

## Useful websites

[www.treasures.co.nz](http://www.treasures.co.nz)  
[www.kiwifamilies.co.nz](http://www.kiwifamilies.co.nz)  
[www.diabetes.org.nz](http://www.diabetes.org.nz)  
[www.pregnancyhelp.org.nz](http://www.pregnancyhelp.org.nz)  
[www.findyourmidwife.co.nz](http://www.findyourmidwife.co.nz)  
[www.plunket.org.nz](http://www.plunket.org.nz)  
[www.parentscentre.org.nz](http://www.parentscentre.org.nz)  
**Financial assistance** [www.workandincome.govt.nz](http://www.workandincome.govt.nz)  
**Twins or more?** [www.nzmba.info](http://www.nzmba.info)

## Contact us

### Antenatal Clinic Coordinator

Phone: 753 7888

Email: [Antenatal.Clinic@tdhb.org.nz](mailto:Antenatal.Clinic@tdhb.org.nz)

### Labour Ward

Phone: 753 6139 - ask for Labour Ward

### Antenatal Clinic Ward Clerk

Phone: 06 753 6139 ext 8336 or 7139

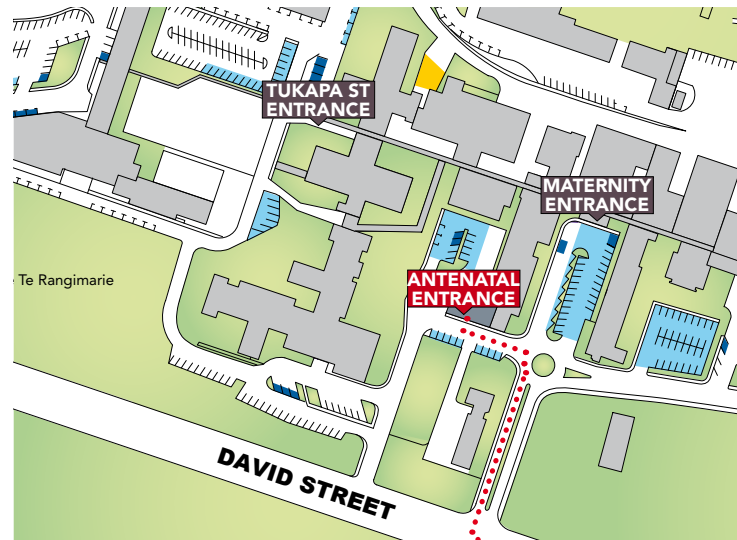
(7am-3.30pm, Monday to Friday)

Fax: 06 753 8687





Please contact the maternity staff at Base Hospital with any concerns about you or your baby's wellbeing. Do not contact the Maternity Unit at Hawera Hospital as all your records and medical cover is at Base Hospital.

## Directions

The closest entrance to the Maternity Unit at Taranaki Base Hospital is on David Street. The Antenatal Clinic has its own entrance at the end of the Maternity Unit.



### Where can I park?

-  Patients / Visitor Parking
-  Patients / Visitor Parking (1/2 hour limit)
-  All Day Parking
-  Mobility Car Parks

### How to get to the entrance

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# Welcome to the Secondary Care Antenatal Service



*Our goal is to provide quality care for women and their families during their childbearing experience.*



## Why have I been referred to the hospital for my antenatal care?

You have been transferred to the hospital to be under the care of an obstetrician and the Taranaki DHB midwives. You may also have input from your own midwife, this will be discussed at the first appointment. You may have a medical condition, such as diabetes or a twin pregnancy, which requires close monitoring by an obstetrician.

Referral to the hospital Antenatal Clinic means the specialist and clinic midwife can monitor your blood tests and ultrasound scans, and respond quickly if there are any complications.

## Where will I go for my antenatal care?

If you live in the New Plymouth area all antenatal care is undertaken at the Maternity Unit at Taranaki Base Hospital. If you live in South Taranaki you will attend all your Antenatal appointments at Hawera. Your labour and birth will be at Base Hospital, with either your own midwife or the labour ward midwife.

You will usually see the same specialist obstetrician for your care. However, when you come in for the birth of your baby you may be attended by another obstetrician.

## What happens at the midwife visit?

The first visit with the Antenatal Clinic midwife occurs after seeing the specialist obstetrician unless you continue to see your own midwife.

During the visit, which takes about an hour, the midwife will discuss your thoughts and plans for the pregnancy and support you to make informed decisions about your labour and birth.

## How often do I see a midwife?

Midwife visits happen between visits to the obstetrician and aim to give you a normal focus on your pregnancy.

After the first appointment the following visits with the midwife will enable you make decisions and preparations for labour, birth, feeding your baby and preparing for taking your baby home.

If you are seeing the Antenatal clinic midwife, once you have had your baby you can revert to the midwife that originally referred you for postnatal care. If you didn't have one the antenatal coordinator will help you find a midwife in your area.

You will be given information about antenatal classes and support groups in the community. The Antenatal Clinic midwife coordinates all your antenatal care.

When you come in for labour or for monitoring outside of normal antenatal clinic hours you are cared for by a hospital midwife.



BreastFedNZ

Download the **BreastFedNZ** app to find breastfeeding help, information and support.

## Our team in the Antenatal Service

- Obstetricians
- Referral to Maternal fetal medicine specialist in Wellington
- Midwives
- Ultrasonographer
- Ward Clerk
- Social Worker
- Health Care Assistants
- Lactation Consultant

## Other services available as referrals

- Dietician
- Physiotherapist
- Maori health advisor
- Diabetes educators
- Speech and language therapist
- Maternal mental health service

## Patient satisfaction

Patient satisfaction is important to us and we ask that you provide feedback about your stay in the Maternity Unit. Please ask for a How are we Doing Form.

## TOP 5 things to do in the first 10 WEEKS

Expecting  
Pregnant  
Hapu

- Find a Lead Maternity Carer
- Consider early pregnancy screening
- Take iodine and continue folic acid
- Eat well and exercise
- Avoid smoking, drinking and other drugs