

## Booking in for your pregnancy care at Grampians Health Ballarat

Welcome to Grampians Health Ballarat, Maternity Outpatients Department. We look forward to caring for you during your pregnancy.

Your GP doctor will confirm your pregnancy and send a referral to the Maternity Outpatients clinic.

We will contact you with a time for your booking-in appointment, usually to be between the 12<sup>th</sup> and 16<sup>th</sup> week of your pregnancy.

**Prior to your attending your booking-in appointment we will require the results of the following tests:**

Blood group and antibody screen	Rubella antibody levels
Full blood examination (FBE)	Syphilis screen (RPR)
Hepatitis B and Hepatitis C screen	Urine test
HIV screen	Vitamin D

Your doctor may also request you to have an early pregnancy ultrasound.

In most instances your doctor will have already arranged for you to have these tests, but **we would ask you to ensure that they have been requested** and remember that **it is your responsibility to ensure that you have had them done.**

Your doctor may also consider it appropriate for you to have additional blood tests such as Iron levels and we encourage you to discuss the possibility of further tests with your doctor.

You may also wish to consider having an **early pregnancy screening test** looking for certain genetic abnormalities in your developing baby. The combined screening test involves both a blood test and an ultrasound scan, to be done at specific times between the 10<sup>th</sup> and 14<sup>th</sup> week of your pregnancy. The timing of these tests is critical and you should speak to your doctor to organise them. This test will cost approximately \$110 but this charge may alter. There is an alternative screening test called the non-invasive prenatal testing (NIPT), this test is blood only taken after 10 weeks or pregnancy and will cost between \$400 - \$480. It is important to remember that this is only a screening test and further testing may be advised depending on the result. For further information please refer to the Victorian Clinical Genetic Services website: [vcgs.org.au](http://vcgs.org.au)

**At your first appointment, please bring in the results of these blood tests and ultrasound if these have been provided to you by your doctor.** If you have not had your tests completed before your booking-in interview, arrangements will need to be made for them to be done but may lead to delays or even re-scheduling of your appointment

Your due date will be assessed at your first visit, based on the date of your last normal menstrual period (LNMP) and your ultrasound results. This will be the date your doctor/midwife will use during your pregnancy, but please remember that a normal pregnancy is between 37 to 42 weeks from the date of your last period, and it is rare to have your baby on your due date.

If your pregnancy is further advanced and you have not yet had your booking-in interview, your doctor will organise an ultrasound for you, normally done between the 18<sup>th</sup> and 20<sup>th</sup> week of your pregnancy.

Further information about the Maternity Services provided at Grampians Health Ballarat is available on the BHS website. <http://www.bhs.org.au/women-childrens-health>