



**HUTT maternity**

Hutt Valley Maternity Care

## **Primary Midwives Team**

Information for women

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Welcome to the Hutt Valley District Health Board (HVDHB) Primary Midwives Team.

All the team midwives are employed by HVDHB. You will have one specific midwife allocated to you, but you may meet one or two other midwives over the duration of your pregnancy care.

At your antenatal check ups the midwife can talk to you regarding:

- Any concerns you may have
- Your birth plan, including discussing labour/birth options.
- Hospital stay and midwifery follow-up.

If you are unavailable for a scheduled appointment we would appreciate you **call Maternity Enquiries on 566 6999 ext. 8163 or 8164**, Mon-Fri 9am-3pm.

The cell phone number that you may get a reminder text, or midwife contacts you on for your appointment is only available on the day that you are having your appointment. Should you require to speak to someone in regards to appointment changes or any other time please ring the above numbers. Any other pregnancy related problems please ring Delivery Suite on 569 7535.

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## Contacting Delivery Suite

Don't hesitate to contact Delivery Suite on the direct line **569 7535** if

- You are in labour
- You have any bleeding
- The baby is not moving or you have noticed reduced movements
- Your waters have broken
- Any other health concerns with your pregnancy.

Please let the Delivery Suite Midwife know that you are under the care of the Primary Midwives Team.

## Labour

When you are in labour you will be cared for by the HVDHB midwives, who work eight hour shifts. At the end of each shift there will be a change in midwives.

## “How long will I stay in hospital?”

Your stay in hospital is individual and will be according to your clinical needs. You can leave as early as 2 hours after the birth, if everything is ok with you and your baby. However most mothers leave hospital within 48 hours of birth or 4-5 days if they have had a caesarean section.

## **Follow up at home**

Your follow up postnatally at home is done by one of our community midwives. The HVDHB Community Midwives can be contacted on a paging system through our Hospital Telephone Operator on 04 566 6999. Please specify that you wish to page the Community Midwife.

## **Infant Six Week Check and Immunisations**

This is done by your General Practitioner (GP). You will need to ring your GP practice and make this appointment. Six week check up is done by your General Practitioner (GP) and the Immunisation by the Practise Nurse.

## **Helpful numbers**

*Maternity Enquiries*

*566 6999 ext. 8163 or 8164*

*(For clinic appointments)*

*Delivery Suite*

*569 7535*

*(For all other pregnancy related problems)*

*Community Midwives*

*566 6999 please page*

## **Birth Ed Antenatal Classes**

*576 9556*

this is an answerphone, please leave your name, phone number and due date

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## **Parents Centre**

*Contact through website*

### **Stretch Classes**

This is a drop in class at the Antenatal Education room, by the Plunket car seat office.

Held on Wednesdays from 9.30 to 10.30.

Any queries re. this class please page Julia Johnson, Physiotherapist, between 08.30 – 3.30 on 566 6999