



PROLOGUE

OBSTETRICS | FERTILITY

Obstetric Resource Booklet

PROLOGUE

OBSTETRICS | FERTILITY



When you engage Prologue for your pregnancy journey, you are accessing a team and a space that is safe, is considered, is nurturing, is exceptional and will provide you best practice obstetric care. We are excited to be working with you on your story before a story..... your Prologue!

The Prologue team have created the following additional resources to help and support you during your pregnancy journey with us. You will have an opportunity to go through them in more detail during your first midwife visit.

We are all here for you and look forward to supporting you in every way we can.

Let's do this!



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Dr Justin Tucker



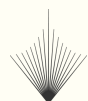
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Weight Gain During
Pregnancy



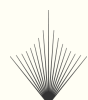
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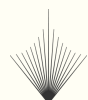
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01

Who to Contact

At Prologue, we understand that during your pregnancy and the weeks after you have had your baby, you will be faced with specific changes and challenges. We are dedicated to making ourselves available to support you and welcome your questions. Some situations can be easily dealt with efficiently via an email. For those cases where we feel you will be more cared for by meeting in person, we will help you arrange an appointment.

The following will help you contact the team member who is most appropriate. With our skills combined, there will not be any question we cannot answer or issue we cannot support you through. We all look forward to being with you during your pregnancy!

VIVI LAMA

Vivi is the Practice Leader of Prologue. She oversees the running of the practice as a whole and also plays a very valued and important role in delivering our brand of excellent care to you.

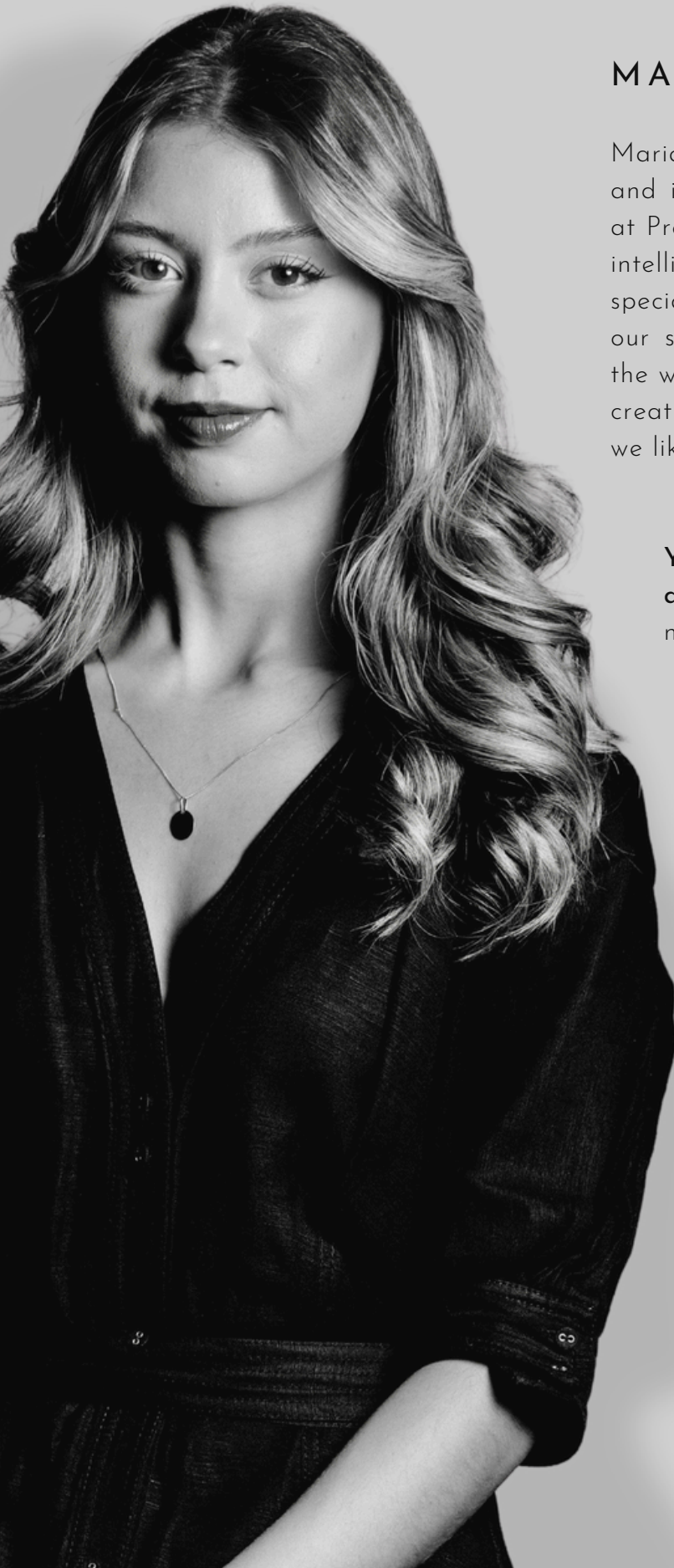
You can reach out to Vivi via email:
adminsupport@prologue.com.au





01

Who to Contact



MARIAM RAZI

Mariam is one of our Client Experience Managers and is also our design and media manager here at Prologue. Mariam is motivated and emotionally intelligent and is here to add her brand of specialness to your experience with us. Through our social media channels, Mariam also spreads the word about what Prologue offers, what we are creating, who we are collaborating with and what we like!

You can reach out to Mariam via email on adminsupport@prologue.com.au should you need:

- A letter confirming your due date/letter of confinement
- A letter to fly
- A letter to suspend your gym membership
- A letter for maternity/paternity leave
- Medicare or private fund enquiries
- Billing enquiries

We understand you are busy and situations will arise where you may need to reschedule an appointment. If this is the case, we will work to find the best solution but can do this better via the phone rather than email.



PROLOGUE

OBSTETRICS | FERTILITY

The Complete
Obstetric & Midwifery
Experience





02

Your Private Midwife

POLLY DELANEY

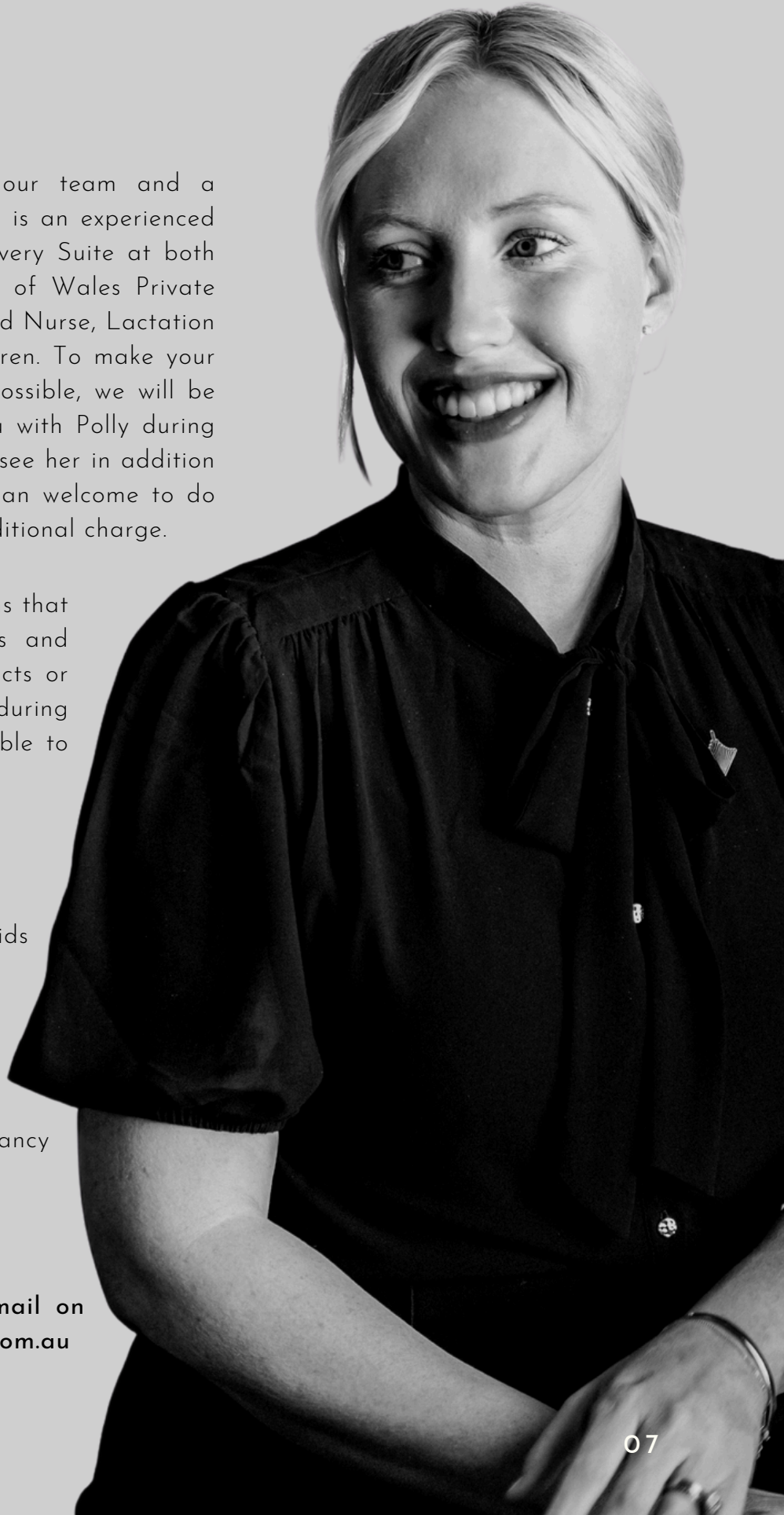
Polly is a brilliant asset to our team and a wonderful resource for you. She is an experienced midwife who works on the Delivery Suite at both the Mater Hospital and Prince of Wales Private Hospital. She is also a Registered Nurse, Lactation Consultant and mum to 3 children. To make your journey with us as holistic as possible, we will be scheduling several visits for you with Polly during your pregnancy. If you'd like to see her in addition to these visits, you are more than welcome to do so and this will not be at an additional charge.

If you have questions or concerns that arise outside of these consults and relate to the common side effects or conditions often experienced during your pregnancy, Polly will be able to support you.

Examples of these include:

- Nausea in pregnancy
- Constipation and/or hemorrhoids
- Insomnia in pregnancy
- Exercise in pregnancy
- Reflux in pregnancy
- Travel in pregnancy
- Diet and weight gain in pregnancy
- Emotional wellbeing
- Breastfeeding support

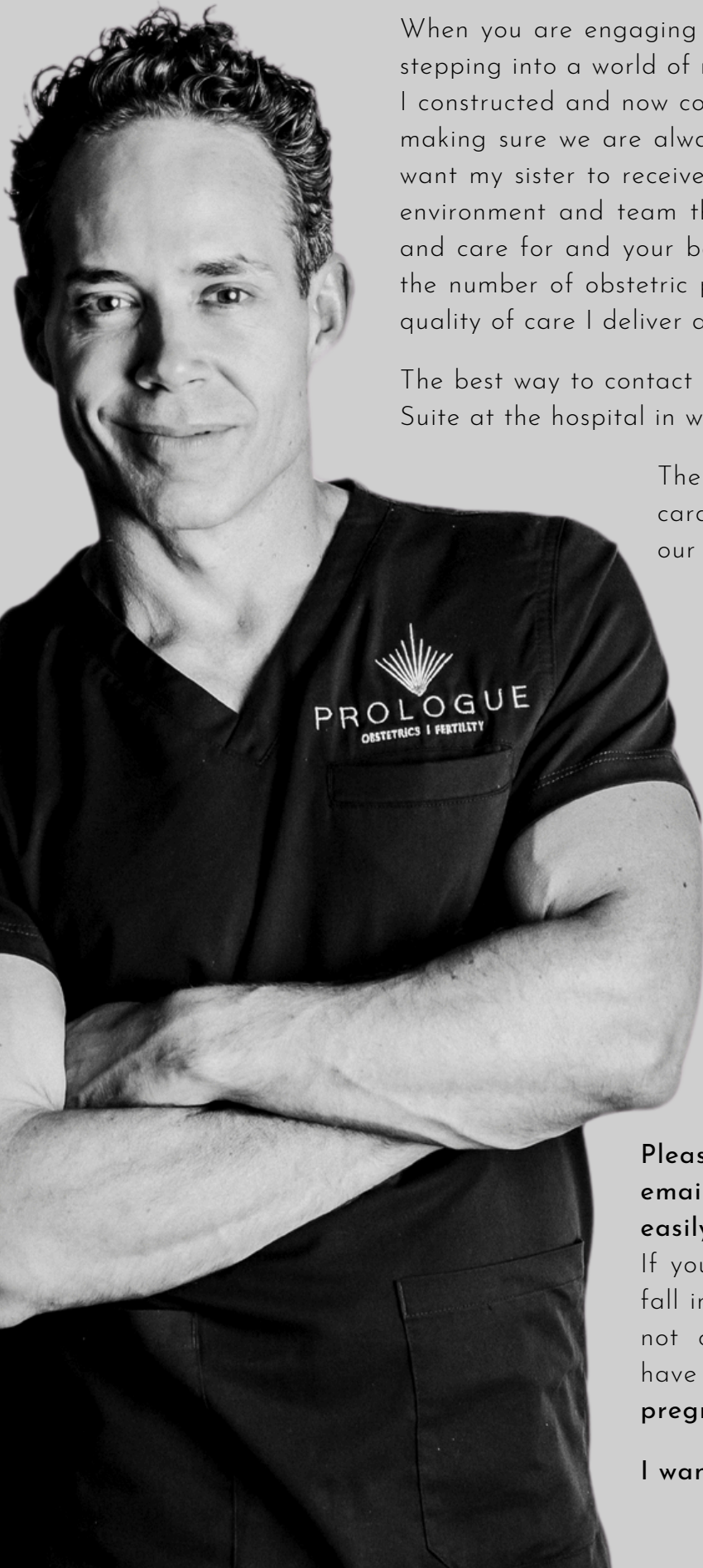
You can contact Polly via email on pregnancysupport@prologue.com.au





03

Dr Justin Tucker



When you are engaging Prologue for your pregnancy care, you are stepping into a world of my creation. My constant reference point as I constructed and now continue to evolve the service we offer you, is making sure we are always providing the type of care that I would want my sister to receive. A place where you can reliably access an environment and team that will honestly nurture, advocate, protect and care for and your baby in every way possible. I purposely limit the number of obstetric patients I accept in order to guarantee the quality of care I deliver and can be available to you.

The best way to contact me during an emergency is via the Delivery Suite at the hospital in which you are booked.

The numbers can be found on your antenatal card as well as in the email I send to you after our first visit. They are also listed here:

**Prince of Wales Private Hospital:
(02) 9650 4444**

**Mater Hospital:
(02) 9900 7679**

I want you to call the Delivery Suite if you have:

- Any vaginal bleeding
- You are not happy with your baby's movements
- You have abdominal pain or contractions
- Are unwell
- Are concerned for any reason

Please do not send me a text message or email me in an emergency as they are too easily missed.

If you have any issues or questions that do not fall into any of the above categories, or you are not completely satisfied with a response you have received, please email me on pregnancysupport@prologue.com.au.

I want to hear from you and will help you.

Weight Gain During Your Pregnancy

Controlling your weight can be hard at the best of times, let alone when combined with the cravings, increased demands and energy needs that come along with a pregnancy. At Prologue, we are supportive in educating and guiding you on how diet can influence your pregnancy. We have an understanding of the challenges this can present and in a non-judgemental and mindful way can work with you to help you become more educated on weight gain in pregnancy and ways you can aim at keeping it within the recommended range.

Below we answer some common questions but we will elaborate further in person and work to come up with some strategies that are suited to you.

How much weight will I gain during my pregnancy?

Most women gain between 11 - 16kgs during their pregnancy. Of course, every woman is different and it may be perfectly normal to gain weight that is outside this range. The amount of weight you gain is affected by factors such as your height and your weight before pregnancy. If you are overweight, you should aim to gain less weight during your pregnancy, whereas, if you are underweight you should aim to gain more.





04

Where does the weight go?

Pregnancy is a unique time in which your body changes to meet the needs of your growing baby. Your body must store nutrients and increase the amount of blood and other fluids it produces. Here is how much weight an average woman will gain in different parts of her body during pregnancy:

- Baby 3.5kg
- Increased amount of other body fluids 1.1kg
- Amniotic fluid 0.9kg
- Nutrient stores (fat and protein) 3.1kg
- Placenta 0.7kg
- Increased amount of blood 1.5kg
- Growth of the uterus 0.9kg
- Growth of the breasts 1.1kg

How can I maintain a healthy weight during pregnancy?

Eat regular meals with a good variety of foods as this will help you to:

- Include all the nutrients you and your baby need
- Regulate your metabolic rate
- Avoid getting overly hungry and making poor food choices

Make sure to eat three meals a day - breakfast, lunch and dinner, add a mid meal snack if hungry and check your portion sizes. It is also useful to think of some foods as 'occasional foods', for example fast foods, potato chips, chocolate, biscuits, cakes, etc and aim to limit your intake of sweet drinks such as fruit juice, sports drinks, cordials and soft drinks.

Unless you have complications during your pregnancy, there are many benefits from participating in regular exercise that is suitable in pregnancy. We can give you a list of pregnancy specific classes in your area if this is of interest to you.





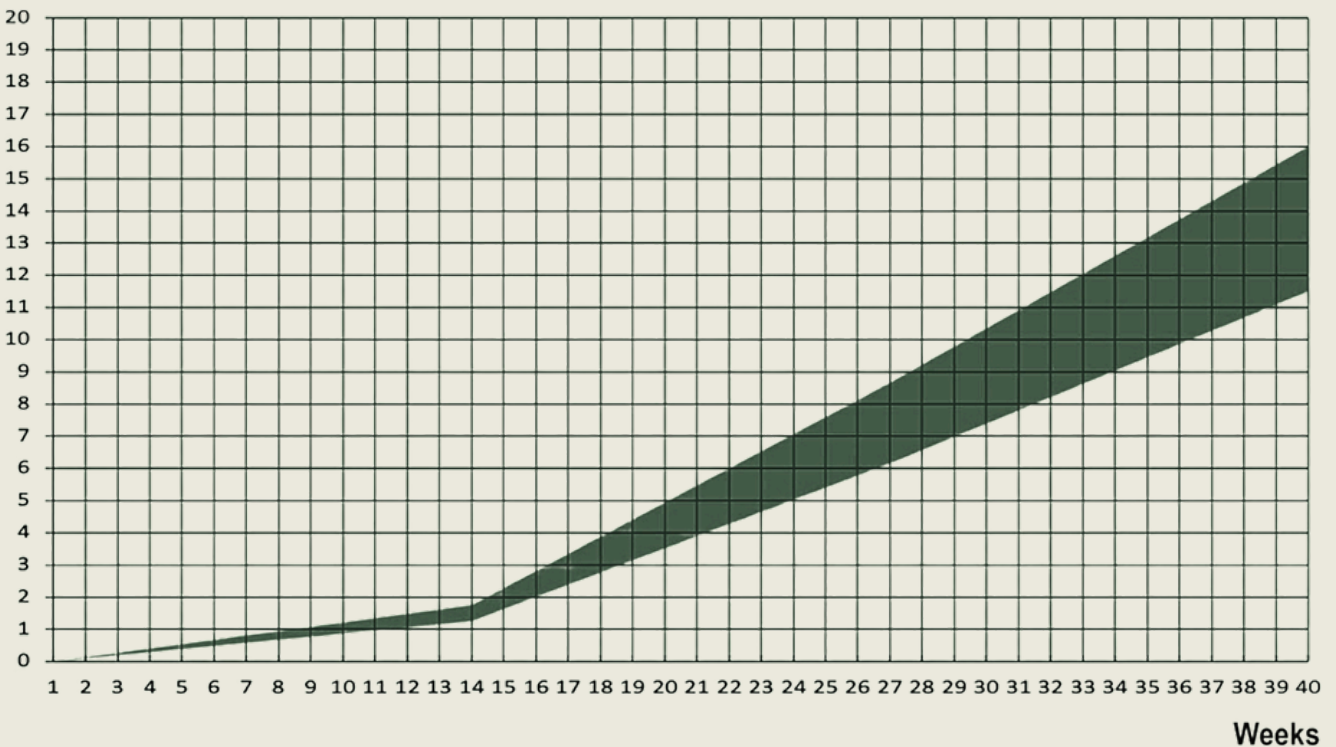
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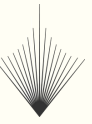
What is the overall amount of weight I should gain during my pregnancy and how should this be spread over the trimesters?

Pre-pregnancy BMI	Recommended weight gain over entire pregnancy singleton pregnancy	Recommended weight gain per month in 2nd & 3rd trimester
18.5 or less (Underweight)	12.5-18kg	2.2-6kg
18.5-24.9 (Healthy weight) 18.5-22.9 in Asian ethnicities	11.5-16kg	1.5-2.3kg
25-29.9 (Overweight) 23-27.5 in Asian ethnicities	7-11.5kg	1-1.5kg
30 or more (obese) 27.5 in Asian ethnicities	5-9kg	0.8-1.2kg

If your pre-pregnancy BMI was between 18.5 and 24 (18.5 to 22.9 in Asian ethnicities) the cumulative weight you have gained should fall within the band shown below

Kilos





05

Exercise During Pregnancy

Exercise in pregnancy makes you feel good, can help improve sleep, and lowers your risk of developing pregnancy associated complications such as diabetes and high blood pressure. At Prologue, many of our patients already enjoy living an active lifestyle and we certainly don't want this to change during pregnancy. How you do this however, may need to be adapted to your changing body and needs. We will explain to you the many options you have in pregnancy friendly self-directed or class based exercise.

Go for it!



YOGA & PILATES Pregnancy and Postnatal

FLUIDFORM PILATES

Suite 102/59 Marlborough St
Surry Hills NSW 2010
Tel: (02) 83993887
Online classes available
fluidformpilates.com

LOVE PILATES

Level 1 551
Willoughby Rd, Willoughby
Pregnancy and postnatal specific yoga, barre
and pilates programs
www.lovepilates.com.au

BODYLOVE PILATES

Suite 2, Level 1
118-122 Queen St Woollahra NSW 2025
Tel: (02) 9326 2006
**CBD Penthouse studio also open and online classes are available
www.bodylove-pilates.com

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PHYSIOTHERAPY: Pregnancy and Postnatal

WOMEN IN FOCUS PHYSIOTHERAPY

Suite 302, Level 3,
40 Ebley Street, Bondi Junction
Tel: 9388 9093

Online classes available

www.womeninfocusphysio.com.au

THE PHYSIOTHERAPY CLINIC

Suite 204/506 Miller St
Cammeray NSW 2062
Tel: (02) 8920 9564

Also located in Bondi Junction

www.physiotherapyclinic.com.au

THE STUDIO PHYSIO & PILATES

Level 1
661 Darling Street
Rozelle NSW 2039
Tel: (02) 9810 9600

www.thestudiorozelle.com.au

BALMAIN SPORTS MEDICINE

Polly Levinson
Biomechanica, 7 Beattie St
Balmain 2041
Tel: (02) 8553 0450

www.biomechanica.au



This information has been compiled and endorsed by RANZCOG.

There are many benefits to be gained from regular exercise during pregnancy. These include physical benefits and the prevention of excessive weight gain, as well as benefits for psychological wellbeing.

In addition to pregnancy-specific benefits, there are significant life-long benefits of regular exercise for all adults including reduced risk of cardiovascular disease, type 2 diabetes and some cancers.

Before you start an exercise program in pregnancy, speak with your doctor or midwife to make sure that you do not have any health issues that may prevent you from participating in regular exercise during your pregnancy.

If there are no health or pregnancy reasons why you should not exercise, you should be encouraged during your pregnancy to participate in regular aerobic and strengthening exercises. Importantly, there is no evidence to suggest that regular exercise during a healthy pregnancy is harmful to the woman or her baby.

How often should I exercise?

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

How hard should I exercise if I am fit?

Most women should aim for a 'moderate' intensity. This means a rating of 12 to 14 on Borg's rating of perceived exertion scale (see Table 1). You should feel like you are working 'somewhat hard'.

For women with a high level of fitness who are accustomed to regular vigorous exercise, there is no evidence to suggest that vigorous exercise during pregnancy is harmful, provided that you listen to your body and adjust your routine over time. A rating of 15 to 16 (equating to 'hard') may be appropriate. However, athletes should be wary of pushing too hard. Pregnancy is not a time for serious competition or aiming to reach peak lifetime fitness.



How long should I exercise for?

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.

If you are currently inactive or overweight, start with 15 to 20 minutes and slowly build up to 30 minutes per session. While no evidence exists for an upper limit to exercise duration during pregnancy, it is not advisable to extend exercise duration beyond 60 minutes per session, unless the intensity is relatively light.

How hard should I exercise if I am fit?

You should be encouraged to participate in both aerobic and strengthening exercises.



Aerobic exercises

Aerobic exercises involve continuous activities that use large muscle groups and elevate the heart and breathing rates to cause some 'huff and puff'. Common examples include:

- Walking (aim for a 'brisk' pace)
- Stationary cycling
- Swimming and other water-based activities (avoid heated spas and hydrotherapy pools)
- If you are already running regularly prior to your pregnancy, there is no scientific evidence to say whether you should continue or not. This should be decided on an individual basis and in consultation with your doctor or midwife. Listen closely to your body and monitor the intensity appropriately

Strengthening exercises

Strengthening exercises should be performed twice per week, on non-consecutive days, covering the main muscle groups of the body.

Resistance can be provided by light weights, body weight or elasticised resistance-bands. Aim to perform 1 to 2 sets of 12 to 15 repetitions for each exercise. These strengthening exercises should be performed at a 'moderate' intensity (rating of perceived exertion 12 to 14), with slow and steady movements and proper breathing technique (i.e. exhale on exertion).

Avoid heavy weight-lifting and activities that involve straining or holding the breath. Exercises should not be performed lying flat on the back after the first trimester and walking lunges are best avoided to prevent injury to the pelvic connective tissue.

General considerations for exercise during pregnancy

- Include a gradual warm-up and slow and sustained cool-down with each session
- Avoid exercising in high temperatures and humidity, ensure adequate hydration and wear loose-fitting clothing
- Avoid activities with the possibility of falling (i.e. horse-riding, skiing) or impact trauma to the abdomen (i.e. certain team sport games)
- Take care with weight-bearing exercise and activities involving frequent changes in direction (i.e. court sports) due to increased risk of injury and changes in balance
- Reduce inactive behaviour: minimise the amount of time spent in prolonged sitting and breaking up long periods of sitting as often as possible





WARNING SIGNS TO STOP EXERCISE AND SEEK MEDICAL ATTENTION

- Chest pain
- Unexplained shortness of breath
- Dizziness, feeling faint or headache
- Muscle weakness
- Calf pain, swelling or redness
- Sudden swelling of the ankles, hands or face
- Vaginal bleeding or amniotic fluid loss
- Decreased fetal movement
- Uterine contractions or pain in the lower back, pelvic area or abdomen (potentially indicating preterm labour)

How you might describe your exertion	Borg rating of your exertion	Examples
None	6	Reading a book, watching television
Very, very light	7 to 8	Tying shoes
Very light	9 to 10	Chores like folding clothes that seem to take little effort
Fairly light	11 to 12	Walking through the grocery store or other activities that require some effort but not enough to speed up your breathing
Somewhat hard	13 to 14	Brisk walking or other activities that require moderate effort and speed your heart rate and breathing but don't make you out of breath
Hard	15 to 16	Bicycling, swimming, or other activities that take vigorous effort and get the heart pounding and make breathing very fast
Very hard	17 to 18	The highest level of activity you can sustain
Very, very hard	19 to 20	A finishing kick in a race or other burst of activity that you can't maintain for long

DISCLAIMER:

This document is intended to be used as a guide of general nature, having regard to general circumstances. The information presented should not be relied on as a substitute for medical advice, independent judgement or proper assessment by a doctor, with consideration of the particular circumstances of each case and individual needs. This document reflects information available at the time of its preparation, but its currency should be determined having regard to other available information. RANZ- COG disclaims all liability to users of the information provided.



Pregnancy Related Classes

There are a variety of pregnancy related classes that are available to you. Some of these are run through the hospital that you will be delivering at, whereas others are run by independent businesses or practitioners. Below we have included options that are run in-person or online. Your Prologue team are particularly familiar with the many classes that are available so feel free to ask us questions on any other options that you may have heard of yet are not listed below.

You will not start these classes until your third trimester and the best time to schedule them tends to be when you are between 30 and 34 weeks pregnant. However, as they can fill quickly, we recommend that you book in earlier than this. Partial refunds for the cost of these classes may be available from your private health insurance.

You may also prefer not to do any classes before your birth. During your appointment with the Prologue team, we can give you an overview of the most important points and answer any birth related questions you may have.



LACTATION SUPPORT AT HOME

CPR KIDS

This 3-hour course is taught by paediatric nurses and covers a range of essential topics, including CPR, choking, burns, head injury and more. It'll give you lots of hands-on practice with baby and child manikins, leaving you with confidence and a solid skill set, should you ever find yourself in an emergency situation. For information and bookings, please visit:

www.cprkids.com.au or call 1300 543 727

MILK & MUMS CO

Cathy Short is a very experienced, sensible and supportive lactation consultant who will come to see you at your house. Consultations are billed per hour and her rates are available on request.

Tel: 0420 790 073

cathy@milkandmumsco.com.au



THE MATER HOSPITAL

Antenatal Childbirth & Parenting Programs are now referring to a number of external care providers and are no longer run at the Hospital. There are a variety of classes to suit your preferred mode of birth.

PRINCE OF WALES PRIVATE HOSPITAL

Birth and parenting education sessions run over 2 consecutive weeks on: Wednesday evenings (6.30pm - 9.00pm) or Saturday afternoons (1.00pm - 3.30pm).

Please book ahead via email:
powprivate.prenatal@healthscope.com.au.

To obtain a password to access the videos please contact Maternity Bookings and Admissions on: **Tel: 02 9650 4693** or at powprivate.prenatal@healthscope.com.au. Access is free of charge for booked maternity patients.

BIRTH & BEYOND EDUCATION

- Positive Birth Workshop
- Infant Feeding & Parenting
- Caesarean Support
- 4th Trimester Care

www.birthandbeyondeducation.com.au
All classes are held at Manly Beach Babies - Level 5, 22 Darley Road Manly NSW 2095

CALM BIRTH

www.calmbirth.com.au

RAINBOW CLASSES

Antenatal and post-natal classes
Tel: 0481 565 958
info@rainbowfamilies.com.au

SARAH TOOKE CHILDBIRTH EDUCATION

- Labour and Childbirth
- Caesarean Preparation
- Newborn Feeding and Parenting
- 4th Trimester Care

www.childbirtheeducationonline.com.au
All classes held at Crows Nest Community Centre - 2 Ernest Place Crows Nest NSW 2065.

BREASTFEEDING EDUCATION

Breastfeeding Discussion Group at Royal Hospital for Women is accessible by all women (you do not need to be booked at the hospital) for a cost of \$35.00.

Currently live streamed -
Daytime: Thursday 10.30am-12.
Evening: alternate Tuesday evenings
7.00pm - 8.30pm

www.trybooking.com/181643





07

Community Resources

At Prologue, we are here to support you in the best way possible. Sometimes, this may involve helping you to access community based resources.

Below is a list of contact details that we may refer to during your pregnancy and after you have had your baby. We will explain the features of any service we engage, the reasons for doing so and work with you during the process of accessing them.

SLEEP & SETTling ADVICE

KARITANE

Monday-Thursday 12.30-9pm
Friday 8-4.30pm, Saturday 9-3.30pm
Tel: 1300 227 464
www.karitane.com.au

TRESILLIAN FAMILY CARE CENTRES

7 days 7am-11pm
Tel: 1300 272 736
www.tresillian.org.au

FOURTH TRIMESTER SUPPORT & EDUCATION

BIRTH & BEYOND EDUCATION

In home private sessions for feeding advice, sleep and settling including availability for overnight stays and regular ongoing support.

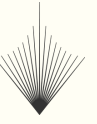
www.birthandbeyondeducation.com.au

MILK & MUMS CO

In home private sessions for lactation and feeding advice, sleep and settling, overnight support, daytime postnatal support and sleep consulting packages.

www.milkandmumsco.com.au





AUSTRALIAN BREASTFEEDING ASSOCIATION	www.breastfeeding.asn.au	1800 686 268
CHILDREN'S HOSPITAL	www.schn.health.nsw.gov.au	02 9382 1111
AUSTRALIAN PARENTING WEBSITE	www.raisingchildren.net.au	
CHILD & FAMILY HEALTH NURSING SERVICES	www.health.nsw.gov.au/kidsfamilies/MCF-health/pages/health-services-map.aspx	
GIDGET FOUNDATION	https://www.gidgetfoundation.org.au	1300 851 758
HEALTHDIRECT	www.healthdirect.org.au	
MOTHERSAFE	www.mothersafe.org.au	02 9382 6539
PANDA : PERINATAL ANXIETY & DEPRESSION ASSOCIATION	https://panda.org.au/	1300 726 306
POISONS INFORMATION SERVICE		13 11 26





08

Contact Prologue

CONTACT PHONE

Phone: (02) 9519 4114
Fax: (02) 9161 9444

EMAIL

pregnancysupport@prologue.com.au

FIND US ONLINE

www.prologue.com.au

VISIT

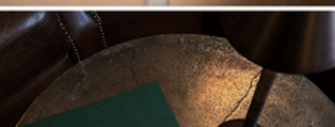
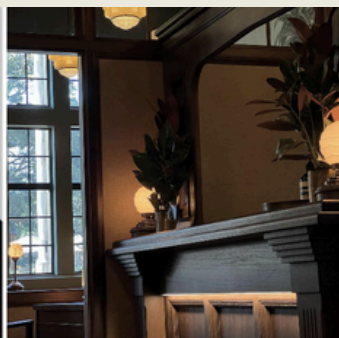
Sydney CBD, Suite G01 & G02 (Ground floor), 135 Macquarie Street, Sydney NSW 2000

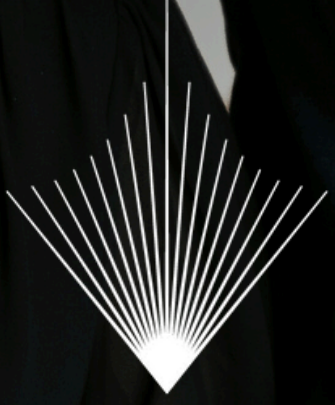
Suite 2603, Westfield Tower 1, Level 26 Monash IVF Clinic, 520 Oxford St, Bondi Junction NSW 2022

Suite 1.13 Mater Clinic Level 1, Mater Hospital, 25 Rocklands Road, North Sydney NSW 2060

Keep in touch

The Prologue team remains here for you. We would love to receive an update from you and we also invite you to follow our journey on via Instagram [@prologue.au](https://www.instagram.com/prologue.au)





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www.prologue.com.au

 [prologue.au](https://www.instagram.com/prologue.au)