

About SUFW

Sydney Ultrasound for Women is a medical practice devoted solely towards meeting the needs of women at the various stages of their lives:

- Teenagers and young women experiencing menstrual problems
- Women who are trying to become pregnant
- Pregnant women
- Women of all ages with gynaecological disorders
- Women suffering menopausal symptoms
- Women concerned about cancer of the ovary or endometrium.

SYDNEY ULTRASOUND *for* WOMEN



Your new Pregnancy

SYDNEY ULTRASOUND *for* WOMEN



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Congratulations on your newly discovered pregnancy!

Whether you have been waiting for this news with gleeful anticipation or you are in shock as to what the future holds, there are certain steps that you will need to take in the near future.

Your doctor has probably explained some of the processes involved in pregnancy, but your thoughts may have been distracted by overwhelming joy or total confusion. This brochure attempts to serve as a checklist for what you need to do and when you need to do it.



Diet

If your pregnancy was planned, you have probably been taking supplements of folic acid for at least 3 months. If not, start taking folic acid tablets today and continue taking them up until about 3 months of pregnancy. The tablets are available at chemists or health foods stores. Folic acid is found in fresh fruit and vegetables, legumes, cereals and bread.

Calcium is also necessary for the development of strong teeth and bones, as is Omega 3 fatty acids found in cold water fish.

A good, balanced diet will give your baby all the nutrition it needs and will avoid you gaining too much weight during pregnancy. Try to avoid fast foods which are high in fat and salt. You'll need a higher intake of calcium, iron, protein and some vitamins than you would normally.

When pregnant, ideally you should eliminate alcohol, smoking and all social drugs. If you are on medication, your doctor will advise whether you should continue on it or change to another medication.

A sensible daily diet might include:

Calcium	Milk, hard cheese, yoghurt, almonds, vegetables
Iron	Chicken, fish, lean red meat, kidney beans, cereals, wholegrain bread, baked beans, spinach, eggs, rice, pasta
Protein	Lean red meat, chicken, beans, hard cheese
Folate	Green vegetables, soy beans, cereals, bananas
Complex carbohydrates	Fresh fruit & vegetables, cereals, nuts, pasta, potatoes
Vitamin C	Citrus fruits, capsicum, strawberries, kiwi fruits
Vitamin B12	Lean red meat, dairy foods, chicken, fish
Vitamin D	Canned fish, milk, eggs
Omega 3	Salmon, herrings, sardines, seeds, nuts
Water	Drink at least 8 glasses a day

Water is essential to avoid dehydration, to stop your skin feeling dry and it helps prevent constipation which could lead to haemorrhoids.

During pregnancy AVOID foods containing Listeria bacteria. Listeria can be found in soft cheeses such as Brie, Camembert and blue veined, as well as raw eggs, pate, raw seafood, unwashed fruit and vegetables, sushi and reheated food unless heated to high temperatures.

Choosing an obstetrician

If you are covered by private medical insurance you can choose the obstetrician (doctor who delivers the baby) you would like to deliver your baby. Your family doctor may have some suggestions but you do not have to go to the obstetrician he/she suggests. You may already have relationship with a gynaecologist who delivers babies that you would prefer to use.

Choosing the obstetrician that is best for you will depend on a few things. You will find that obstetricians only confine at certain hospitals so if you would like to have your baby at a particular hospital, you need to ring the hospital and ask for a list of doctors who confine at that hospital.

Your friends may suggest their obstetrician if they were happy with him/her during their pregnancy and delivery.

Once you have chosen an obstetrician, make an appointment as soon as possible as he/she may be heavily booked for the month in which you baby is due. Your GP may be registered for shared-care at your local hospital if you don't have private health insurance and may be able to look after you for a large proportion of your pregnancy.

Some tests need to be carried out early in pregnancy (i.e. nuchal translucency and/or chorionic villus sampling [CVS] at 11 weeks) so you need to have seen your obstetrician before this time. Failing that, your GP can order the test and forward the results on to your obstetrician.

Hospital

You will need to book into the hospital as soon as possible to avoid disappointment. Check with your medical benefits company to ensure that you are covered for private hospital care for obstetrics.

Exercise

Your hospital will conduct antenatal classes and there are private lessons you can attend. You can do these exercises from 12 to 40 weeks. If you are already exercising there is no reason you should stop unless you are playing impact or contact sports. In this case, consult your doctor. If you are just starting an exercise regime, start slowly and build up.

Beneficial exercise during pregnancy includes:-

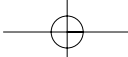
- Swimming
- Yoga
- Walking
- Cycling
- Pilates

These can be done at least three times a week but not in the middle of the day in hot weather.

Weight Gain

The recommended weight gain during pregnancy is between 10 and 14 kg. Your obstetrician or GP will monitor you weight during pregnancy.





Tests

There are several routine tests that are conducted during pregnancy to check on the progress of you and your baby.

Test	When	Why
Routine blood tests	First antenatal visit	To determine blood group and if anaemia, hepatitis B, an immunity to rubella or syphilis is present
CVS (chorionic villus sampling)	11-13 weeks	If you are 35 years or older, you are eligible for a CVS which detects chromosome abnormalities such as Down syndrome
Nuchal Translucency (NT) ultrasound	11-13 weeks	To test for the risk of Down syndrome and other chromosome abnormalities
PAPP-A blood test	Done in conjunction with NT ultrasound	Improves the accuracy of NT ultrasound
Amniocentesis	15-17 weeks	To exclude chromosome abnormalities. Similar to the CVS
Morphology ultrasound	Around 19 weeks	To check fetal anatomy, locate the placenta and measure the fluid volume. Can detect many abnormalities that are present at this stage. Baby's sex can be determined



Terms to familiarise yourself with

Amniotic fluid	Waters surrounding the baby
Antenatal	Before delivery of the baby
Breech	Position of the baby in the uterus (feet first)
Cephalic	Position of the baby in the uterus (head first)
EDC	Expected date of confinement
EDD	Expected date of delivery
Epidural	Spinal pain relief during labour
Fetus	Baby
Fundus	Top of the uterus
Gestation	Duration of the pregnancy
LMP	Last menstrual period
Membranes	Membranous sac enclosing the baby and placenta
Placenta	Afterbirth
Postnatal	After delivery of the baby
Umbilical cord	Tube through which oxygen and nourishment pass from mother to baby
Uterus	Womb
Vagina	Birth canal

Conclusion

Pregnancy, for most women, is a joyous experience. As your baby develops you will be constantly surprised by the changes your body makes to cope with the many demands placed upon it.

The majority of women have healthy babies. Nevertheless, to minimise risks you should follow your GP's and obstetrician's advice, as well as that of the ultrasound practice you visit. You should also undertake all scheduled medical check ups, adhere to a sensible exercise regime and commit to a balanced, nutritious diet.

