

Maternity Services

The Midwives at Gippsland Southern Health Service welcome you to our care and are more than happy to answer any questions you may have regarding our services.

***For all enquiries and appointment bookings please call the
Maternity Services Unit on
03 5667 5556***

Apart from In-Hospital care, Gippsland Southern Health Service offers the following Maternity Services aimed toward enhancing your pregnancy, birthing and early parenting experience.

Midwife Antenatal Consultations

at 12-16 weeks (for booking-in), 24, 32 and 37 weeks,
or any other time you wish to see a midwife.

Antenatal Education Classes

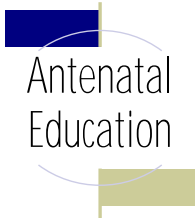
Domiciliary Postnatal Care



Please call the Maternity Services Unit to make all appointment bookings. Antenatal consultations take place in the Maternity Services Unit; partners are most welcome and indeed encouraged to come along with you.

Booking-in appointments should be arranged between **12-16 weeks**. This will take about one hour - the midwife will obtain preadmission details and provide you with written information, as well as discuss what to expect and answer any questions you may have.

24 and 32 weeks - At these appointments, which will take about 1/2 an hour, the midwife will check your blood pressure, assess your baby's growth and listen to your baby's heart beat. This is a good opportunity to talk to a midwife about your pregnancy and any concerns you may have, including any test results.



37 weeks - This appointment will also take about 1/2 an hour. The midwife will again check your blood pressure, assess your baby's growth and listen to your baby's heart beat, and check your baby's position. This is a good time to discuss your labour and birth expectations, your birth plan, and any concerns you may have. It is also a good time to discuss feeding your newborn baby and what to expect in the first few days after birth.

The antenatal education program has been designed to help prepare you for pregnancy, labour and birth, and for the transition to parenthood including breastfeeding and the care of your baby.

Each program consists of five classes which commence at 7:00pm and run for approximately 2 hours.

These classes are held on Tuesday evenings in Education Building at the rear of the hospital. Parents are asked to park at the rear of the hospital, next to the Education Building as the main hospital doors are locked when the classes finish.

Classes fill up quickly so please secure your place when you have your initial booking in appointment with the midwife. You will be able to purchase a pre-reading book for \$10 from your midwife at this time. There is no cost to attend the classes.

Please call the Maternity Services Unit on 03 5667 5556, to book in for the classes you have chosen 2-3 weeks prior to commencement.



Once you return home with your baby, a midwife will contact you and may arrange to visit you at home if you feel this is necessary. We maintain this contact for up to two weeks, however this is flexible based on individual needs.

Our midwives work in consultation with your Maternal and Child Health Nurse during the early weeks you are home, and we are able to consult your doctor on your behalf if required.

Gippsland Southern Health Service

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