Your comments matter

If you want to comment about the quality of your maternity care, consider talking or writing to the organisation that provided the service. If you have concerns or a complaint, it is particularly important to do this because it shows areas that may need improvement.

If you have concerns about the treatment or health care that was provided to you, you can also contact the **Health Care Complaints Commission**:

Telephone: 1800 043 159 (toll free) or

(02) 9219 7444

TTY: (02) 9219 7555 Fax: (02) 9281 4585

Email: hccc@hccc.nsw.gov.au
Website: www.hccc.nsw.gov.au

Index Α C Abdominal pain, 24, 45, 125, 126 - round ligament pain, 44 Abuse, 5, 143, 147 Caffeine, 19, 47 Air travel, 58 Alcohol, vi, 17, 99, 113 Cannabis, 17, 18 Amniocentesis, 115, 118 Amniotic fluid, viii 73, 74, 78, 118 Amniotic sac, viii, 50, 73 Check-ups Amniotomy, viii, 78 Methamphetamines, 18 Anaemia, viii, 3, 27, 117, 123 Chlamydia, 24-25 Antenatal - care, 1-10, 50, 55, 127, 132 - education, 57 119, 121 Anti D, 3 Circumcision, 91 Anti-depressants, 138 Cocaine, 17, 18 Apgar score, 84 Aromatherapy, 13, 58, 74 Asthma, 12, 15, 127 Continence, 42 Augmentation, viii, 79 Baby kicks, 56, 145 Baby movement, 55, 56, 63-64 Cravings, 45 Back care, 12, 25, 38-40, 42, 57, 69, 95 Cystitis, 45 Backache, 39-40, 72, 44, 40, 58, 62, 72, 75, 130 Benzodiazepines, 18 Birth - centres, 7, 8, 65 - plan, viii, 59-60, 73 positions, 69, 80 Bleeding Diet baby, 85, 91, 108 - fish, 30 - vaginal, 18, 45, 83, 84, 87, 107, 109, 121, 125, 126, 130 - snacks. 33 Blood tests, 3, 63, 88, 89, 115 - vegetarian, 33 Blue book, 89, 90 Body mass index, 34 Bonding with your baby, 83, 84, Druas 94, 137, 145 Bottle feeding, 102, 103 17-19, 27 Bra, 52, 87, 108 - in labour, 77 Breastfeeding, 77, 83, 84, 87, 93-103, 110, 137, 154 Breast milk expression, 99, 101, 102 **Breasts** Early Childhood Health Service, 90, - tenderness, 52, 87, 101, 149 92, 111, 135 - engorgement, 87 Eating healthily, 28-36 – leaking, 63, 149

Caesarean section operation, viii, 60, 82-83, 87, 123, 126 Calcium, 30, 31, 33, 45 Capsule, 65, 66, 89 Caseload midwifery, 8 - for baby, 88-92, 108, 111 Chickenpox, vi, 20, 21, 26 Chorionic villus sampling, 115, 118 Chromosomal conditions, 115-Congenital hypothyroidism, 88 Constipation, 41, 45, 47, 107 Contraception, 109, 110 Contractions, viii, 69, 71-75, 78-80, 125, 129 Cramps, 45, 72, 87 Cystic fibrosis, vi, 88, 117, 153 Cytomegalovirus (CMV), 22-23, 26 Depression, vi, 5, 12, 14, 52, 111, 127, 138-142, 154 Diabetes, viii, 63, 78, 94, 117, 121, 126-7, 132, 153 - nutrition, 28-36, 153 Disability, 21, 62, 132 Domestic violence, 5, 147, 153 - during pregnancy, vi, 12-13, - while breastfeeding, 27, 99 – while bed sharing, 113

Ecstasy, 17, 18

F G

Ectopic pregnancy, viii, 45, 126 Embryo, viii, 50 Epidural, viii, 60, 77, 81, 82, 130 Epilepsy, 32, 127 Episiotomy, viii, 63, 81, 82 Exercise, 12, 28, 37-42, 44, 45, 48, 57, 62, 83, 87, 105, 110, 121, 126, 154 Estimated date of birth (EDB), viii, 51, 53, 63

Feelings in pregnancy, 4, 51, 87, Fetal monitoring, 63, 79, 123 Folate (folic acid), viii, 31, 32 Food to avoid, 29, 31, 35, 36 Food safety, 35, 102 Forceps delivery, viii, 77, 82, 130 Formula feeding, 102-103

Galactosaemia, 88 Gas, 77 Genital herpes, 24-25 Genital warts, 24-25 Genetic counselling, vi, 114-119, 150 Genetic counsellor, viii German measles, 3, 20-21 Gestational diabetes, 63, 121, 126-127 Gonorrhoea, 24-25 Growth of baby, 50, 55, 62 Gums bleeding, vi, 44

Haemorrhage, ix, 126,130 Haemorrhoids, 47, 107 Hazards at home, 26-27 Headaches, 20, 22, 46, 64 Hearing tests, 89 Heartburn, 46, 47, 62 Hepatitis B, 3, 17, 20-21, 84, 97 - injection for baby, 64, 84-85 Hepatitis C, 3, 17, 22, 23, 79, 97, 153 Herbal tea, 14 Herbal remedies, 12, 13-14 High blood pressure, vi, viii, 34, 46, 78, 121, 127, 132 HIV, 3, 22, 23, 79, 84, 97 Homebirth, 7, 9, 10, 66, 154 Home postnatal care, 10, 88

Breech, viii, 64

Hospital birth, 8 Hospital – what to take, 65 – when to go, 74

ı.

Induction of labour, 78-79 Infections, 3-4, 19-25, 26, 36, 153 Injections for baby, 64, 84, 85, 89 Iron, 3, 30, 33 Itchiness, 46

J

Jaundice, ix, 20, 90, 132

L

Labour

- complications, 128-130,131-133
- first stage, 71-79
- transition, 80
- second stage, 81-83
- third stage, 83
- helping labour along, 74-75
- pain relief, 76-77
- positions, 69, 72, 74-75, 80
- support, 60, 73 Listeria, 36

М

Mastitis, ix, 98, 101-102 Medical intervention, 60, 78-79 Methadone, 17, 18, 99 Midwife, ix, 7-10, 154 Miscarriage, ix, 125, 148-50 Monitoring the baby in labour, 79 Moods, 51 Morning sickness, 46-47, 51 Movements of the baby, 56, 64 Multiple pregnancy, 56, 122-3, 154

N

Naphthalene, 27 Neonatal death, 148-150 Newborn babies, 90-91, 106 Newborn screening tests, 64, 88-89 Nitrous oxide, 77 Nose bleeds, 47

0

Obstetrician, ix, 2, 9, 10 Overweight or obese, vi, 32, 34, 94 Oxytocin, 79, 83, 129, 130

Ρ

Pain

- abdominal, 44, 45, 125, 126
- in labour, 72-77 Paperwork, 91-92

Parenthood

- first weeks, 59, 104-113, 143, 144-147

Parvovirus, 22-23

Pelvic floor, ix, 41-42, 45

Perineal massage, 63

Pethidine, 18

Pets, 23, 26

Phenylketonuria, 88

Placenta (afterbirth), viii, ix, 50, 83,

126, 130

Positions in labour, 69, 74-76, 80 Postnatal

- blues, 87, 137, 141, 146
- depression, 139-142, 154

Postnatal exercises, 37-42

Pre-eclampsia, ix, 127, 153

Pregnancy

- complications, 124-127
- length of, 51
- feelings, 4, 51, 136-138, 157
- in older women, 120-121
- planning, vi

Prenatal testing, 114-119
Premature baby, ix, 131-133

Prostaglandin, 78

R

Raspberry leaf tea, 14 Relaxation, 46, 47, 57, 67-69 Registering the birth, 92 Relationships in pregnancy, 144-147 Rhesus (Rh) factor, 3

Rubella, vi, 3, 20-21, 88

S

Safe sleeping, 112-113
Saliva, 47
Seatbelt, 58
Sex, 52, 107, 108, 146
Sexual abuse, 5, 143
Sexually transmitted infections (STIs), 3-4, 19-25
Shared care, 8
Show, ix, 71, 73
Sickle cell disease, 117
Smoking, 15-16, 113

Special needs babies, 134-135 Stillbirth, ix, 148-150 Stitches, 81, 87, 107 Strep B, 22-23, 63 Stretch marks, 47, 63 Sudden Infant Death Syndrome (SIDS), 112-113, 150, 153 Syphilis, 24-25

Т

Team midwifery, 8
Teeth, vi, 31, 44
Thalassaemia, vi, 117, 153
Tiredness, 51, 52, 62, 102, 105, 137
Toxoplasmosis, 22-23, 26
Twins, 45, 56, 122-123

U

Ultrasound, ix, 53, 115, 118-119 Umbilical cord, ix, 3, 50, 84 – cord care, 91 Universal Health Home Visit, 111 Urine frequency, 45 Urinary tract infection (cystitis), 45

V

Vacuum extraction (ventouse), ix, 82
Vaginal discharge, 24, 48, 64, 125
– in newborn girls, 91
Varicose veins, 25, 47, 48 12
Vitamin K, 9, 64, 84, 85
Vitamins and minerals, 31

W

Weight gain, 34, 123 Work

- and pregnancy, 25, 154
- safety, vi, 25