



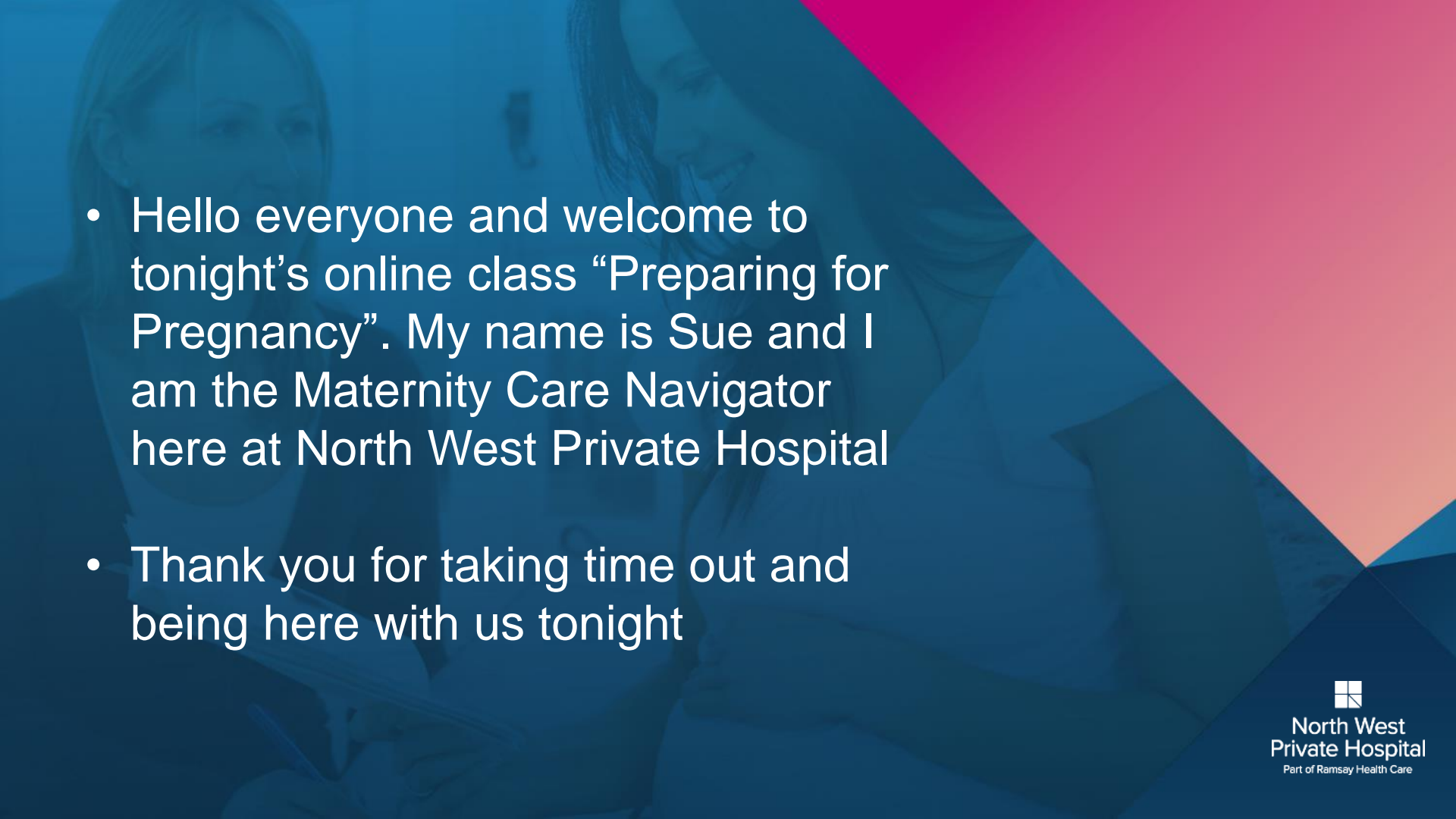
Welcome

# PREPARING FOR PREGNANCY

FREE ONLINE CLASS



North West  
Private Hospital  
Part of Ramsay Health Care

- 
- Hello everyone and welcome to tonight's online class "Preparing for Pregnancy". My name is Sue and I am the Maternity Care Navigator here at North West Private Hospital
  - Thank you for taking time out and being here with us tonight



## A little housekeeping before we get started:

- Due to privacy if you do not wish to have your name visible to others, please go to “Participants” at the top of your screen and click on your name to change it
- If you have any questions during the presentation, please type them into the Chat Function in your Zoom control panel. The questions will be answered at the end of the presentation.
- A FAQ list will be provided to you via email as a follow up to tonight’s presentation
- If we are unable to get through all the questions tonight, you can also send them via email to [Hello.nwb.@ramsayhealth.com.au](mailto:Hello.nwb.@ramsayhealth.com.au) where they will be followed up by Kim Pickering, Maternity Services Manager or myself
- We have 3 presenters tonight, starting with Dr Bajra who has been practicing Obstetrics and Gynaecology since 2003, followed by Briony, one of our in-house Physiotherapists and finally you will hear from Kari, an experienced midwife at North West

I now introduce you to Dr Nam Bajra.



MaternityCare



# Preparing for Pregnancy

**DR NAM BAJRA,**  
Obstetrician, Gynaecologist and Fertility Specialist



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# Preconception care

Steps to take to help improve your fertility and pregnancy



# How to prepare for pregnancy

- 1.Folic acid : 500 mcg
- 2.Iodine : 150 to 250 mcg
- 3.Healthy diet
- 4.Healthy weight
- 5.Exercise
- 6.Quit Smoking
- 7.Stop Drinking Alcohol
- 8.Reduce Caffeine



# Healthy diet

1. Eat a wide variety of healthy foods
2. Wide range of fruits and vegetables
3. Good quality protein like meat, fish, eggs, beans and lentils
4. Complex carbohydrates
5. Plenty of calcium
6. Healthy fats like olive oil, avocados and nuts



# Avoid

1. Fish with high mercury
2. Foods with additives, artificial colours, flavours and preservatives
3. High fat diet
4. Food rich in simple sugars





# Healthy weight

1. Normal BMI : 18.5 to 24.9 kg/m<sup>2</sup>
2. Underweight < 18.5 kg/m<sup>2</sup>
3. Overweight – BMI of 25.0 to 29.9 kg/m<sup>2</sup>
4. Obesity > 30.0 kg/m<sup>2</sup>



# Exercise

1. Low impact aerobic exercise like walking, stationary cycling, swimming
2. Moderate intensity
3. Duration and frequency : 20 to 30 minutes 5 to 7 days a week
4. Avoid exercises performed in supine position after the first trimester
5. To make sure the exercise is safe in intensity- take the “talk test”
6. Monitoring heart rate : 140 to 160bpm. Make sure you can talk while exercising.
7. Any exercise is better than none
8. Try to be active most days
9. Go for a quick walk to break up times when you have to sit down for long periods



# Quit Smoking

- 1.Smoking is bad for your health and fertility.
- 2.Smokers are more likely than non-smokers in having trouble falling pregnant.
- 3.Cigarette smoke contains thousands of chemicals harmful to the reproductive organs
- 4.Smoking can increase DNA damage to eggs and sperm



# Stop drinking Alcohol

- 1.No agreed safe level of alcohol intake in pregnancy
- 2.So women should stop drinking alcohol when pregnant
- 3.Men should follow “safe drinking guidelines”



# Reduce Caffeine intake

- 1.No clear evidence if caffeine affects fertility
- 2.Some studies show it potentially could
- 3.So limit intake to 1 to 2 cups of coffee or  
2 to 3 cups of tea



# General health Check by your GP

1. Cervical screening test
2. Blood pressure
3. Weight screening
4. Antenatal Blood test : FBC, Blood Group, Vitamin D level, TSH, immunity to rubella and chicken pox, Syphilis serology, Hepatitis B, Hepatitis C and HIV serology
5. Vaccinations : Influenza vaccine, Covid Vaccines
6. Whooping cough vaccine is given during pregnancy any time after 20 week gestation as this passes immunity to the baby and provides baby protection against this critical illness.



# When to see the Obstetrician

1. Need a referral from GP
2. Personalised supportive and evidenced-base care of pregnancy and birth
3. Book your first appointment around 9 to 10 weeks of pregnancy
4. First appointment : general health check, discuss diet and exercise guidelines,
5. Bedside ultrasound scan to check baby's growth and listen to baby's heart beat
6. Further tests discussed : Genetic carrier screening, NIPT and NTS



# Genetic carrier screening

- Tests healthy adults to see if they have an increased chance of having a child with a serious genetic condition before conception.
- RANZCOG recommends that anyone considering pregnancy undergo genetic carrier screening.
- Conditions which can be screened for include: Cystic fibrosis, Spinal muscular atrophy, Fragile X syndrome + many more.
- Simple saliva sample test.
- Genetic counseling after receiving results to go through options for minimising risk.





# NIPT – optional test

1. Non-invasive prenatal test
2. Can be taken anytime after 10 weeks of pregnancy
3. DNA based blood test
4. Screens for common genetic conditions like Down Syndrome, Trisomy 13 and Trisomy 18
5. Optional for women younger than 35 years of age as lower risk of chromosomal abnormalities
6. Highly recommended for women aged 35 years and over



# Nuchal Translucency Scan

1. This is a highly recommended test for all pregnant women
2. This ultrasound is organised between 11w 6d to 13w 6d
3. The results are combined with a blood test taken a week prior
4. This is also a screening test for chromosomal abnormalities like Down syndrome, Trisomy 13 and Trisomy 18.
5. In addition, the ultrasound looks for neural tube defects as well as risk of preeclampsia, preterm labour and placental abruption in pregnancy



## Further appointments and tests

1. Your obstetrician will see you every 4 weeks until you are 28 weeks pregnant.
2. Every 2 weeks from 28 weeks to 36 weeks
3. Every week from 36 weeks to 40 weeks
4. An ultrasound for fetal morphology is organised between 18 to 20 weeks to check your baby's growth and structural development
5. Glucose Tolerance Test between 24 to 28 weeks



# Know My Midwife appointments

1. At around 28 weeks and then around 36 weeks
2. A health check and an education session where you will discuss your birthing options, preferences and questions
3. learn how to express and store colostrum before your baby is born



## Week 38 to 40

1. Most babies are born during this time.
2. Make sure you have the contact details for labor ward
3. When you go into labour, be sure to call and present to the hospital
4. For first time mothers, there is 6 in 10 chance of spontaneous vaginal birth, 2 in 10 chance of needing an emergency caesarean and 2 in 10 chance of needing instrumental delivery.



# Birth plan

- 1.to communicate your wishes to your health care team during your labor and after the birth of your baby
- 2.Birth plan empowers you
- 3.Review this with your obstetrician during your pregnancy
- 4.Be flexible
- 5.Be open to last minute changes
- 6.Your health and the health of your baby are the most important things



# Suggested headings for Birth Plan

1. Birth Companions
2. Environment
3. Pain relief
4. Positions for labour and pain relief
5. Umbilical cord- delayed cord clamping and cutting the cord
6. Procedures you would like to avoid
7. Postnatal care
8. Feeding your baby
9. Special needs



Together as a team we look forward to making your pregnancy and birth journey a safe and positive experience where you feel well supported in your choices while being provided evidenced base care.





Thank you



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# Preparing for Pregnancy

BRIONY O'CONNOR,  
Physiotherapist – Maternity / Gynaecology



# Preparing for Pregnancy

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- Tips to look after your body preparing for and during Pregnancy
- Is Exercise OK?
- How can we prepare our Pelvic Floor
- BMI and exercise

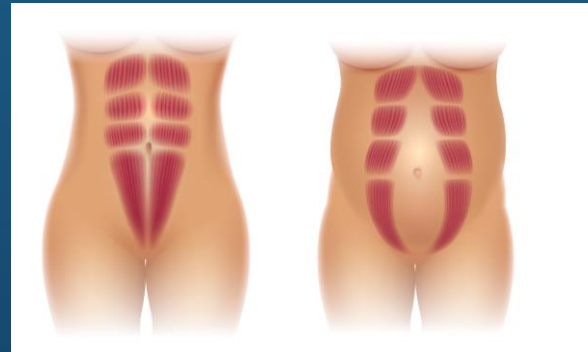


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# Physical changes to expect in pregnancy

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- Spinal curves and pelvic position
- Joint support
- Abdominal muscles
- Pelvic floor loading
- Muscle imbalances



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# Preparing for Pregnancy

- Build a supportive health care team (GP, psychologist, dietitian, physiotherapist or other allied health members)
- Aim to cease smoking, alcohol and recreational drugs which can have adverse effects on Mum and bubs
- Work towards a healthy BMI (18.5 – 24.9 kg/m<sup>2</sup>)
- Start exercising (aim to meet the National Physical Activity Guidelines)



# Is Exercise OK?

# Absolutely in most cases!!!



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# Is Exercise OK?

## How often should I exercise?

1. Aim to be physically active on most, preferably all days of the week.
2. If you are currently inactive or overweight, start with 3 to 4 days per week on non-consecutive days.

## How long should I exercise for?

1. Aim to accumulate 150 to 300 minutes of moderate intensity physical activity each week. Ideally, this should be achieved by being active on most days of the week for at least 30 minutes at a time.
2. If you are currently inactive or overweight, start with 15 to 20 minutes and slowly build up to 30 minutes per session.



# Is Exercise OK?

## How hard should I exercise?

Most women should aim for a 'moderate' intensity.

You should feel like you are working 'somewhat hard'.

## What type of exercise should I do?

1. **Aerobic exercise:** involve continuous activities that use large muscle groups to elevate the heart and breathing rates
2. **Strengthening exercises:** 2x week on non-consecutive days, covering the main muscle groups of the body.
3. Light weights, body weight or resistance-bands.
4. Aim to perform 1 to 2 sets of 12 to 15 repetitions for each exercise





# BMI Pregnancy & Exercise

Professor Leonie Callaway reviewed data on over 14000 women who birthed at Mater Mothers between 1998 and 2002.

45% normal BMI      34% were overweight, obese or morbidly obese

Adverse Outcome	Overweight BMI 25 – 29.9	Obese BMI 30-34.9	Morbidly Obese > 35
Hypertensive disorders of pregnancy	1.74	3	4.87
Gestational Diabetes	1.78	2.95	7.44
Extended hospital admission (more than 5 days)	1.36	1.49	3.18
Caesarean section	1.5	2.02	2.54

The prevalence and impact of overweight and obesity in an Australian obstetric population. LK Callaway et al, Medical Journal of Australia, 2006.



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# Need a little motivation?

## GESTATIONAL DIABETES & EXERCISE

**25.3min of light intensity 2.1 days per  
week can reduce the risk of GDM by 25%**

## PREGNANCY HYPERTENSION & EXERCISE

**23.5min of moderate intensity 3.1 days per  
week can reduce the risk of PIH by 25%**

## PRE-ECLAMPSIA & EXERCISE

**18.3min of moderate intensity 2.5 days per week  
can reduce the risk of PET by 25%**

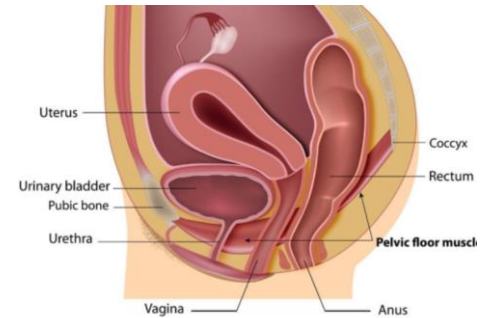
Davenport 2018 Study on Prenatal Exercise for the prevention of  
GDM and gestational hypertension disorders



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# How to prepare your pelvic floor

- How?
- What's not right?
- How long?
- How many?
- What positions?
- Practical situations?



# Brace with your pelvic floor when you



cough or  
sneeze



laugh



lift



# Good bladder habits

- ✓ Water is best, limit caffeine
- ✓ Avoid going “just in case”
- ✓ Take the time to empty completely



# We look forward to seeing you soon!

*Briony O'Connor*

MEMBER OF THE NORTH WEST HOSPITAL  
PHYSIOTHERAPY TEAM

AND

DIRECTOR/ INSTRUCTOR

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“Hi. My name is Kari and I’ll be your Midwife this evening!”

## Overview

- What is the role of a midwife?
- Know My Midwife Clinic
- Commonly asked questions



# What is the role of a midwife?





# Know My Midwife Clinic...

- Continuity of care with a small team of highly skilled midwives
- Collaborative care model between your chosen obstetrician and midwife
- Support for mothers-to-be, partners and families
- Antenatal care - What to expect in pregnancy, labour and birth



# Know My Midwife Clinic...

- Parenting education & support
- Breastfeeding education & support
- Access to Lactation Consultants
- Schedule of visits - Initial visit ~  
28 weeks through to postnatal care up to 6 weeks



# Commonly asked questions

Will I know if I'm in labour?

When do I call / come into the hospital?

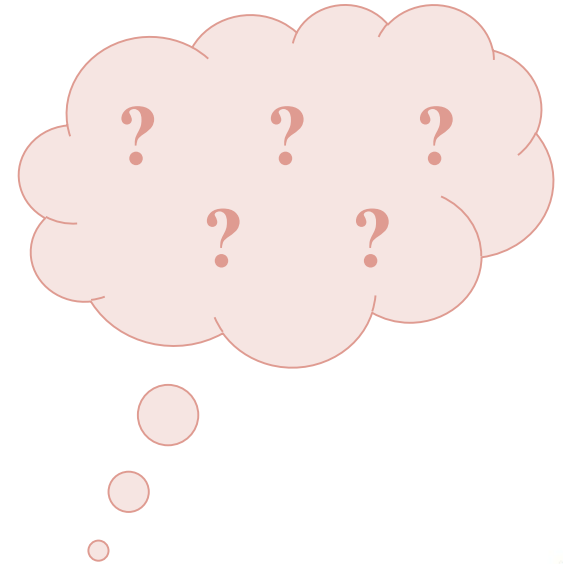
Who do I call?

Should I write a birth plan?

What do I pack in my hospital bag?

What are my options for labour and birth?

How long will I be in hospital with my baby?



## Useful Resources and Websites:

- North West Private Hospital : Online Learning Centre  
(under the Maternity Tours and Education tab)
- Raising Children Network
- Australian Breastfeeding Association
- Kidsafe Queensland, Red Nose
- Peachtree, PANDA, Beyond Blue
- Dads4Kids
- Tiny Hearts Education



# Question time



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# Thank you everyone!

We appreciate you being here and  
thanks again for joining us tonight

See you next time!

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