

The following checklist outlines information relevant to women who are pregnant or planning to have a baby. This should not be seen as a total list but can be used as a starting point for developing a birth plan, making decisions about where to have the baby and choosing a lead maternity carer (LMC).

Some of the information listed can be provided verbally but written information is also available so women can refer to the information on an on going basis and also discuss with friends and family members.

Women are recommended to discuss any questions or concerns with their maternity caregiver.

### **Preparation for pregnancy/preconception care**

- Folic acid.
- Iodine
- Nutrition.
- Smoking.
- Alcohol and drug use.
- Counselling if there is a genetic/familial history of abnormality.

### **Pregnancy & preparing for the birth**

- Choosing a caregiver/LMC (lead maternity carer).
- Deciding on the place of birth (home, birthing centre or hospital).
- Childbirth education/antenatal classes.
- Nutrition and keeping healthy.
- Self-help preparation for the birth (fitness, posture, pelvic floor exercises).
- Antenatal testing and monitoring (urine/blood

tests, vaginal swabs, testing for sexually transmitted infections/STIs/HIV).

- Prenatal tests for Down Syndrome and other conditions (Nuchal translucency scan, maternal serum screening, chorionic villus sampling - CVS, amniocentesis).
- Preparation for breastfeeding.
- Health problems in pregnancy (heartburn and indigestion, haemorrhoids and varicose veins, constipation, anaemia, morning sickness, cramp, itchiness, cystitis etc).
- Complications of pregnancy (placenta praevia, toxemia, oedema/swelling, high blood pressure, diabetes etc).
- Threats to the wellbeing of the developing baby (smoking, alcohol, cannabis, medicines, environmental toxins, toxoplasmosis, rubella and other viruses).
- Strategies for dealing with a baby not in a favourable position such as breech or posterior (rocker, acupuncture, diet, exercises, external cephalic version (ECV) or turning a breech baby etc).
- Alternative/complementary therapies (acupuncture, homoeopathy, naturopathy, herbal remedies).

### **Labour & Birth**

- Which caregivers will be present (what backup arrangements are there if a caregiver you have chosen is not available).
- Support person/s to be present during labour

(someone to take birth photos).

- Will other children be present at the birth and who will look after them?
- Strategies for coping in labour (plus what is happening during labour)
- Pain relief options (massage, water, acupuncture, TENS, pharmaceutical, epidural).
- Complications that could arise during the labour and birth.
- Interventions such as electronic foetal heart monitoring (EFM), forceps, caesarean section, episiotomy.
- Options for the third stage, cutting the cord, physiological third stage, ecbolics, keeping the placenta.
- Vitamin K for the baby.

### **Postnatal care and support services/groups**

- Postnatal visits/the early days after the birth.
- Baby car seat.
- Newborn baby blood tests.
- Breastfeeding.
- Babycare.
- Newborn problems (jaundice, colic, thrush, nappy rash, sticky eyes etc).
- Local community support groups.
- Plunket services.
- Immunisation choices.
- Cot death prevention.
- Contraception and sexuality.
- Postnatal depression.
- Exercises after childbirth.

## Further information

### Information Centre

The Women's Health Information Unit on level 9 of the support building of National Women's has information on pregnancy and childbirth as well as on a range of other health matters. Requests for information can also be made by phone 307 4949 ext 25678, or email [HIWS@adhb.govt.nz](mailto:HIWS@adhb.govt.nz)

### National Women's Web Site

Additional information about National Women's and it's services can be found on our web site

[www.nwhealthinfo.co.nz](http://www.nwhealthinfo.co.nz)

We also have a dedicated A-Z Fact Sheets list with more in depth information on the topics mentioned in this brochure.

## Useful references, leaflets and books

- Your Pregnancy: Ministry of Health
- Eating for Healthy Pregnant Women: Ministry of Health
- Eating for Healthy Breastfeeding Women: Ministry of Health
- Breastfeeding- you can do it: Ministry of Health
- A Guide to Healthy Pregnancy & Childbirth: Homebirth Association
- Effective Care in Pregnancy and Childbirth: Enkin, Chalmers, Kierse
- Code of Rights, the Advocacy Service (pamphlets)
- Active Birth: Janet Balaskas
- Childbirth Choices: Bennet, Etherington & Hewson
- New Zealand Pregnancy Book: Sue Pullon
- Pregnancy and Childbirth: Shelia Kitzinger
- Conception, Pregnancy and Birth: Dr Miriam Stoppard



# Womens Health Information Checklist for Pregnant Women

Tena koutou katoa, Kia orana, Talofa lava,  
Malo e lelei, Fakaalofa lahi atu, Taloha Ni,  
Ni Sa Bula Vinaka,  
Greetings and Welcome to National Women's  
Health