



OPAL Clinic

Antenatal Group Program



The program is run by a dietitian and physiotherapist. Additional support may be offered for women based on their health and the health of their baby and they will be offered a one on one session.

The session includes:

- Education on exercise during pregnancy, pelvic floor health, pain management and preparing your body physically for childbirth (vaginal or caesarean delivery). There will be a short exercise class.
- Dietary education about safe foods for pregnancy and diets that will help to keep you and your baby healthy.

Other topics covered include the use of pregnancy supplements, tips on how to cope with morning sickness, cravings and food dislikes, quick and easy nutritious snacks and go to meals and planning for when baby arrives.

How much does it cost?

This is a free program.

What do I need to bring?

- Comfortable clothing, closed in shoes and a towel/mat
- A bottle of water
- Asthma medication, if you need it
- If you have diabetes and are on insulin therapy, your blood sugar monitor (glucometer) snacks to make sure your blood glucose level doesn't drop while you are exercising. You will need to measure your glucose before and after exercise.

How do I book into the program?

- Ask at the Antenatal Clinic reception desk
- Ask your midwife when you are at your "booking in" visit
- Ring the Nepean Family Metabolic Health Service on **(02) 4734 4533**

What if I am unable to attend the session?

Let the OPAL team know by ringing **4734 4533**. Please leave a message if the phone is unanswered.