

## **MIDWIFE ROLE**

The midwifery services are part of the package offered by Dr. Sarah Woodbury with no additional cost to you.

**Appointment Hours:** Thursday and Friday in rooms (07:00 - 17:00) at both Crows Nest and Manly

**Contact by phone:** Thursday (07:00 - 17:00pm) and Friday (07:00 – 17:00).

**Contact by email:** [care@drsarahwoodbury.com.au](mailto:care@drsarahwoodbury.com.au)

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**Urgent Queries:** If an urgent question arises, contact the Midwife between the hours listed above or contact the rooms during business hours.

If you have an urgent question outside the times listed above (and outside of business hours) please contact the hospital that you are booked into.

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**Midwife's Key Role** She will make contact before the first appointment and introduce herself to you

There are 3 standard visits with the Midwife

1. 18 weeks (mental health assessment and history) PLEASE ATTEND WITHOUT YOUR PARTNER
  2. 28 weeks (Whooping cough and other relevant immunization such as flu vaccine); and
  3. 36 weeks: GBS swab (this will be explained by The Midwife at the 28-week mark).
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**Other Activities** Other activities undertaken by the Midwife include:

- Supportive role liaising with Dr. Sarah Woodbury;
- Providing general pregnancy advice;
- Answering queries related to safe activities during pregnancy;
- Providing help with birth expectation, particularly around midwifery support;
- Anxiety / mood counselling;
- Iron infusion;
- Post Natal Catchups / Support Group;
- Follow up and providing blood test results;
- Providing a personal check up with the mother and baby during the first 6 weeks (weighing, checking breastfeeding, assisting with settling etc.);
- Undertaking postnatal calls and care, by phone, for mothers: breastfeeding, settling etc.

Please note, the individual performing the role is a Midwife; she is not your doctor.