

## 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 call 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)



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Post to: WHL, Blg BR, Level 1, Suite 1,  
Locked Bag 1797, Penrith NSW 2751  
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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.

Wentworth Healthcare Limited (ABN 88 155 904 975) as Nepean Blue Mountains PHN.



# 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 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 service, 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.

The local hospitals offering this Antenatal Shared Care program are 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)

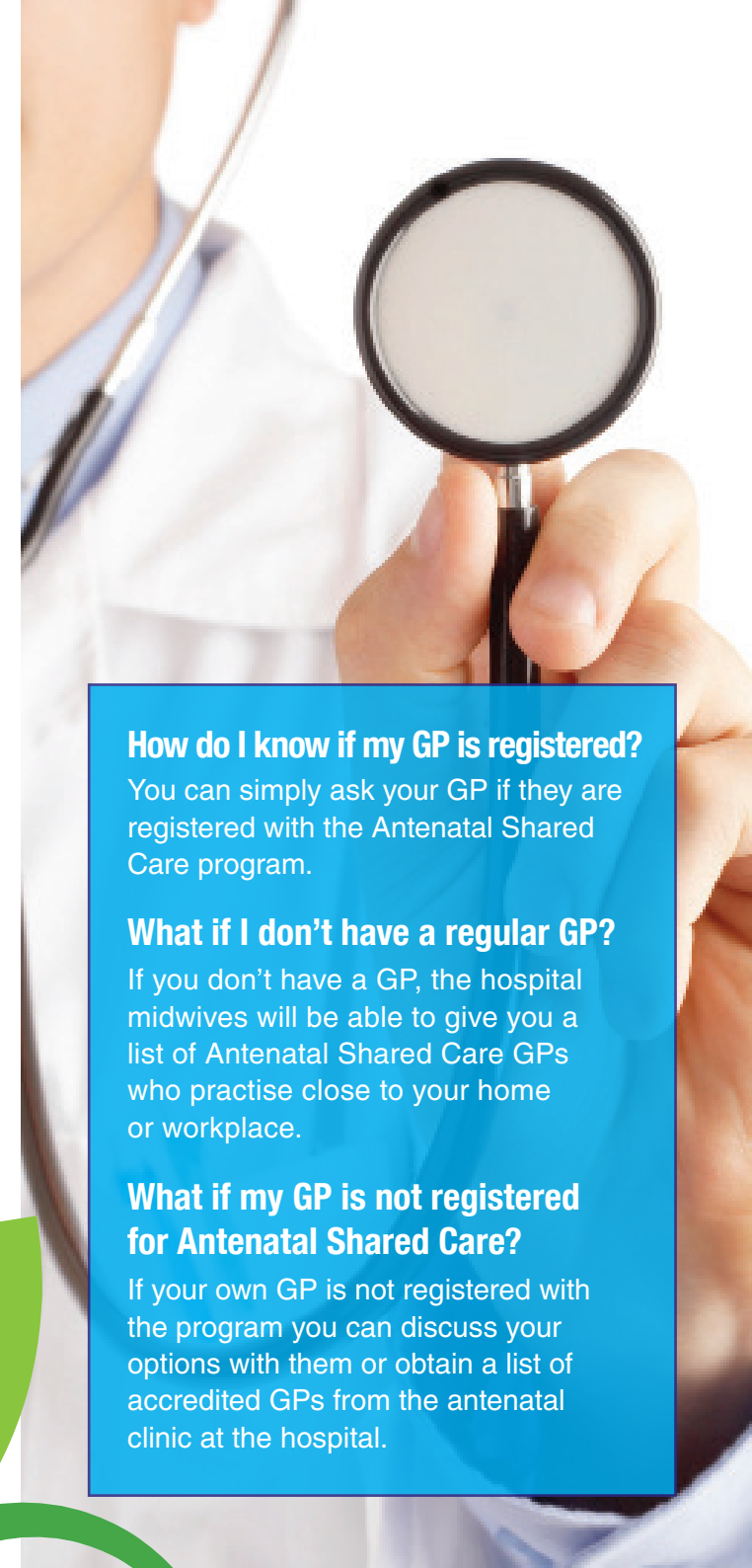
## Will it cost?

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 requesting GP Antenatal Shared Care at the hospital where you plan to have your baby (Nepean or Blue Mountains Hospital).

Your suitability for Antenatal Shared Care will be assessed during your first hospital obstetric visit. Shared care may not be right for you because of your previous obstetric history, certain pre-existing health conditions, and 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.