

What is it?

Antenatal care is care given to women while they are pregnant. It includes regular check-ups and tests. This type of care is offered to all pregnant women.

There are different types of antenatal care. The type recommended for you will depend on your health, previous birth experiences and personal preferences.

The main types of care are:

- Care with your GP and a public hospital (this is called antenatal shared care)
- Care at an antenatal clinic at a public hospital
- Care with a midwife in a public hospital (this is called midwifery continuity of care)
- Care with private specialists, you may need to pay a fee

Having ongoing antenatal care ensures you and your baby receive the best possible care and helps you to learn about your pregnancy, what to expect and the health of your baby.

What will my healthcare team do?

Your GP will talk to you about the choices you have for your care.

If your GP provides shared care, they will let you know. This type of care is best suited for women who have low-risk pregnancies. GPs who provide shared care have regular training to ensure they can care for you.

For other types of antenatal care, your care will be different. This will be discussed with you at your first antenatal clinic appointment.

If you have a low-risk pregnancy, you are able to choose the type of antenatal care you prefer.

What questions could I ask my doctor?

- What are the different types of care?*
- What exercises are safe for me?*
- What tests will I need and when?*



What can I do?

It is important to know what to expect during pregnancy and birth. Continue to see your healthcare provider during your pregnancy at the times they ask to see you. Keep a diary of your symptoms.

If you have any concerning symptoms, seek medical attention immediately. If you are worried about any change in your baby's movement pattern, call the antenatal clinic or birthing unit at your local hospital.

What supports are available?

View this factsheet on the Health Resource Directory website (healthresourcedirectory.org.au) to find the right local supports and services for you.

Where can I learn more?

- **NSW Health** – Having a baby booklet: health.nsw.gov.au
- **Pregnancy, Birth and Baby** – Antenatal care during your pregnancy: pregnancybirthbaby.org.au
- **Better Health Channel** – Pregnancy and birthing services for different language or cultural needs: betterhealth.vic.gov.au