

Murrumbidgee Region Obstetric GPs

These GPs have advanced training in maternity care

REGIONAL AREAS

Cootamundra Medical Centre 6942 0222
Dr Scholtz, Dr Offermeier

Deniliquin Clinic 03 5881 1464
Dr James, Dr Magee, Dr Campbell

Leeton Medical Centre 6953 2699
Dr Sangster

Narrandera Medical Centre 6959 2100
Dr Romeo

Temora Medical Complex 6977 3600
Dr Jeri, Dr Christmas

Tumut Family Medical 6947 2211
Dr Darwiche

Victoria St Surgery Temora 6978 0063
Dr Kurtzer

Young District Medical Centre 6382 1544
Dr Larcombe, Dr Murphy

WAGGA WAGGA

Blamey St Surgery 6925 2242
Dr Oliver

Central Wagga Medical 5925 5333
Dr Fikkers

Morgan Street Healthcare Clinic
6971 7878 Dr Elliott-Rudder

Nova Health 6921 2040
Dr Beck

Riverina Family Medicine 6936 2088
Dr Henman, Dr Johnson

Riverina Medical & Dental Aboriginal
Corporation 6923 5200
Dr Fikkers, Dr Elliott-Rudder

Murrumbidgee Region Shared Care GPs

REGIONAL AREAS

Adelong Medical Centre 6946 2033
Dr Roman

Fitzroy Medical Centre 9947 2011
Dr Ahmed, Dr Mia Youssef

Griffith Aboriginal Medical Service
6962 0000 Dr Thevashangar, Dr Islam

Griffith Medical Centre 6964 5888
Dr Sultana, Dr S Sivanathan

Hay Aboriginal Medical Service
6993 4866 Dr Karunapalan

Henty Medical Centre 6929 3760
Dr Wahba

Hanwood Surgery 6963 0214
Dr Sultana

Howlong Medical Centre 6026 5555
Dr Ismail

June Medical Centre 6924 3022
Dr Kirolos, Dr Boshra, Dr Marcos, Dr Saeed,
Dr Salama

Leeton Family Clinic 6953 2733
Dr Pavlovskaya, Dr Garutsa

Leeton Medical Centre 6953 2699
Dr Wang

Murrumbidgee Medical and Primary Care
Centre 6953 4333 Dr Senavirathna

Narrandera GP Management 6958 1000
Dr Mudiyansele, Dr Arachchi, Dr Arachchige

Temora Medical Complex 6977 3600
Dr Murphy

Vecare Health 6036 2952
Dr Jayaraman

West Wyalong Medical Centre 6972 2866
Dr Matrook, Dr Al-Bajalan

Your Health Griffith 6962 7661
Dr Velpula, Dr Patabendi, Dr Vasuthevan,
Dr Fernando, Dr Wathawana Vithanage

WAGGA WAGGA

Blamey St Surgery 6925 2242
Dr Wilson, Dr Hinch

Central Wagga Medical 5925 5333
Dr Dominguez

Dr Duncan's Rooms 6925 7451
Dr Duncan, Dr Millard

Estella Medical and Dental Centre
6933 1300 Dr Mansour, Dr Michail,
Dr Awasthy

Forest Hill Medical Centre 6922 8888
Dr Elmosallamy

Glenrock Country Practice 6971 2000
Dr Nwezza, Dr P. Fernando, Dr Azarm,
Dr Azab, Dr Sedrak, Dr Pospeshnaya, Dr Lisa,
Dr Rezaei, Dr Uyagu

Hammond Health 6936 7020
Dr Overvliet, Dr Smith, Dr Gear, Dr Rouhirad

Kapooka Health Centre 6921 0446
Dr Selga

Kincaid Medical & Dental 6971 0811
Dr Jalhoom, Dr Dryas, Dr Raju, Dr Khalil

Koorinal Medical Centre 6922 6144
Dr Aziz, Dr van der Merwe

KRS Health 6922 6144
Dr Azer, Dr Samuel, Dr Mesak, Dr S. Wang,
Dr Tadros

Riverina Family Medicine 6936 2088
Dr Thompson, Dr Culbert

Trinity Medical Centre 5908 3000
Dr Edwards

Wagga Wagga Medical Centre
6921 4053 Dr Bartusek

Private health insurance

You can opt to use your private health insurance in a public hospital. Some health funds may charge a gap. The hospital's specialist obstetricians will support the midwife at your birth. A private room may be available.

Private specialist obstetricians

Calvary Hospital Wagga Wagga 6925 3055
Specialist Clinics (Griffith) 6969 5811

Pregnancy and pelvic floor muscle care

Physiotherapy: Cathy Arnell 6921 7021
Physiotherapy: Lexi Missen 6921 3390
Physiotherapy: Jenna Mooney 6921 2040
Physiotherapy: Susan Cox 6969 5648

Ultrasounds

Wagga Wagga Base Hospital Medical
Imaging Department 5943 3222
I-MED Radiology (Wagga) 6932 1300
Imaging Associates 6971 6100
Deniliquin District Hospital 03 5882 2880
Young Diagnostic Imaging 6382 6901
Young District Hospital 6382 8888
Insight Radiology (Leeton) 6953 4644
Griffith Base Hospital 6969 5593
Regional Imaging (Griffith) 6966 8500
Insight Radiology (Griffith) 6962 3335

Hospital Contact Numbers

Wagga Wagga Base Hospital **5943 1334**
Maternity Unit 24 hours **or 5943 1335**
Pregnancy Care Centre (PCC) 5943 2322
Gynaecology / Early Pregnancy Clinic 5943 2476
Community Health 5943 2300
Sexual Health 6938 6492
Genetic Counsellor 5943 2343
Adolescent pregnancy midwife 5943 2328
Aboriginal mothers/babies 0448 671 822
Aboriginal sustained home visits 0447 286 608
Cootamundra Hospital 6942 0444
Deniliquin Hospital 03 5882 2800
Temora Hospital 6980 0200
Tumut Hospital 6947 0800
Griffith Maternity Unit 6969 5631
Leeton Maternity Unit 6953 1235
Narrandera Hospital 6951 0200
Mothersafe pharmacist 1800 647 848
Young District Hospital 6382 8888

Murrumbidgee GP Antenatal Shared Care Program

Options for Antenatal
(Pregnancy) Shared Care

Brochure updated July 2023

Having a baby in the Riverina?

Ring the midwife at your local hospital to
book your 14 week appointment ASAP

Antenatal care is important

Regular antenatal care will help you and your baby stay healthy by giving you information and support, screening tests, preventative care, and treatments at the right times. The number of visits for a healthy pregnancy and childbirth depends on your individual situation.

See pregnancybirthbaby.org.au and raisingchildren.net.au

Keep your pregnancy record with you

Having your baby in Wagga Wagga?

Book a free appointment to prepare for your birth. Your hospital records will be started and you will be given important information for your pregnancy. A midwife will also discuss consent forms and education classes with you.

Book in at Wagga Wagga Base Hospital Pregnancy Care Centre (PCC) between 14–16 weeks of pregnancy. When you have your GP referral, call the PCC on 02 5943 2322.

Choose Your Antenatal Care Model

GP Obstetrician Care

Do you plan to give birth in Cootamundra, Young, Deniliquin, Temora, Tumut, Narrandera or Leeton? Start your visits with a GP obstetrician, who will contact Wagga Wagga Base Hospital if your pregnancy is higher risk.

GP Antenatal Shared Care

Most visits in a normal pregnancy are with your GP Antenatal Shared Care General Practitioner, listed on this brochure. You'll visit the PCC at 14 and 28 weeks (to see a midwife) and 36 weeks (to see an obstetrician).

Midwife Care

From 14 weeks, after your GP referral to the obstetric team, your antenatal visits are at PCC. This is a free service. You will return to your GP for postnatal care.

Riverina Medical & Dental Aboriginal Corporation

Visit the midwife, Aboriginal Health Worker, shared care GP, diabetes services, transport available.

Adolescent Pregnancy Support

Are you under 20 years old? Midwife visits are with the Pregnancy Support Midwife at the PCC.

Aboriginal Maternal and Infant Health Services

Visit the midwife and Aboriginal Health Worker at the PCC from 14 weeks.

Childbirth Education Classes

Classes prepare you for the arrival of your new baby

They cover preparation for birth; pain management; breastfeeding; baby's first few days; parenting skills; caesarean birth and a tour of the birth suite. Classes usually run from 28 weeks and are held at PCC. Put your name down at your 14 week booking in visit.

Adolescent Pregnancy Support and Education

Special classes for young pregnant women and their partners. Talk with other young women, learn more about your pregnancy and childbirth. Contact Shirley 02 5943 2328.

Start your antenatal care as soon as possible

Other services available in Wagga

Aboriginal Sustained Home Visiting WVBH

Home visits for Aboriginal families who meet the criteria for families requiring support. Contact the Aboriginal Health Office on 1800 249 645

Australian calmbirth® childbirth classes

Empowering parents – discovering the joy of birth. Contact Suzanne McGlynn on 0423 847 460, Karen Jones on 0438 541 967 and Chloe Neville on 0413 244 978 or calmbirthregister.com.au

The Australian Breastfeeding Association

Offers breastfeeding classes, local groups, information and online discussion forums. 1800 686 268 or breastfeeding.asn.au

Tresillian in Murrumbidgee Family Care Centre

Offers help for families experiencing challenges in the early parenting period. 02 5943 2713 or tresillian.com.au

Wagga Birthing and Babies Support Group (BaBs)

Discussions regarding the issues of pregnancy, birth and parenthood. Contact Jenny on 0418 205 262 or info@waggababs.com.au

Doulas

Doulas are used by some women for pregnancy support. doulanetwork.org.au

Disclaimer: This pamphlet has been prepared with due care to better inform the local community about antenatal care and local options. It is not intended that information contained should replace consultation with a suitably qualified health or medical practitioner.

For health practitioner to complete

6–10 weeks to diagnosis of pregnancy, GP

- Confirm pregnancy and note due date
- If dates uncertain, organise dating ultrasound for 8–13 weeks
- Order antenatal screening: blood tests
- Start iodine and folate
- Health history, BP, BMI and PUQE Score Check
- Plan long consult at 8–10 weeks

8–10 weeks, GP (long visit)

- Standard check, diet, lifestyle, exercise, work, baby feeding
- Offer genetic screening, 12 week ultrasound, blood tests
- Book 18–20 week ultrasound
- Order early glucose test if needed
- Plan Flu Vax, COVID Vax and cervical screening test
- Discuss Anti D if Rh negative
- Explain options for antenatal care
- Refer to book in at hospital with midwife
- Fax a detailed GP referral to PCC

At all visits, a standard check is:

- Monitor emotional wellbeing, BP, weight, urine
- Review and discuss information/tests/symptoms
- Assess for any additional care needs

14 weeks, book in at PCC, midwife

20 weeks, GP

- Pertussis immunisation

24 weeks, GP

- Order 75g glucose tolerance test
- Refer for midwife appointment at 28 weeks

26–30 weeks Childbirth Education Classes start, midwife

28 weeks, PCC, midwife

- Review all tests and any risk factors, check for Anti D
- Plan obstetrician high risk clinic review if needed

31 weeks, GP

- Order GBS swab for 36 weeks and blood tests
- Book PCC visit for Anti D if needed

34–36 weeks PCC, obstetrician, Anti-D, Caesarian booking

37–39 weeks, GP

- Check position and growth of baby
- Plan support options after birth
- Refer for PCC appointment at 40–41 weeks

40–41 weeks, PCC, obstetrician

- Monitor baby
- Plan for birth and support options after birth

2 & 6 weeks, postnatal, GP

- Follow up and check health of baby and mother
- Plan GTT 4 months postnatal after GDM