Lauren Scott

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Dear

***Congratulations on your pregnancy!***

Thank you for requesting me as your LMC (Lead Maternity Carer).

My normal working hours are 9.00am to 5.00pm Monday to Friday only. I am unavailable for non-urgent phone calls or texts outside of these hours. Contacting me after hours or on weekends is for emergencies (as listed below) or for labour. I am a health professional and ask that you please show me the same respect you show your doctor, dentist or pharmacist. If you wouldn’t contact them outside of normal business hours for **non-urgent** reasons, please do not contact me outside of normal business hours for **non-urgent** reasons.

My antenatal clinic day is Thursday, I do not do routine antenatal appointments on other days or outside of working hours. Outside of these times I am busy visiting mothers and new babies so am only available for antenatal clinic on Thursdays.

At your first appointment, I will provide you with a pregnancy book, at this time I will register you and become your LMC. Until then I am unable to provide you with care, so please see your GP with any issues until this time.

Pregnancy is a wonderful time of a woman’s life, it is also a normal and healthy part of your life, not a disease or sickness. However, if any of the following problems arise please phone (not text) on my mobile regardless of the time or day of the week.

* Severe abdominal pain/cramps contractions (bad enough to go to the A&E)
* Leak any water – enough to fill a sanitary pad, not a panty liner
* Any vaginal bleeding (fresh red bleeding, similar to a period)
* Your baby is not moving normally, after 24 weeks pregnancy
* Swelling around your face/hands/feet (swelling in feet/ankles is normal)
* Hot and cold flushes (with pain in breasts, perineum, or on passing urine)
* Headaches with blurred vision or flashing lights (not improving with Panadol)

**I DO NOT MIND WORKING OUTSIDE WORKING HOURS FOR THESE PREGNANCY ISSUES, PLEASE DO NOT HESITATE TO CONTACT ME FOR THESE ISSUES.**

You are welcome to text me during these working hours – Monday to Friday 9am-5pm for non-urgent reasons. However please be aware I am not always able to check text messages immediately so if your query is urgent please **call me** rather than texting. Please do not text in evenings/weekends.

I have every second weekend off call, this is the only time that I am guaranteed free time to spend with my family and friends, and know that I will be able to get a full undisturbed nights sleep. I work in a group practice with other extremely experienced, and wonderful midwives, one will always be on call to provide you with the care you require if you require urgent care on my weekend off or any holidays I may take – I will always give you dates of when I will be on holidays in advance. Their contact details will be given to you on the front of your pregnancy book that you will receive at your first appointment.

If you are unhappy with my availability or any of these arrangements, I completely understand if you would like to find a midwife who more closely fits your needs. Please let me know if you are going with another midwife, so I can cancel your appointment.

Yours and your baby’s health is my highest priority and I will do everything possible to provide you with the safest midwifery care. I look forward to caring for you and your family.

**Your first appointment with me is:**

Date:

Time:

Place: 429a Great North Rd  
Henderson  
West Auckland  
(Entrance is at the back of the building)

If this appointment does not suit you please phone or text me on my mobile within business hours to arrange a time which will suit you better.

I look forward to seeing you.

Lauren Scott

Independent Midwife

**Antenatal Information Sheet**

**Visits**

You will be seen at approximately the following stages of your pregnancy unless there are any health problems for you or your baby, then you will be seen more often.

**First time mothers:** 10, 16, 22, 26, 30, 33, 36, 38, 40, 41 weeks pregnant.

**Mothers who have had a baby before:** 10, 16, 24, 30, 33, 36, 40, 41 weeks pregnant

Each visit is for 30 minutes, if you require a longer visit please phone me so we can arrange this. If we keep our appointments to the time assigned it means that you will be able to be seen on time also. **If for any reason you are unable to make your appointment please phone me to let me know so we can reschedule.** There may be times where I am on holiday or at a birth and am unable to see you, in this event one of my midwifery colleagues will see you at your regular appointment time to save the hassle of rescheduling. **Please do not come to your appointment if you are sick, let me know and we will reschedule.**

**EMERGENCIES**

You must contact me in the first instance for any of the following **immediately**.

* Severe abdominal pain/cramp contractions (bad enough to go to A&E)
* Leak any water that fills a sanitary pad (not a panty liner)
* Any vaginal bleeding (fresh red bleeding the same as a period)
* Your baby is not moving normally (**after** 24 weeks pregnant)
* Swelling around the face/hands/feet (swelling in your feet/ankles is normal)
* Hot and cold flushes (with pain in your breasts, perineum or when passing urine)
* Headaches with blurred vision or flashing lights (not improving with Panadol)

**Do not go to your GP or A&E for these problems, phone me first.**

I am a midwife and as such am only allowed to treat problems created by pregnancy, this means any problems such as vomiting/diarrhoea, food poisoning, toothache, asthma, cold/flu etc are something I am **unable** to treat so please see the appropriate professional ie. GP, dentist, pharmacist etc.

TESTS

Blood tests: Early pregnancy – A general overview of health, I will cover these with you

28 weeks – Iron levels, diabetes screening, urine test

36 weeks – Iron levels, urine test

Additional tests may be needed as appropriate if conditions arise.

Scans: 12 weeks – optional scan/blood test to check your risk of having a Down’s syndrome baby

20 weeks – Anatomy scan checking baby’s major organs and where placenta is positioned in uterus.

**I will only contact you if your results aren’t normal, no news is good news**

**Specialist referral**

If any problems occur during your pregnancy for you or your baby, I will refer you to the relevant specialist at Waitakere Hospital. This appointment is free of charge. If there is a serious problem which means you need to transfer to another hospital for delivery, such as National Women’s Hospital, your care will be transferred to that hospital and to the doctor or midwives at that hospital as I only birth at Waitakere Hospital.

**Paid parental leave**

Please phone 0800 800 863 or go onto the IRD website to download the relevant paperwork.

**Midwifery notes**

Your pink book is a complete record of your pregnancy, please bring it to all appointments. This book also needs to be brought to the hospital in labour too. You will receive copies of all scans and blood test results, due to this if you go on holiday or out of town please take this with you to save yourself from more blood tests if you have to see someone while you’re away for any reason.

**Information pamphlets**

Please have a read through of the pamphlets I have given you, they will advise you of your rights, general information and healthy eating during pregnancy.

If you have any specific needs please advise me and I will be able to provide you with relevant pamphlets, ie. Vegan/vegetarian, smoker etc.

**Antenatal classes**

West Auckland Parents Centre 09 837 8481

Cathy McCormick 09 811 8600

Waitakere Hospital 021 784 265

Antenatal Yoga 09 817 8079 (Petra)

Young mums group (14-21 year old held at Waitakere Hosp) 021 784 265 (Text ok)

**Hospital tours**

Thursday evenings at 7pm. Entrance C Waitakere Hospital. No RSVP, just turn up.

**Change of Lead Maternity Carer (LMC)**

If at **ANY** point you are unhappy with your midwifery care, please talk to me and we can see if we can sort any issues out. However please remember you can change to another lead maternity carer at **any point** if you feel that would be best for you. It is my priority that you get the best outcome possible for you, and if the best outcome for you is with another maternity carer, I completely understand that and wish you the best in the future. I do ask that you can give me some feedback on what could have been done better so I can improve in the future.

**Postnatal Information Sheet**

**Visits**

I or my back-up midwife will see you daily in the hospital after your baby is born. Upon discharge from the hospital it is important that you are seen at home, either that day or the following day. I am required to see you at least seven times postnatally, however if there is a need I will see you more frequently.

As I will be seeing you at home after your baby is born, it is important that both you and your baby are home at our arranged time. If you’re not at home when I visit at our agreed time, the government still recognises this as a visit. **If you know you cannot be home as our prearranged time, please contact me so we can reschedule as it is important you and your baby are seen.** If I am at a labour/birth then I may need to get my back-up midwife to see you for your visit, if I am unable to organise my back-up midwife to visit you I may need to rearrange your visit, I will contact you if this happens.

My area of specialty is “feed and grow”, once you are fully recovered/healed from birth and baby is growing well you will be discharged from my care. This usually happens between four to six weeks of age. If you have any questions relating to your pregnancy After you are discharged from my care, you will be referred to a Well Child Provider who will care for you and baby until baby is at school (5 years old).

You have choice of Well Child Provider, please let me know who you would like to go with and I will make the appropriate referral to make sure they see you promptly:

Here are a couple of providers, but there are other options also -

* Plunket
* Tamariki Ora/Wai Health
* Parents as first teachers
* Your GP

**Change of LMC**

If you deliver close to my holidays or you move out of West Auckland, you may have another midwife provide you with your postnatal care. This midwife may ask you to change to her as your LMC.

**Baby’s blood test**

Around day 2-5 after birth I will do a blood test on baby’s foot, this is to test for very rare conditions that are protein based. If detected early these conditions can usually have treatment or diets put in place which means that baby will have a normal life expectancy. I will provide you with a pamphlet on this late in pregnancy to read through.

**Immunisation**

The New Zealand College of Midwives supports the immunisation of your baby, I will provide you with a pamphlet on immunisation, please have a read through this. You should receive a letter in the post from the Ministry of Health and National Immunisation Register, after the birth of your baby. Your baby will be due for its first immunisation at six weeks when you take your baby to the GP for its first free visit. Please remember to take your Well Child book to that visit.

**Contraception**

While I have enjoyed caring for you throughout this pregnancy, it is nice to be able to plan for your next baby so it comes when you’re ready.

I am able to prescribe condoms and the mini-pill (if you are fit and healthy with no medical conditions) before I discharge you from my care. For other forms of contraception you will need to see your GP or Family Planning.

When you are ready for your next baby please give me a call and I can provide free pregnancy tests!

Please remember if you are due for a cervical smear, you should get this done **three months after baby is born.**

**Plunket line**

For parenting advice you can call Plunket Line 24 hours a day, 7 days a week

**0800 933 922**

**Most of all, enjoy this time with your new baby and take care of yourself!!**

**Helpful websites to read –**

**https://smartstart.services.govt.nz/**

**https://mokopunaora.nz/**

**Phone app –**

**BreastFedNZ**