatal clinic at the hospital where you want to have your baby.

**Nepean Hospital Antenatal Clinic (Penrith)** Phone: 4734 2373

**Blue Mountains Hospital Antenatal Clinic (Katoomba)** Phone: 4784 6572

## Suggested Visit Schedule

Week 5 - 12	GP Hospital	First visit Book in visit with midwife
Week 12 - 15	GP	Routine check & pregnancy care
Week 20	Hospital	Discuss ultrasound results & pregnancy care options
Week 24	GP	Routine check & pregnancy care
Week 28	Hospital	Routine check & pregnancy care
Week 31	GP	Extra check for first time mothers
Week 34	GP	Routine check & pregnancy care
Week 36	Hospital	Routine check, birth plan & breastfeeding discussion
Week 38	GP	Extra routine check for first time mothers, birth plan & breastfeeding discussion
Week 39	Hospital	Routine check
Week 40 - 41	Hospital	Routine check
Postnatal 6 - 8 weeks	GP	Mother and baby check

**More information:**  
Call 4708 8100 or visit  
[www.nbmphn.com.au/antenatal](http://www.nbmphn.com.au/antenatal)

To provide us with feedback about the Antenatal Shared Care Program, please contact Nepean Blue Mountains PHN on **02 4708 8100** during business hours, [admin@nbmphn.com.au](mailto:admin@nbmphn.com.au) or visit [www.nbmphn.com.au/feedback](http://www.nbmphn.com.au/feedback)

**phn**  
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Interpreter services can be arranged if needed. Costs may apply. Please consult with your health provider for more information. The National Relay Service (NRS) is available for patients who are hearing impaired.

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# Antenatal Shared Care

*Sharing your pregnancy care between  
your family GP & the local hospital*

**Information for expectant mothers**

## What is GP Antenatal Shared Care?

**Antenatal Shared Care gives women with low-risk pregnancies the choice of having their antenatal care with a General Practitioner (GP) as well as the local hospital.**

GPs who provide antenatal shared care are registered with the Antenatal Shared Care program and have experience and training in pregnancy care. They have a particular interest in providing antenatal and postnatal care to women in the community.

If you wish to make use of the GP Antenatal Shared Care program, you will need to visit the antenatal clinic at the hospital of your choice for an initial “booking in”. It is best to make this appointment as soon as you know you’re pregnant.

Antenatal Shared Care is available at Nepean Hospital (Penrith) and Blue Mountains Hospital (Katoomba).

Throughout your pregnancy you will visit your hospital antenatal clinic and your GP at set times.

Your GP does not deliver your baby. The birth unit midwives at your chosen hospital or birth centre will take care of you during your labour and birth, and the hospital obstetrician will be called to attend, if necessary.

Your GP will then see you for a postnatal check-up 6 weeks after the birth.

## Why choose Antenatal Shared Care?

Your GP knows you and your family and can often provide more personalised and comprehensive care for you and can continue to look after you and your family before and after your baby is born.

Seeing your GP can mean more flexibility with appointments.

Learn more at [www.nbmphn.com.au/antenatal](http://www.nbmphn.com.au/antenatal)

## Will it cost?

Most GPs will bulk bill all antenatal appointments. Check with them to be sure.

## How do I know if it's right for me?

Ask your GP for a referral for Antenatal Shared Care.

Your suitability for Antenatal Shared Care will be assessed by your GP and during your first hospital obstetric visit. Shared care may not be right for you because of your previous obstetric history, any pre-existing diseases, or other personal factors.

### How do I know if my GP is registered?

You can simply ask your GP if they are registered with the Antenatal Shared Care program.

### What if I don't have a regular GP?

If you don't have a GP, the hospital midwives will be able to give you a list of Antenatal Shared Care GPs who practise close to your home or workplace.

### What if my GP is not registered for Antenatal Shared Care?

If your own GP is not registered with the program you can discuss your options with them or obtain a list of accredited GPs from the antenatal clinic at the hospital.

