

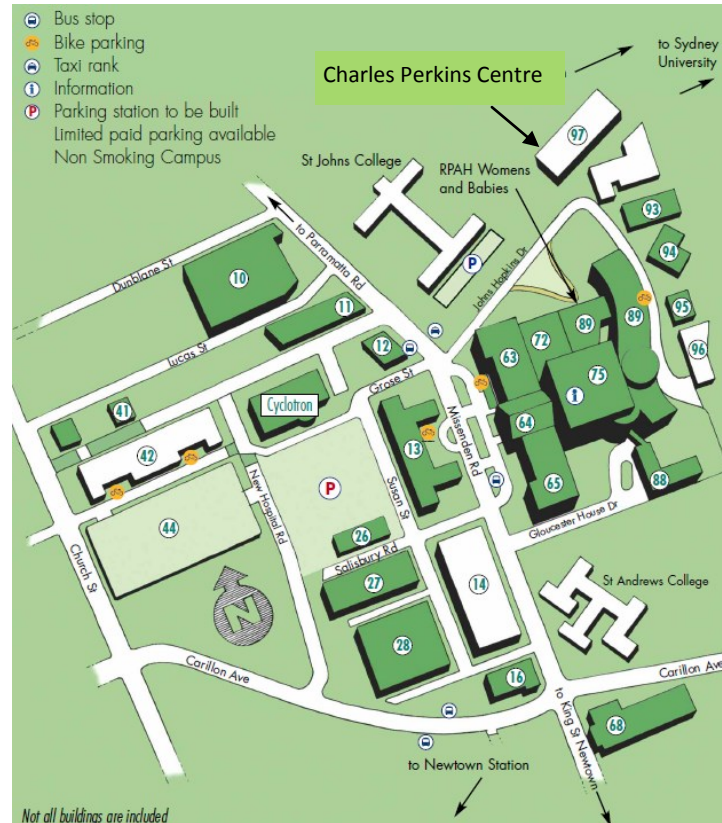
OUR VISION



PREGNANCY PLANNING CLINIC

Your preconception health (before pregnancy health) is very important and can affect the health of your future baby. The aim of preconception care is to prepare your body for pregnancy, birth and beyond. This preparation ideally should occur for at least 4 months prior to trying to become pregnant. If this is not possible, try for at least 1 month's preparation. Preconception care improves your chances of falling pregnant more easily, having a healthy pregnancy and baby and aiding recovery after the birth.

The Pregnancy Planning Clinic was established to assist with this. Its aim is to provide health promotion information, screening assessments and interventions to reduce risk factors that might affect future pregnancies. Our vision is to provide a coordinated preconception service which is individualised to the needs of potential parents.



CONTACT US:

MONDAYS 1:00-5:00PM AT:

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PREGNANCY PLANNING CLINIC



PREPARING YOU BOTH
FOR YOUR BABY

Tel: 02 9562 5600

OUR SERVICES...

Who should attend?

Women or couples considering pregnancy who fulfil one or more of the following :

- Concerned you are either underweight or overweight.
- A chronic health condition e.g. cardiac or renal disease, crohns disease, diabetes
- Long-term medication use
- Previous adverse pregnancy outcome e.g. recurrent pregnancy loss, previous stillbirth or preterm birth
- Personal or family history of genetic or congenital abnormalities
- Previous gestational diabetes
- Difficulty conceiving and would like lifestyle intervention advice
- Planning first pregnancy and >40 years

What do you need?

You will need a referral from your GP for either Prof Jonathan Hyett or Dr Robert Ogle, please include copies of previous relevant pathology tests or reports.

What to expect

Your appointment will include a clinical examination, relevant tests such as blood pressure and weight, and dietary and exercise advice. Recommendations will be provided and appropriate referrals made if necessary. Your healthcare team will include a midwife, an obstetrician and a dietitian.

As part of your assessment there is the option of having your muscle and fat mass measured using a machine called the BOD POD®, this is a “practical gold standard” in body composition assessment. If you choose to have this done: do not eat or exercise 2 hours prior to your appt. You need to wear tight clothing e.g. Lycra®/ spandex leggings with sports bra. We can provide clothes to wear for the test or if you prefer you can bring your own.



Your partner is very welcome. Your appointment will be scheduled at a time suitable for you both. Please allocate an hour and a half for your appointment.

The purpose of the visit is to discuss your current health status and lifestyle with respect to future pregnancy. We will provide individualised recommendations, nutrition and exercise advice and referrals to other services if necessary.

Please come prepared with any questions, concerns or general comments about your future pregnancy.

Aims of the Clinic:

To provide a service that optimises health for couples prior to conception

To optimise potential future pregnancy and baby health outcomes

To provide an integrated service that facilitates provision of preconception care within Sydney LHD