

ANTENATAL FIRST CONSULTATION WITH DR HOLLY

Congratulations!

The first day of your last period (LMP) was _____ thus your estimated date of delivery is _____!

You can create a personal week by week pregnancy timeline at:

<http://www.baby2see.com/timeline.html>

Today we reviewed your ...

- Medical & surgical history
- Pregnancy history
- Mental health history
- Medications
- Occupation
- Blood pressure and BMI

If you recall something that you didn't discuss today, note it here to discuss next appointment:

The key steps to a healthy pregnancy are ...

- Don't smoke
- Don't drink
- Iodine & folate supplements

Start (or continue to take) a pregnancy vitamin. This can be one with just folate (0.5mg) and iodine (0.15mg) or a multivitamin. If you take a multivitamin make sure it is a pregnancy specific one to ensure it has the required amounts of folate and iodine. You should continue these up to 12 weeks of pregnancy. Some women require additional supplements - please advise Dr Holly if you are a vegan, vegetarian or avoid dairy.

- Healthy varied diet

Make sure your diet is varied and includes adequate amounts of fruit & veggies, breads & cereals, dairy foods for calcium, lean meats, chicken and fish for iron. If you have a restricted diet in anyway discuss this with Dr Holly to ensure you baby gets the nutrients it requires.

- Regular exercise

Exercise in pregnancy is good for you and it will not harm your baby provided you exercise at a safe level. If you are new to exercise, start slowly & progress at your own pace and at an intensity that makes you feel good. If you already exercise at a high level talk to Dr Holly about ongoing safe exercise in your pregnancy.

- Good food safety and hygiene

Listeria and toxoplasmosis are uncommon infection that can be passed onto your unborn baby. You can reduce your risk of contracting these by careful hand washing, using clean utensils, washing fruit & veggies before eating, avoiding uncooked or cold meats & seafood, soft cheeses, prepared salads, avoiding handling kitty litter.

- More information & fact sheets are available at www.thewomens.org.au

Other Resources

- For pregnancy fact sheets & a hotline for medication safety in pregnancy see [Mothersafe](#)
- For perinatal anxiety & depression support see www.panda.org.au or call 1300 726 306
- Additional resources & e-version of this form with links available at www.hollythegeepee.com

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Checklist

- Start (or continue) folate/ iodine supplement
- Go have blood tests & urine test
- Have dating scan (after 6 weeks), if choosing to have scan
- Read about screening tests for your baby in early pregnancy (see www.hollythegeepee.com)
- Consider & choose type of pregnancy care (see options below)
- Book for pap smear (if due)
- Book for flu shot (if due)
- Book follow up appointment with Dr Holly at about 8 weeks to discuss results

In the event of bleeding or pain that is concerning you in the first 20 weeks of pregnancy:

- If you are otherwise well you can call the Royal Hospital for Women (9382 6111) & ask for the early pregnancy assessment service or present to the [Early Pregnancy Assessment Service](#) (link to pdf brochure online) at Royal Prince Alfred Hospital, Level 5 outpatient clinic Monday-Friday at 7:30 am sharp.

Pregnancy care options

<i>Option</i>	<i>Appointments & check-ups with:</i>
Shared care	Shared between GP & local antenatal services Dr Holly is not currently available to provide antenatal shared care but you are still able to see Dr Holly at any time during your pregnancy. Other Drs at the clinic are avail. for GP shared- care.
Hospital/ midwife antenatal clinic care	Antenatal clinic at The Royal Hospital for Women or Royal Prince Alfred Hospital (click links in electronic form for online booking forms)
Private obstetrician	With your own chosen private obstetrician Discussion obstetrician options with Dr Holly Talk to your friends about their experiences Talk to your health insurance provider to ensure coverage Please be aware that out-of-pocket fees are to be expected with private care even with health insurance

Other:

(use this space for any questions you have for your next appointment with Dr Holly)