

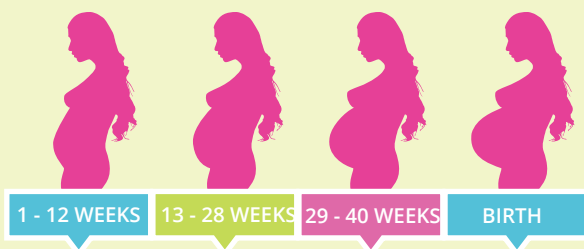
## ATTEND THE ANTENATAL CLINIC

4 weekly until 28 weeks

Every 2 weeks from 28 - 36 weeks

From 36 weeks, every week until baby is born.

After your baby's 19 week ultrasound, we will organise for you to meet the Broome Hospital midwives and doctors. An appointment will be arranged by the Antenatal Clinic, around 22 weeks, then again at 36 weeks and 40 weeks.



Come to the clinic or hospital early if you are worried or have:

- Leaking Water
- Bleeding
- Pains
- Burning urine
- Fever
- Vomiting too much
- Feeling dizzy
- Baby not moving
- Strong headache
- Constipation

**WE ARE HERE TO HELP**

## WE CAN HELP YOU

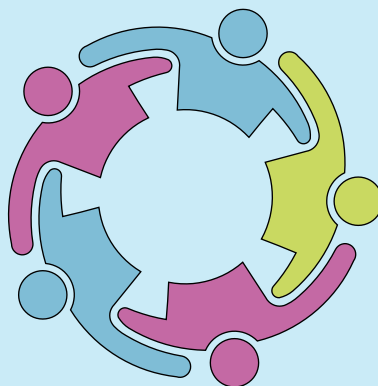


To stop smoking cigarettes and gunga as these can decrease oxygen getting to the baby which makes baby small and weak.

We can also help you to stop drinking alcohol and using other hard drugs. Drinking alcohol can cause baby to have brain damage which will cause learning problems.

We can help you to get counselling and other family support for:

- Anxiety (feeling nervous)
- Depression (crying a lot, feeling down)
- Domestic Violence
- Relationship issues
- Problems at home



## TIPS TO STAY HEALTHY

Eat fresh fruit and vegetables and plenty of food with iron in it. Stay away from unhealthy take-away foods.



**Drink plenty of water, around 6 glasses a day**

**LISTERIA - a germ in uncooked food which can cause miscarriage.**

Avoid uncooked meats, e.g. salami, as well as raw seafood, soft cheeses, soft serve ice-cream and pates. Cover food with gladwrap.

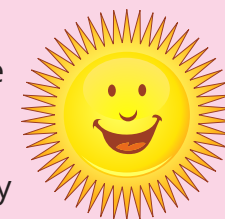
**DON'T DRINK A LOT OF CAFFEINE**

Only drink two cups of either tea or coffee a day and avoid coke, soft drinks and energy drinks.

**KEEP ACTIVE**

Swimming and walking is a good way of getting sunshine on your skin and increasing your vitamin D level.

Vitamin D helps make healthy baby cells.



**HYGIENE**

Wash your hands after touching pets as they can carry germs that can be harmful to your baby.

Take your **folic acid** every day until 15 weeks. **Do not** take any medications until you check with doctor or midwife.

# Healthy Baby Happy Baby



After birth, bring baby to the clinic for:

- Day 10 child health check up
- 6 week post natal check up for baby and Mum.
- Baby's immunisations.
- Regular weighing of baby.
- Concerns you may have about baby.

# Important Numbers



BRAMS: (08) 91 921 338

Broome Hospital: (08) 91 942 222  
(All Hours)

Broome Hospital Midwives:  
(08) 91 942 259

Broome Hospital Antenatal Clinic:  
(08) 91 942 223

# BRAMS Antenatal Clinic



## CLINIC TIMES

Tuesday - 8:30am to 4:30pm  
Thursday - 8:30am to 4:30pm

