

Where to start...

Firstly, I'd advise that you see your local doctor. It's important that you have an early ultrasound to confirm your due date, as well as organise some routine blood tests.

You also need to keep looking after yourself by eating well, getting good rest, exercising and continuing your pregnancy supplements.

There are many normal changes that occur with pregnancy, some of which you may have already noticed, but if you are experiencing anything that is concerning you, then it is important that you seek advice from your doctor.

A couple of big decisions that need to be made are where you are planning to have your baby and who you want to look after you during your pregnancy and delivery.

There are many places you can go to for information to help you make these decisions. Talk with your family or friends who have recently had babies and who will be able to make recommendations. You can research on the web by visiting the websites of both hospitals and obstetricians or ask questions on chat forums.



Location

Suite 2F, Lobby Level
Greenslopes Private Hospital
Newdegate Street
Greenslopes Qld 4120

To book an appointment

Phone: 1300 464 464
Fax: 1300 464 329
Email: info@gsog.com.au

Congratulations on your pregnancy

Whether you are having your first baby or you've travelled this road before, here are a few suggestions to help with your planning through this special time....

For more information, find me on Facebook,
email me on mail@bryankenny.com.au
or visit my website at www.bryankenny.com.au

In the end, how do you choose an obstetrician? I personally think that one of the most important things is that the obstetrician you choose is someone you feel you can trust to look after you and your baby during your pregnancy and delivery. You need to feel comfortable that they will listen to you and offer you the best advice, tailored to your individual circumstances.

There is some more information available on my website so please take the time to look around. Hopefully it will give you the opportunity to learn more about me and my practice.

You may have questions that you would like answered. I am available and happy to answer any enquiry you may have via email and my address can be found in the contact section on this site.

Quality Care

As an Obstetrician my aim is to provide pregnancy care that is evidence based, taking into account and respecting that each mother is an individual with her own hopes and expectations for her pregnancy and birth of her baby.

My aim is to provide for a safe and natural birth with as little intervention as possible. If the unexpected does arise, however, I am able to manage both antenatal complications (high risk pregnancies) as well as difficult deliveries (instrumental delivery, caesarean section).



Visit your GP

- See your GP for a blood or urine test to confirm that you are pregnant
- Your GP will also arrange some routine blood and urine tests and an ultrasound to confirm your due date

Pre-pregnancy supplements

- If you haven't already been taking them, then start taking folate supplements
- You may also need iodine or vitamin D supplementation – check with your doctor

Look after yourself

- Eat well and get some regular exercise
- Get plenty of sleep
- Do your best to give up smoking
- Avoid alcohol (we don't know if there is a 'safe' level of alcohol so it is best to avoid all together when you're pregnant)

Decide who you are going to see for your pregnancy and delivery

- Speak to your friends and family about their experience and recommendations
- Ask around on chat forums
- Visit different websites for Obstetricians and Private hospitals

Make a booking appointment with your Obstetrician

- Generally you can ring the rooms and an appointment will be made based on your due date
- You will need to arrange for a referral from your GP prior to your appointment

Write down a list of any particular questions you may want to ask your Obstetrician

- What to expect during pregnancy, labour and delivery?

Pregnancy Checklist

- How many visits and what investigations will happen?
- What are your pain relief options in labour?
- Are there any specific issues like vaginal birth after caesarean section or particular birthing plans you need to discuss?

How do you choose and Obstetrician?

- The main thing is that they are someone you feel you can trust to look after you and your baby during your pregnancy and delivery. You need to feel comfortable that they will listen to you and offer you the best advice, tailored to your individual circumstances

Check your Private Health Insurance coverage

- Different funds have different waiting periods and excesses. Best to be informed early.