

Obstetric GPs

Obstetric GPs are specialist trained GPs (different to 'normal' GPs) who provide all antenatal care throughout pregnancy and who can deliver your baby.

Limited bulk-billing is available in this locality and some clinics charge a reduced fee if you hold a Health Care Card.

Federation Clinic

Dr Fiona Christie Dr Phillip Steele
1 Forde Ct Wodonga 3690 Tel: 02 6059 2500

Gardens Medical Centre

Dr Michael Thomas
Level 3, 470 Wodonga Place, Albury 2640
Tel: 02 6021 3555

West Wodonga Medical Centre

Dr Peter Sartori
195 Melbourne Rd Wodonga 3690
Tel: 02 6056 2447

Central Medical Group

Dr Jenny Giddens; Dr Greg Gladman
Dr Tess Goodwin; Dr Alison Green
Dr David Tillett
224 Beechworth Rd Wodonga 3690
Tel: 02 6024 3233

Corowa Medical Centre

Dr Antoinette Del Popolo
61 Guy St Corowa 2646 Tel: 02 6033 1211

Corryong Medical Centre

Dr Richard Barkas
Kiell St Corryong 3707 Tel: 02 6076 3290

Myrtleford Standish St Surgery

Dr Leigh Bennie; Dr Simon Shute
107 Standish St Myrtleford 3737 Tel: 03 5751 9900

Bright Medical Centre

Dr Chris O'Brien
115 Gavan St Bright 3741 Tel: 03 5750 1000

Mt Beauty Medical Centre

Dr Skye Delaney; Dr Jeffrey Robinson
Dr Mark Zagorski
Tawonga Crs Mt Beauty 3699 Tel: 03 5754 3400

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Albury Wodonga Regional GP Network

Wodonga Hospital Contact Numbers

Wodonga Hospital Reception

02 60517 111

Antenatal 'Booking-In' Bookings

02 60517 240

Midwife Care Program

02 60517 240

Antenatal Education Bookings

02 60517 240

Obstetrics Unit

02 60517 250

Fit-For-Birth

Class Bookings

02 60517 400

Maternity Unit Social

Worker Support

02 60517 242
or 02 60517 246

Breast feeding Support Service

02 60517 240

www.awh.org.au

Wodonga Specialist Obstetricians

(Referral Required)

Dr Hang Chau 02 6024 5433

Dr Simon Craig 02 6024 2027

Dr John Salmon 02 6024 5060

66 Vermont St Wodonga 3690

Dr Bhupen Khara 02 6056 5770

36 Vermont St Wodonga 3690

Dr Glen Davies 02 6041 2677

1144 Pemberton St Albury 2640



Important Pregnancy Care Information



Antenatal (Pregnancy) Care
is the care you receive from
healthcare professionals
throughout pregnancy.

All appointments are important to
check on you and your baby's
health and development. Your first
appointment should be as early in
your pregnancy as possible.

**Consult this pamphlet for
important local information
about pregnancy care
(often called antenatal care)**

Antenatal Care is Important!

Antenatal care is the care that you receive from healthcare professionals during your pregnancy. It includes information on services that are available and support to help you make choices. Your antenatal services should be readily and easily accessible and sensitive to your needs.

During your pregnancy you should be offered a series of antenatal appointments to check on your health and the health of your baby. During these appointments you should be given information and clear explanations about your care. You should be given the opportunity to discuss any issues and to ask questions. You should also be offered antenatal classes, including breastfeeding workshops.

**See an ‘Obstetric GP’
as soon as possible**

**All Women should ‘Book-In’ to
Wodonga Hospital from
14 weeks of pregnancy onwards.**

**This is a free appointment in preparation
for your birth. Bookings: 02 6051 7240**

Antenatal Education Classes

Antenatal classes prepare you for the arrival of your new baby. Classes cover a range of topics: labour; pain management; labour coping skills; breastfeeding; bathing baby; first few days of life; parenting skills; settling techniques; caesarean birth and a birth suite tour. Class times vary and a fee is charged to cover costs. A five week series or all day classes are available. **For class times and bookings: 02 60517 240**

Antenatal Fitness Classes

Fit-for-birth classes are run by a physiotherapist in the Wodonga Hospital CRC (Fee applies).
Bookings: 02 60517 420

Choices of Antenatal Care:

Obstetric GP Care All appointments are with an Obstetric General Practitioner at his/her Medical clinic.

GP Shared Care (with Obstetric GP) Visits are with your regular GP for antenatal check-ups and additional visits are required with an Obstetric GP.

GP Shared Care (with Specialist Obstetrician) You will visit your regular GP for antenatal check-ups and additional visits as required with a Specialist Obstetrician.

Midwife Care Program The Midwife Care Program is available at Wodonga Hospital for uncomplicated pregnancies. Most antenatal appointments occur at Wodonga Hospital with Midwives and some appointments are with an Obstetric GP at his/her Medical clinic.

Australian Breastfeeding Association

ABA offers breastfeeding classes and website with discussion forums. See www.breastfeeding.asn.au or telephone (03) 9885 0855.

**Breastfeeding Help Lines: VIC 03 9885 0653
or NSW 02 8853 4999**

Young and Pregnant

Young Parents Antenatal Education

Special sessions run for under 20s. For details, contact Wodonga Hospital on 02 60517 240.

Lovely Bumps — Gateway Community Health Service offers a free ‘*Love your Bump*’ antenatal program for young people under 25.
Telephone 02 6022 8888 or **Text 0429 852 500**

Trimester Month Week			Antenatal Visit Schedule	Tests/Care Due	Tests/Care Due
1 st Trimester	1	1	1 st Visit (approx 10 Weeks)	1 st Visit <input type="checkbox"/> Screening tests involved in antenatal care; <input type="checkbox"/> Information on Folate, <input type="checkbox"/> Food Hygiene, <input type="checkbox"/> Lifestyle risks; <input type="checkbox"/> Information on baby development during pregnancy; <input type="checkbox"/> Assessment for additional care/referral; <input type="checkbox"/> Emotional Health History;	2 nd Visit <input type="checkbox"/> Standard Antenatal Check-up; <input type="checkbox"/> Information on: Nutrition; Diet; Vitamin D; Exercise & Pelvic Floor Exercises; <input type="checkbox"/> Pregnancy Care Choices & Birth Options; <input type="checkbox"/> Breastfeeding workshops; <input type="checkbox"/> Antenatal Classes;
		2			
		3			
		4			
	2	5			
		6			
		7			
		8			
	3	9			
		10			
		11			
		12			
		13			
2 nd Trimester	4	14	2 nd Visit (approx 16 Weeks)	18-20 Week Ultrasound Due	Between 14-22 Weeks All Women ‘Book-In’ to Wodonga Hospital
		15			
		16			
		17			
	5	18	3 rd Visit (approx 20 Weeks)	3 rd Visit <input type="checkbox"/> Standard Antenatal Check; <input type="checkbox"/> Monitor Emotional Well-Being;	Antenatal Education and Fitness Classes
		19			
		20			
		21			
	6	22			
		23			
		24			
		25			
		26			
3 rd Trimester	7	27	4 th Visit (approx 26 Weeks)	(Additional 28 Week Visit required Only if having Anti-D)	4 th Visit <input type="checkbox"/> Standard Antenatal Check;
		28			
		29			
		30			
	8	31	5 th Visit (approx 30 Weeks)	5 th Visit <input type="checkbox"/> Standard Antenatal check;	6 th Visit <input type="checkbox"/> Standard Antenatal check;
		32			
		33			
		34			
		35			
	9	36	6 th Visit (approx 33 Weeks)	6 th Visit at 34 Weeks required (Only if having Anti-D)	7 th Visit <input type="checkbox"/> Standard Antenatal check;
		37			
		38			
		39			
40					
41					
		7 th Visit (approx 36 Weeks)	8 th Visit <input type="checkbox"/> Standard Antenatal check;	9 th Visit <input type="checkbox"/> Standard Antenatal check;	
		8 th Visit (approx 38 Weeks)	Ongoing <input type="checkbox"/> Assessment for additional care; <input type="checkbox"/> Monitor Emotional Well-Being <input type="checkbox"/> Review and discuss information/tests		
		9 th Visit			
		10 th Visit			

This chart is a guide only.