



# Booking into hospital

## Maternity

**We suggest that you book into hospital for your antenatal care before you are 12 weeks pregnant.**

You will need to visit your GP to discuss your options for antenatal care. Your GP will also organise blood tests and give you a referral for the hospital.

### Which hospital should I book into?

We have three hospitals that offer maternity care. Contact your nearest hospital to make an appointment to book in for your first visit.

Blue Mountains Hospital	4784 6500
Lithgow Hospital	6350 2300
Nepean Hospital	4734 2000

### Booking in (first visit)

Your first visit will be with a midwife. This visit is detailed and takes between 1½ - 2 hours to complete. At this visit the midwife will take your medical, surgical and pregnancy history and will also ask you questions about your general health, past worries, experiences and current concerns. Some of these questions might apply to you and some may not.

If you are bringing your partner, support person, friends or relatives they will not be able to sit with you for some parts of the first visit.

The midwife will discuss options for your antenatal care, depending on your needs, such as midwives' clinics, caseload midwifery, doctor's clinics or GP shared care.

### What happens with my information?

The information you provide will remain confidential to Nepean Blue Mountains Local Health District, except where the information indicates that you or your children are at risk of harm.

**All health care workers are mandated by law to report any child at risk to the Child Wellbeing Unit or Family and Community Services.**

This means that information will only be shared with health care professionals that are directly involved in caring for you during your pregnancy and after the birth of your baby.

If you have particular support needs, we will ask for your consent to involve the appropriate support services.

It is up to you, how much information you choose to tell the midwife, however the more information you share, the better the care and care options that can be offered to you.

If you have any questions about what information is collected or how the information will be used, please discuss this with the midwife at your first visit.

You will be given the 'NSW Information Privacy Leaflet for Patients' that explains how your personal information is used.

If you do not receive this leaflet please ask for a copy.

### **What if I need extra support?**

If you need extra support, the midwife will talk to you about the range of services and supports that are available to you. If at any time in your pregnancy your needs change, please talk to your midwife.

### **What if my baby or I need a higher level of care?**

If you are booked into Blue Mountains or Lithgow Hospital and either you or your baby need a higher level of care, the obstetric and midwifery staff will refer you to Nepean Hospital or another tertiary hospital.

Your transfer of care to either Nepean or another tertiary hospital may be for part or all of your antenatal care and also for the birth of your baby.

After the birth of your baby we will aim to get you back to your local hospital where your family and friends are usually closer and can support you.

### **Are there classes I can attend?**

There are antenatal classes, which include information on breastfeeding, at each of our hospitals. Some of our hospitals also offer separate breastfeeding classes. To book your antenatal classes, contact your local hospital.

## **Birth Unit Contact Information**

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**Blue Mountains**  
(02) 4784 6572

**Nepean**  
(02) 4734 2295 or (02) 4734 2294

**Lithgow**  
(02) 6350 2324



**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](http://www.nbmlhd.health.nsw.gov.au)  
**Email:** [NBMLHD-mail@health.nsw.gov.au](mailto:NBMLHD-mail@health.nsw.gov.au)  
**Facebook:** [www.facebook.com/NBMLHD](http://www.facebook.com/NBMLHD)  
**Twitter:** @NBMLHD  
**YouTube:** Nepean Blue Mountains Local Health District