



Antenatal care is important during pregnancy, ensuring optimal health for you and your baby.

Shared care between your GP and experienced midwives at East Grampians Health Service allows you to meet the people who will care for you at the time of your baby's birth.

### Benefits of shared pregnancy care

- You will get to know your GP during pregnancy and also the midwives who will be supporting you during labour and the birth of your baby
- Your visits with a midwife are FREE
- Short waiting times
- Half hour visits. You will have time to discuss issues and ask questions

- You will continue regular visits with your GP, but every second visit will be with a midwife
- Your antenatal care will be tailored to suit your needs and circumstances

During your visit with a midwife you will be offered advice and information about various issues including:

- Exercise
- Food choices
- Discomforts and pregnancy
- Vitamin K
- Hepatitis B vaccine for your baby
- Antenatal tests
- Breastfeeding

You will be referred to other health professionals if required. e.g. dietitian or physiotherapist.

At the first visit to your GP or when you book in at the hospital you will be given a Victorian Maternity Record folder (VMR). Please bring this with you to all visits during your pregnancy to ensure your details and information is accurate and up to date. All information you give will be confidential and will be kept in your VMR and hospital medical record.

### When am I able to choose Shared Care?

At the first visit to your GP or when booking in at the hospital.

### Are all women able to choose Shared Care?

Discuss the option with your GP at your first visit. Women with a complicated pregnancy may not be suitable for this program. However, even if you have a more complicated pregnancy you are able to request a couple of visits to the midwives to discuss any issues or concerns.

## EAST GRAMPIANS HEALTH SERVICE VALUE STATEMENTS



### INTEGRITY

We value integrity, honesty and respect in all relationships



### EXCELLENCE

We value excellence as the appropriate standard for all services and practices



### COMMUNITY

We respect the dignity and rights of our community and acknowledge their beliefs, regardless of their cultural, spiritual or socioeconomic background



### WORKING TOGETHER

We value equally all people who make a contribution to EGHS to achieve shared goals



### LEARNING CULTURE

We strive to continually learn and develop through education, training, mentoring and by teaching others

## Making Appointments

- To make an appointment ring (03) 5352 9321 during business hours.
- The antenatal clinic is held on Friday mornings.
- Visits are held in the consulting room opposite the chapel on the ground floor.
- Appointments are booked for half an hour, however we are flexible to women's needs.
- Visits are free

Maternity care at East Grampians Health Service is based on the Three Centres Guidelines to ensure evidence based quality care.

EGHS would like to thank our consumers for reviewing this information.



## Improving the health of our community

At East Grampians Health Service you are able to choose alternating pregnancy care with a midwife and your General Practitioner.

P: 03 5352 9321

E: [info@eghs.net.au](mailto:info@eghs.net.au)