

Antenatal Visits – Frequently Ask Questions

‘Antenatal care is the care you and your baby will receive during pregnancy with your GP and midwives at your local hospital’

1. When should I book my first antenatal appointment?

As soon as possible, you need to go to your GP to have your pregnancy confirmed. You should ask your GP for a referral to the antenatal clinic at your closest hospital.

After confirming your pregnancy, talk to your GP about antenatal care and make your first pregnancy appointment at the hospital. Your partner or support person is welcome to attend the appointment with you.

2. How can I book my first antenatal appointment?

Visit **mchs.nsw.gov.au/antenatal** (TBC) and follow instructions to book into your local hospital antenatal service.

3. Who will I be seeing at my antenatal appointments?

Firstly, you should see your GP to confirm your pregnancy.

When you attend your antenatal clinic appointments at the hospital, you will meet the health professionals who you will see throughout your pregnancy and birth - doctors, midwives and obstetricians.

4. Why should I go to antenatal appointments?

Antenatal appointments will allow your GP, midwife and your healthcare team to help you and your baby stay healthy.

It is a great opportunity to ask questions about your pregnancy and the birth.

You can also get support and information about keeping you, your new baby and your family healthy, including diet, exercise, and relationships.

5. What type of tests will occur at the antenatal appointment?

At each appointment your midwife or doctor may check the following:

- Your Blood Pressure
- Your baby’s growth and position – by feeling and measuring your abdomen.
- Your baby’s heart rate and movements – The midwife or doctor will listen to your baby’s heart beat at each appointment after 16 weeks of pregnancy. ****Link to website with translated resources about monitoring fetal movements****
- Ultrasounds and dating scans
- Blood tests

6. How many antenatal appointments will I have?

Your GP or midwife will give you an appointment plan at your first pregnancy appointment.

If this is your first pregnancy, it is likely you will have 8 to 10 antenatal appointments.

The number of appointments can change if you need more tests and scans to ensure you and your baby are healthy.

7. What if I do not speak English or need an interpreter?

Hospitals and GPs can provide a **free** interpreter for all women. Let them know that you need an interpreter when you book your appointment.

Booking into the Antenatal Clinic at your local hospital and getting the right support early in your pregnancy is best for you and your baby.