



OPAL Clinic

Changing the shape of the way we provide antenatal care



The OPAL Clinic is a women and family centred antenatal clinic program that provides care to women throughout their pregnancy.

Half of all women who have antenatal care in Australia are identified as having overweight or obesity during their pregnancy. However, very few women know that gaining a lot of weight or having obesity during their pregnancy can affect their pregnancy and their baby.

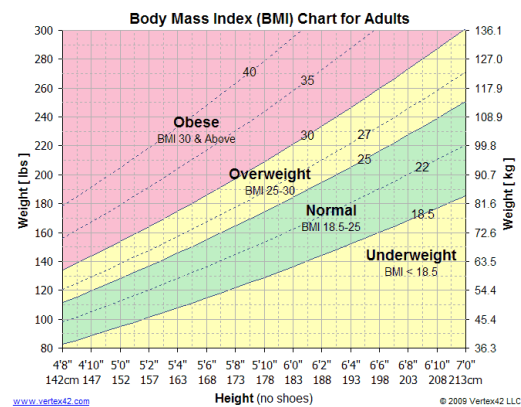
The goals of OPAL are to:

- Limit your risks in pregnancy due to excessive weight gain and obesity by closely monitoring you.
- Help you remain active and achieve a healthy diet.
- Provide a targeted and consistent antenatal care program throughout your pregnancy.
- Provide care after your pregnancy.

Who can be referred to the OPAL Clinic?

When you are booked into the hospital for your antenatal care, one of the first steps is to measure your height and weight. This information is then used to calculate your Body Mass Index (BMI).

If your BMI is 35 kg/m² or above, you will need extra monitoring during your pregnancy and the birth. This can occur in the OPAL Clinic.



If you have had weight loss (bariatric) surgery you will be referred to the OPAL Clinic, regardless of your weight. This is to provide extra monitoring, including regular nutritional screening.

Who will I see in the OPAL clinic?

The OPAL team includes:

- A **midwife** to provide antenatal care, including education and the booking and reviewing of ultrasounds and other routine tests during your pregnancy.

- A **dietitian** to assess your nutritional status and to educate you about pregnancy-related dietary issues, such as:
 - food safety
 - the use of supplements
 - managing morning sickness
 - food cravings or dislikes and
 - healthy snacking
- A **physiotherapist** to assess and manage pelvic floor health and bladder leakage, pregnancy-related pain and your physical activity in pregnancy and planning for a healthy birth and beyond.
- You may also be referred to see a doctor, a clinical psychologist or a lactation consultant. Your midwife will discuss referrals to these health care professionals with you, if they are needed.

What other services does the OPAL clinic offer?

- Antenatal Healthy Mums program
- Postnatal Healthy Mums program
- OPAL clinic lactation classes
- Immunisations
- Routine antenatal screening
- Postnatal Clinic

When do I attend the OPAL Clinic?

Antenatal appointments will usually be monthly until you are 28 weeks pregnant, then fortnightly until 36 weeks and then weekly for the rest of your pregnancy.

Your visit schedule will be discussed at your first appointment with the OPAL team.

The OPAL Antenatal Clinic is located on Level 3, South Block, Nepean Hospital, in the Antenatal Clinic. The OPAL Postnatal Clinic is located at St Clair Community Health Centre.

Our hours (excluding public holidays) are:

Monday	Opal Antenatal Clinic 8.00am - 3.30pm
Tuesday	Opal Antenatal Clinic 8.00am - 12.00pm
Wednesday	Opal Postnatal Clinic St Clair Community Health Centre 1.00pm - 3.00pm

What if I cannot, or do not want to, attend the OPAL Clinic?

The OPAL team are experienced clinicians and value our patients' happiness and health above all else.

If you are unable to attend an appointment, we can reschedule it to a more suitable time or day.

If you choose not to be part of OPAL and your pre-pregnancy/early pregnancy BMI is at or above 35 kg/m², your antenatal care will be through the Doctors' Clinic.

OPAL Clinic Contact Information

Antenatal Clinic	Level 3, South Block, Nepean Hospital	Telephone: (02) 4734 4533
Postnatal Clinic	St Clair Community Health Centre Botany Lane, St Clair	Fax: (02) 4734 1920



Health
Nepean Blue Mountains
Local Health District

PO Box 63
Penrith NSW 2751
Telephone: (02) 4734 2000
Fax: (02) 4734 3737

Web: www.nbmlhd.health.nsw.gov.au
Email: NBMLHD-mail@health.nsw.gov.au
Facebook: www.facebook.com/NBMLHD
Twitter: @NBMLHD
YouTube: Nepean Blue Mountains Local Health District