

HOW TO CONTACT THE WOMEN'S HEALTH OUTPATIENT CLINIC

If you are unable to attend your appointment, please phone the Women's Health Outpatient Receptionist:

Phone (06) 350 8402
Monday to Friday
0800 hrs to 1630 hrs

PLEASE CONTACT DELIVERY SUITE IF ANY OF THE FOLLOWING OCCUR:

- Vaginal bleeding
- Decrease in your baby's movements (less than 10 a day)
- If you think that your waters have broken
- Regular contractions.

Phone (06) 350 8410

FEEDBACK...

We encourage feedback and assurance is given that comments will not adversely affect your current or future care.

You can do this:

- through discussion with MidCentral Health staff providing your care
- by completing "Tell us what you think..." pamphlets available from all services
- by contacting our Customer Relations Co-ordinator, PO Box 2056, Palmerston North 4440 or phone (06) 350 8980
- by contacting a Health and Disability Commissioner Advocate, phone 0800 112 233.



MIDCENTRAL HEALTH

WOMEN'S HEALTH UNIT

MIDWIFERY- LED MATERNITY CLINIC

WOMEN'S HEALTH
OUTPATIENT DEPARTMENT



WELCOME TO THE MIDWIFERY- LED MATERNITY CLINIC

This clinic is run by a midwife from MidCentral Health, for women who need to attend specialist maternity antenatal care. It is an opportunity for women to meet regularly with a midwife during the course of her care.

CLINIC HOURS

0830 hrs to 1600 hrs, one day per week.

APPOINTMENT LENGTHS

For your first appointment, an hour is allocated. Future follow-up appointments are 30 minutes in length.

There will be some flexibility in the circumstance where extra time is required.

WHO CAN ATTEND WITH YOU?

We welcome your partner/ support person(s) to attend these appointments. Children are also welcome though will need to be supervised.

THE ATTACHED MATERNITY ASSESSMENT FORM

We ask that you complete as much of this form as possible, before you come along for your appointment with the midwife.

Where you have been unable to complete parts of the form, the midwife will be able to discuss this further with you at your appointment.

WHAT TO EXPECT AT YOUR APPOINTMENT

Assessment of:

- Blood pressure
- Urine sample
- Weight
- Growth of your baby

During your visit there will be opportunities to talk about your pregnancy and any concerns you may have. For example:

- Labour and birth education
- Breastfeeding education
- Pain Relief options
- Post Natal Support.

During your visits, the midwife will be able to provide you with the appropriate documentation for scanning, blood tests and prescriptions as necessary.

VISIT TIMETABLE

12 Weeks

Booking visit (Midwife)

16 Weeks

Routine visit with Midwife

20 weeks

Visit with Obstetrician/team

24 weeks

Visit with Midwife

28 weeks

Visit with Obstetrician/team

30 weeks

Visit with Midwife

32 weeks

Visit with Midwife

34 weeks

Visit with Midwife

36 weeks

Visit with Obstetrician/team

37 weeks

Visit with Midwife

38 weeks

Visit with Midwife

39 weeks

Visit with Midwife

40 weeks

Visit with Midwife

41 weeks

Visit with Obstetrician/team.