

Welcome to Maternity Services at the Mackay Base Hospital

Contact phone numbers

Antenatal Clinic: 4885 7200

Birth Suite: 4885 6930

OUTPATIENT CLINIC CARE

The services provided include:

- antenatal care
- antenatal/diabetes care
- prenatal diagnostics
- gynaecology assessment
- colposcopy
- urology.

Antenatal care

Birth Centre

The Birth Centre offers care in a home-like maternity care environment and is suitable if you have a low risk pregnancy and a natural approach to childbirth. You will receive one-to-one care by a known midwife throughout your pregnancy, during labour and birth, and after birth for up to six weeks.

Maternally Yours Midwifery Group Practice

Maternally Yours is a small team of midwives working together and is suitable if you have a low risk pregnancy. You will receive one-to-one care by a known midwife throughout your pregnancy, during labour and birth, and after birth for up to two weeks.

KemKem Yanga Midwifery Group Practice

KemKem Yanga is a small team of midwives. You are suitable for this model if you or your baby identify as Aboriginal and/or Torres Strait Islander. You will receive one-to-one care by a known midwife throughout your pregnancy, during labour and birth, and after birth for up to six weeks. The KemKem Yanga midwives work closely with medical staff and other healthcare professionals, allowing the team to care for pregnant women regardless of their pregnancy risk or the complexity of the care.

Midwife Clinic

The midwives who work in clinic provide antenatal care on a Wednesday and Thursday afternoon. There is also a midwife clinic on a Tuesday at the Mackay Community Health Centre located in Carlyle Street. You will give birth in the birth suite at the hospital and your labour and birth will be attended by midwives and doctors working in the birth suite that day.

Shared care with your GP

You may choose shared care between your GP and the hospital. You will be referred to the hospital antenatal clinic for a booking-in visit. This visit will occur at around 14 weeks with subsequent visits at 36 and 41 weeks. You will give birth in the birth suite at the hospital and



your labour and birth will be attended by midwives and doctors working in the birth suite on that day.

Obstetric care

You will be referred to this clinic if you or your baby requires specialist care during pregnancy. For example, multiple pregnancy, cardiac disease, epilepsy, high blood pressure, diabetes, thyroid disease, or foetal concerns. You will have your care with medical staff at the hospital to best manage your needs. You will see a midwife at 34 weeks.

Proserpine Hospital

Proserpine Hospital is home to a small team of midwives who work on a rotational basis, helping women with low-risk pregnancies welcome their babies into the world. Women with high risk pregnancies will need to travel to Mackay Base Hospital for birthing their babies.

Bowen, Dysart and Moranbah Hospital

Bowen Hospital provides comprehensive antenatal and postnatal care to most pregnant women. Women travel to either Proserpine Hospital or Mackay Base Hospital for birthing their babies.

Good nutrition during pregnancy

Pregnancy is a great time to develop or maintain healthy eating habits. Healthy eating will keep you feeling good and give your baby the essential nutrients they need. Overall, aim for a balanced diet, with a wide variety of nutritious foods. This doesn't mean 'eating for two' - it is the quality not the quantity of food eaten that is important.

Healthy eating

Eating according to the Australian Guide to Healthy Eating will help you obtain the extra nutrients needed by you and your growing baby.

Breads and cereals provide energy, fibre and vitamins. Have at least 6-8 servings of wholegrain products daily.



One serving =

- 1 slice of bread, a small bread roll or pocket bread (multigrain, wholemeal, white hi-fibre, and rye)
- 2-3 large or 6-8 small cracker biscuits
- ½ cup cooked rice or pasta
- 2/3 cup breakfast cereal (e.g. porridge, Sultana Bran, Weeties)



Fruit and vegetables provide energy, fibre and vitamins.

Have at least 2 pieces of fruit each day.

	Serves per day	
	18 years or under	19-50 years
Women	2	2
Pregnant	2	2
Breastfeeding	2	2

One serving =

- 1 piece of fresh fruit (e.g. 1 apple, orange, pear or banana)
- 1 cup of diced or canned fruit
- 30g of dried fruit (e.g. 4 dried apricots, 1½ tablespoons of sultanas)

Have at least 3 serves of vegetables each day

	Serves per day	
	18 years or under	19-50 years
Women	5	5
Pregnant	5	5
Breastfeeding	5½	7½

One serving =

- ½ cup cooked green or orange vegetables (e.g. 1 cup raw vegetables/salad)

Milk and dairy foods provide calcium, protein and vitamins. Pregnant women need 1200mg of calcium daily. Have at least four servings of dairy foods or calcium fortified soy foods each day.

	Serves per day	
	18 years or under	19-50 years
Women	3½	2½
Pregnant	3½	2½
Breastfeeding	4	2½

One serving =

- 1 cup of milk (whole, low fat, skim, soy or flavoured)
- 1 x 200g carton of yoghurt (plain or flavoured or soy)
- 40g hard cheese (cheddar, fetta, Edam etc.)

Meat and alternatives provide protein, iron, zinc and B vitamins.

Have 1-2 serves of high-quality protein foods each day.

	Serves per day	
	18 years or under	19-50 years
Women	2½	2½
Pregnant	3½	3½
Breastfeeding	2½	2½



One serving =

- 65g cooked meat (beef, lamb, veal, pork, goat)
- 80g cooked lean poultry (chicken or turkey)
- 100g cooked fish
- 2 eggs
- 1 cup cooked lentil or beans (legumes)
- 30g nuts, seeds, peanut butter or almond butter

An allowance for unsaturated spread and oils such as butter, margarine and oil provide energy, essential fatty acids and fat-soluble vitamins (A, D, E and K). You only need 14 – 20g (about 1 tablespoon) daily.

Weight gain

Gaining a healthy amount of weight is an important part of keeping you and your baby healthy during pregnancy and after birth. How much weight you should gain while pregnant will depend on your pre-pregnancy weight and your pregnancy (if you are carrying twins you can expect to gain more weight).

Your BMI prior to becoming pregnant will determine your expected weight gain during pregnancy. If you were in the healthy weight range before becoming pregnant, then ideally you should gain between 11.5 and 16 kilograms during your pregnancy. If you're overweight or underweight, the goal posts will shift a little. Women with a low BMI (under 18.5) should gain between 12.5 and 18 kilograms throughout their pregnancy. Women with a higher BMI (above 25) should gain between seven and 11.5 kilograms. If you are concerned about gaining too much or too little weight during pregnancy, ask to be referred to the dietician.

Exercise

Exercise is also important while you're pregnant. You should aim for 30 minutes of physical activity on most days of the week. Keep in mind that you can split these 30 minutes over the day – three, 10-minute walks can replace a 30-minute stroll on a busy day.

Pelvic floor exercises

The pelvic floor muscles can be weakened by:

- pregnancy and childbirth
- continual straining to empty your bowels (constipation)
- being overweight
- lack of general fitness
- women with stress incontinence, that is, those who regularly lose urine when coughing, sneezing or exercising, should especially benefit from these exercises.

For pregnant women these exercises help the body cope with the increasing weight of the baby. Healthy, fit muscles prenatally will recover more readily after the birth. If you feel the muscles working, exercise them by:

1. Tightening and drawing in around the anus, the vagina and the urethra all at once, lifting them UP inside. Try and hold this contraction strongly as you count to five then release and relax. You should have a definite feeling of 'letting go'.
2. Repeat ('squeeze and lift') and relax. It is important to rest for about 10 seconds in between each contraction. If you find it easy to hold for a count a five, try to hold for longer - up to 10 seconds.



3. Repeat this as many times as you are able up to a maximum of eight to 10 squeezes.
4. Now do five to 10 short, but strong contractions.
5. Do this whole exercise routine at four to five times every day.

While doing the exercises:

DO NOT hold your breath
 DO NOT push down instead of squeezing and lifting up.
 DO NOT tighten your tummy, buttocks or thighs.

Alcohol

The safest choice for your baby is to not drink any alcohol. This is advice from the National Health and Medical Research Council of Australia.

Smoking

Stop smoking during pregnancy. Toxic chemicals are absorbed into your bloodstream and passed to your baby through the umbilical cord. If you aren't able to stop smoking, cut down as much as you can.

Smoking while pregnant increases your risk of:

- still birth
- premature labour
- miscarriage
- complications during birth.

Smoking while pregnant can increase your baby's risk of problems after birth:

- sudden infant death syndrome (SIDS)
- low birth weight
- infections and other health problems
- behavioural problems
- asthma and other breathing difficulties.

Quitline 13 78 48

When to come to hospital

Please phone the midwife in Birth Suite 4885 6930 or your MGP midwife anytime of the day or night, if you are concerned about your pregnancy or if any of the following occurs:

- if you are unsure what is happening to you, or you think you are in labour
- if your waters break
- if you have any vaginal bleeding during pregnancy
- if your baby is not moving as much as normal (do not wait)
- uncontrollable vomiting or diarrhoea
- unusual headaches and or blurred vision



- urinary problems
- constant itching
- labour before 37 weeks
- when contractions are too painful to cope with at home
- if you're worried about yourself or your baby.

Mobile phones and other recording devices

Photographing or digital recording of normal births is permissible at the request of the labouring mother, provided it does not interfere with the woman's care. A photo consent form must be completed with the relevant staff on the day of your birth. Any request to cease photography or recording in the interests of providing care to the woman and her baby must be immediately met as patient safety needs and care remain our primary concern. Hospital staff should not be photographed or filmed without their specific consent.

What to bring

For mother:

- comfortable clothing – casual clothes for daytime and nightwear
- underwear, footwear and toiletries
- maternity sanitary pads
- current medications.

For baby:

- two to three grow suits or clothes for baby to wear in hospital
- one packet of wipes
- one packet of disposable nappies (enough for two – three days)
- formula and bottles for parents choosing to bottle feed.

Other:

- camera
- mobile phone
- essential oils / diffuser / bluetooth speaker / TENs machine
- snacks.

After birth – your baby

Identification bands are placed on your baby's legs at birth. If labour and birth have happened without any problems and you and your baby are well, you may choose to go home when your baby is six hours old. Your baby remains with you throughout your stay in hospital.

Forms

A birth registration and Centrelink/Medicare form will be given to you prior to discharge from hospital - it is your responsibility to register your baby's birth and name. A personal record book will be given to you. This provides information of baby's record of birth, milestones and immunisations



Vitamin K for the newborn

Vitamin K helps blood to clot. It is essential to prevent serious bleeding. Babies do not get enough vitamin K from their mothers during pregnancy or when they are breast feeding. Without vitamin K, they are at risk of getting a rare disorder called vitamin K deficiency bleeding (VKDB). VKDB can cause bleeding into the brain and may result in brain damage or even death. The easiest and most reliable way to give babies vitamin K is by injection. One injection just after birth will protect a baby for many months. Vitamin K can also be given by mouth. Several oral doses are essential to give enough protection because vitamin K is not absorbed as well when it is given by mouth and the effect does not last as long.

Screening newborn babies

Some rare medical disorders such as phenylketonuria, hypothyroidism, cystic fibrosis and galactosaemia can be detected by blood tests before the babies become ill. Early diagnosis means that treatment can be started immediately, and serious mental and/or physical disability prevented. After 48 hours of age, a few drops of blood are taken from the heel, collected on treated blotting paper, and sent to the Queensland Health laboratory in Brisbane. Parents are only notified of results if they are abnormal.

Healthy hearing screen

The healthy hearing screen aims to identify babies born with a hearing loss. Early diagnosis and treatment mean that children develop language skills earlier and schooling is less likely to be affected. This screen will not harm your baby and will be offered before you leave hospital. You will be notified of the results of the screen straight after it is performed.

Immunisations

Pertussis

To protect newborn babies against whooping cough (pertussis) the dTpa (diphtheria, tetanus, pertussis) vaccine is recommended for pregnant women between 20 and 32 weeks. Newborn babies (birth to eight weeks) are too young to receive their first immunisation and are at greatest risk of severe complications if they get whooping cough. By getting vaccinated against whooping cough during pregnancy, mothers receive immunity from the vaccine, which passes to the baby through the placenta, so when the infant is born they already have some protection against whooping cough until they are old enough to be routinely vaccinated at eight weeks of age. Vaccination during pregnancy has shown to reduce whooping cough disease in babies aged less than three months by over 90%.

MMR

Is offered to mothers who have been found to not have immunity to rubella during the antenatal period. This immunisation is offered to women following the birth of their baby, and prior to discharge.

Hepatitis B

The National Health and Medical Research Council of Australia recommend that all Australian babies are vaccinated against hepatitis B. The first vaccination is offered before you leave hospital with your baby. A further three doses are given from two months of age onward, using combination vaccines when other vaccines are due. The four doses are recommended to provide long term protection against this disease.



Extended Midwifery Service

After you go home, your MGP midwife or a midwife from the Extended Midwifery Service (EMS) will arrange to visit you and your baby at home. The Home Midwifery Service bridges the gap between hospital and home, allowing new mothers the comfort of their own home with the security of professional support. EMS offers one-to-one with the midwife in your own home, providing the education and help you need with feeding and parenting your new baby. The Home Midwifery Service visits up to a 30km radius from the Mackay Base Hospital.

