



YOUR PREGNANCY WITH NALHN



Government
of South Australia

Health
Northern Adelaide
Local Health Network

Baby Friendly Accredited
Health Service



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WELCOME

Welcome to the Northern Adelaide Local Health Network's (NALHN) Women and Children's Division.

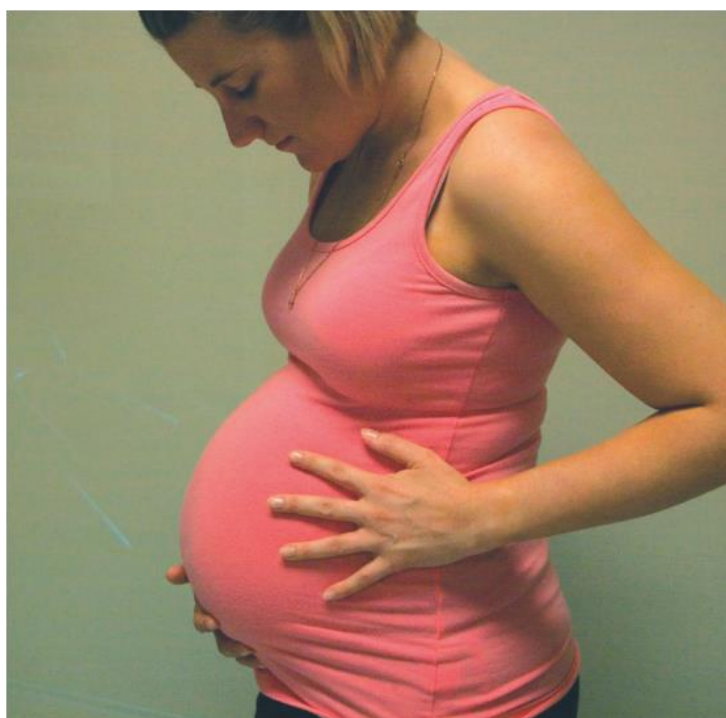
NALHN provides a range of hospital, community and home-based services across multiple sites in the northern and north-eastern Adelaide region. Our vision: Our community has the best possible health and wellbeing throughout their life.

In NALHN your pregnancy care is offered at several sites, with the main birthing service being provided at the Lyell McEwin Hospital. This booklet contains important information about the pregnancy, labour, birth and postnatal care services offered within the NALHN. It contains general information about our service. If you have any concerns, you should speak with your health care provider, doctor or midwife.

Coming to your pregnancy appointments is important to ensure the health and wellbeing of yourself and your unborn baby. If you are unable to attend an appointment, please contact your allocated hospital or midwife to reschedule your appointment.

We encourage women to take some time during their antenatal appointments to discuss any plans they have for labour and birth. It is also important to seek out and gather a variety of information to help you make informed decisions for yourself and your baby.

Any necessary referrals to other support agencies, such as social work, perinatal mental health services, dieticians, continence nursing services and physiotherapy can be made during appointment.



**IMPORTANT TELEPHONE NUMBERS:**

Lyell McEwin Hospital Family Clinic (all appointments) 8.30 am – 4.30 pm	8282 0255
Modbury Hospital Women's and Paediatric Clinic	8161 2593
Lyell McEwin Hospital switchboard	8182 9000
Lyell McEwin Hospital Women's Assessment Unit (7:00 am to 9:00 pm)	8282 1301 or 8282 1303
Lyell McEwin Hospital Birthing Suite: Birth Centre (Midwifery care) (24 hours) Birth Centre appointment (8:00 am to 8:00 pm) Birthing Suite (Obstetric care) (24 hours)	8282 0749 8182 9111 8182 9282
Lyell McEwin Hospital Obstetric Shared Care Midwife	8182 9000 or text - 0417 840 062
Northern Area Midwifery Group Practice (NAMGP)	8182 9000 (ask for midwife to be paged)
Northern Aboriginal Birthing Program (NABP) (Monday – Friday 8.30 am – 4.30 pm)	8282 1616 (Family Clinic) or 0481 919 532
Lyell McEwin Hospital Women's Health Ward	8182 9380
Lyell McEwin Hospital Special Care Nursery	8182 9101
Home Visiting Midwives	8182 9252
GP Plus Breastfeeding Day Unit	8182 9380
Mothercarer Service	8182 9729
Patient Election Officer	8133 2305 or 8133 2306
Parent Education (tours and antenatal classes)	0477 341 396



ABOUT THE WOMEN AND CHILDREN'S DIVISION

Lyell McEwin Hospital (LMH) is one of the leading maternity hospitals in the South Australia.

It offers modern facilities and state-of-the-art technology and equipment. Since 2000, we have maintained our Baby Friendly Health Initiative (BFHI) accreditation. We offer a full range of obstetric, midwifery and paediatric services to mothers and babies, including a level five Special Care Nursery caring for premature and sick babies. Lyell McEwin Hospital is one of South Australia's major teaching hospitals, with very close links with the University of South Australia, Adelaide University and Flinders University.



There is a purpose-built breastfeeding / baby change room at Lyell McEwin Hospital for the comfort and privacy of the visiting public. This is in the Women's Health Entrance foyer, next to the gift shop. The Women's Health Entrance has a gift shop and visitor escort service. These services are provided by our dedicated volunteers.



Please remember to:

- > **carry your SA Pregnancy Record with you at all times**
- > attend all your appointments – they are important for you and your baby
- > cancel appointments you are not attending
- > bring this booklet with you to appointments so we can refer to it
- > use the notes pages at the end of this booklet to write questions you need to ask
- > **book antenatal classes** (if required) **as soon as possible after your first pregnancy visit at the hospital**
- > get an approved car seat fitted in time to take your baby home. We suggest around 35 weeks of pregnancy at the latest.

More information is available from Kidsafe at: kidsafe.com.au/crguidelines/



Child Accident Prevention Foundation of Australia

Consider organising AMBULANCE cover for your family.

The hospital does not cover ambulance costs should you become unwell or go into labour and require urgent transport to hospital during your pregnancy or after the birth. If you require more information, contact the **South Australian Ambulance Service on 1300 136 272 or saambulance.com.au**.

If you need Emergency care Dial 000 (for ambulance, fire or police).

If Lyell McEwin Hospital staff are visiting you at home and believe there is a need to call an ambulance, you will be responsible for the ambulance costs under section 59(4) of the *Health Care Act 2008 (SA)*.

The Northern Adelaide Local Health Network promotes a smoke-free environment for you and your baby. Smoking is not permitted on hospital grounds.



CAR PARKING

The Lyell McEwin and Modbury Hospitals have secure, pay-per-use, car parks on site. Fees apply.

All car parks are closely and continuously monitored, so please ensure that you adhere to parking restrictions and time limits.

For more information, see this link:

[Car parking and transport at NALHN sites](#)

USING YOUR PRIVATE HEALTH INSURANCE AT OUR HOSPITAL

As a private patient in a public hospital, you will enjoy several benefits as well as helping your hospital.

How will you benefit?

By electing to be admitted into our hospital as a private patient you will enjoy the advantages of:

- > No private health insurance co-payments or excesses
- > Access to a single room (if available)
- > Choice of doctor (if available)

How you will help the hospital and community -

It is our aim to provide all patients with the highest possible quality and standard of care. The income we receive from your health fund helps to improve hospital facilities, update equipment and provide staff education and training.

For more information, see this link:

[LMH what it means to be a private patient - admitted patients](#)



BEFORE YOUR BABY IS BORN

Antenatal (pregnancy) care

From your first appointment with a midwife, the best care pathway for you and your baby will be determined in partnership with you. This care pathway may change during your pregnancy if complications arise and you need more specialised care, or if a complication resolves.

NALHN offers antenatal appointments at various locations including Modbury Hospital, Lyell McEwin Hospital, GP Plus Elizabeth and other community sites. The different care pathways provided by our specialist staff at NALHN are:

Midwifery Led Care:

- **Northern Area Midwifery Group Practice (NAMGP)** – this is a small group of midwives who provide continuity of care throughout your pregnancy, birth and postnatal period, within Lyell McEwin Hospital and surrounding areas. You'll get to know your allocated midwives who will provide all your care during the antenatal and postnatal periods as well as during your birth.
- **Birth Centre** – if you have no significant medical or pregnancy related problems or conditions, you may choose to be cared for by our team of experienced midwives in the Birth Centre throughout your pregnancy, labour, and immediately following birth.
- **Midwifery Clinics** – this team of experienced midwives looks after women with low risk pregnancies during their entire pregnancy for their pregnancy care.
- **Northern Adelaide Senior College (NASC)** (part of Elizabeth TAFE) - an experienced midwife from Lyell McEwin Hospital is available on Tuesdays and Thursdays, to care for low-risk pregnant women (and their partners) who attend the College.
- **Northern Aboriginal Birthing Program (NABP)** This service provides comprehensive care for Aboriginal women, or women pregnant with an Aboriginal baby.



Obstetric Led Care:

If complications occur during your pregnancy, you may require more specialised medical care. Some of the specialised clinics include:

- **Obstetric Clinic** – you may need to be seen by our medical team to check on your progress and monitor you or your baby more closely.
- **Diabetic Antenatal Care and Education (DANCE) Clinic** – Women who have diabetes need to have specialist care with an Obstetrician and Diabetes medical and nursing staff to ensure you remain as well as possible during your pregnancy. The Diabetic clinic is conducted in the Lyell McEwin Hospital Diabetes Education Centre.
- **Antenatal Drugs and Alcohol Service SA (DASSA)** – This service is for pregnant women who experience problems with alcohol and/or other drugs. The service provides assessment, treatment, education, support and advocacy to ensure the safest outcome for mother and baby.
- **Obstetric Complication Clinic** – Some women need additional or specialised care during their pregnancy. We have clinics to look after women with more complex pregnancies, or conditions that may impact on their baby or pregnancy.
- **Obstetric GP Shared Care** - GP Shared Care provides the option of pregnancy care close to your home at the local GP practice. Your GP should order any initial pregnancy blood tests and ultrasounds prior to you attending the appointment with our GP Shared Care Midwife. The appointment with our midwife can be in one of the hospitals or community outreach clinic. The GP will provide you with a copy of the blood test and ultrasound reports to bring with you to the booking visit. Another 1-2 appointments will be required at the hospital, and these will be booked by the GP Shared Care Midwife.

Please refer to GP Partners Australia <https://www.gppaustralia.org.au/> for General Practitioners that are part of the Obstetric GP Shared Care program.



Other care options:

My Health – Metropolitan Youth Health

For women aged between 12 and 25 years, My Health in Elizabeth offers GP Obstetric Shared Care. Women see a doctor and a midwife for their pregnancy care. This program requires women to be seen once in the early pregnancy and then again at 36 weeks by the Shared Care Coordinator. Women can self-refer by calling 8255 3477 for an appointment. Alternatively, they can drop in to 6 Gillingham Road, Elizabeth to speak to staff about the service.

Your health care team

AT NALHN your health care team may include several other health professionals including social workers, physiotherapists, continence specialists, and mental health staff.

The social workers are available to help you manage during your pregnancy. Please ask the midwives if you need assistance.

Students

Both of our hospitals support training of health professionals. Medical, nursing and allied health students are often present or may provide treatment under supervision in public hospitals and health services with your consent. This is an important part of their education.

Continuity of Care Experience (COCE) with a midwifery student

As part of their education, midwifery students follow women throughout their pregnancy, labour and birth and the first six weeks after birth, under the supervision of a midwife or doctor. This experience gives the woman an opportunity to experience 'continuity of care'.

If you would like more information or you are keen to have a COCE experience, feel free to contact the COCE Coordinator at either University of South Australia or Flinders University, by email or submit an expression of interest (EOI) form found on the website address provided below.

University of South Australia School of Nursing & Midwifery

Email: midwifery.enquiries@unisa.edu.au Ph. (08) 8302 2897

Flinders University College of Nursing and Health Sciences

www.flinders.edu.au/mnhs/COCE Email: midwifery.COCE@flinders.edu.au Ph. (08) 8201 7500



SERVICES IN THE WOMEN & CHILDREN'S DIVISION

Women's Assessment Unit (WAU)

The Women's Assessment Unit (WAU) is located on the ground floor at the Lyell McEwin Hospital next to the Women's Health Entrance.

The WAU is open from 7am until 9pm, seven days per week, for enquiries and assessment of pregnancy-related conditions or concerns. **One support person can be present.**

You can access our services if you:

- are pregnant
- are in labour
- are experiencing problems during pregnancy
- are experiencing postnatal problems up to six weeks after the birth of your baby
- require follow-up for threatened miscarriage i.e. pain with or without bleeding in the first trimester of pregnancy
- are referred by a GP, Medical Officer, community midwife or other health professional for follow up
- have been referred by the home visiting midwife.

It would be helpful if you phone the unit **before arriving**, as this will enable staff to take your details and ensure that your medical records are available when you arrive.

Out of hours, women less than 14 weeks gestation experiencing pain or bleeding should present to the Emergency Department at either the Lyell McEwin Hospital or Modbury Hospital. Women more than 14 weeks gestation are assessed in the Lyell McEwin Hospital Birthing Suite.

At times it may seem that women are being seen out of turn however be assured that our triage midwife prioritises each patient based on need, rather than order of arrival. Please let us know *immediately* if your condition worsens while you are waiting.

- Please remember to present your personal SA Pregnancy Record to the midwife on arrival
- The Women's Assessment Unit also offers:
 - short stay admission – to monitor and assess women's conditions (such as blood pressure) over several hours
 - general advice

Please contact us if you experience any pain, vaginal bleeding, vaginal fluid loss of **any colour**, unusual or unpleasant fluid loss from the vagina, headache and visual disturbances, a decrease or significant change in baby movements or any other concerns.



Physiotherapy

Physiotherapy services can be accessed free of charge for women who are booked at Lyell McEwin or Modbury hospitals. Ask your midwife or doctor for a referral if you experience musculo-skeletal (muscle, joint or bone) problems. After the referral is completed you should expect to receive a phone call with an appointment.

For further information about physiotherapy services and safe exercise in pregnancy:

‘Safe Exercise in Pregnancy’ fact sheet

www.physiotherapy.asn.au ‘Find a physio’ in ‘Continence and Women’s Health’

www.sma.org.au

Perinatal Mental Health Service

The team is available to support and counsel women who experience depression, anxiety or other mental health illnesses during their pregnancy and following the birth of their baby. We are committed to supporting all women during their pregnancy. At your first antenatal appointment, you will be given two questionnaires on an iPad or your own phone from iCOPE. These questions help to determine your risk of depression or anxiety and follow up support services will be tailored to your needs and provided either by telephone, written information, or outpatient appointments. For more information, contact the Perinatal Mental Health Team during business hours via the hospital’s switchboard on 8182 0000 or 8282 0794.

Continence Nurse Specialist team

Women who are pregnant and/or have had children often describe symptoms, which include accidental loss of urine (wee) and or faeces (poo) or prolapse of uterus or vagina.

The Continence Nursing Service (CNS) has midwives and nurses who provide ongoing specialist care for women across the lifespan who have pelvic floor problems or have had a 3rd or 4th degree tear to the perineum during the birth process.

For further information about continence-related issues and physiotherapy, see:

www.bladderbowel.gov.au

www.continence.org.au

www.sma.org.au



Tours and antenatal classes

Tours of the Women & Children's Division are held on some Wednesday and Thursday evenings and will be by Zoom during Covid-19 restrictions.

Antenatal education classes are held at Lyell McEwin Hospital and Modbury Hospital and can be booked during the day or in the evening. Based on preparation for labour, birth and early parenting, they provide information, support and reassurance to expectant parents. **Bookings are essential. Classes fill very quickly** - please ring and make a booking as early into your pregnancy as possible to book. **To book please call 0477 341 396.**

LABOUR AND BIRTH

Lyell McEwin Hospital's Birthing Suite consists of two areas; The Birth Centre catering for low-risk pregnancies and Birthing Suite, which cares for high-risk pregnancies or women who choose medical care. The philosophy of care in both these Birthing areas is to provide a woman and family centered service, encouraging participation in decision making, reducing family separation and promoting an early return to the home environment.

Birthing Suite

Women who have high-risk pregnancies or choose obstetric medical care throughout their pregnancy, or women who require certain interventions during labour (i.e. an epidural), will give birth in Birthing Suite. If you choose early discharge four to six hours post birth and you and your baby meet the criteria, you will be discharged home directly from Birthing Suite. Alternatively, you will be transferred to the Women's Health Ward after a couple of hours after the birth, where you will stay for the remainder of your postnatal time in hospital.

Birth Centre

Caters for women who have low-risk pregnancies and have elected to have midwifery care throughout their pregnancy and labour. If problems arise through the antenatal period or during labour and birth, referral to the obstetric medical team may be required. The Birth Centre consists of two teams of midwives and women are allocated to one, either Red or Yellow team. The aim of these teams is to provide more continuity of care, in the hope that a woman will meet most of the midwives in her team during her antenatal care. Women who are part of the Birth Centre are encouraged to phone the midwives if they have any concerns during their pregnancy or think they may be in labour. For advice 24 hours a day, seven days a week, please phone 8282 0749.



AFTER BIRTH OF BABY

Women's Health Ward

Our beautiful, modern Women's Health Ward offers single and two-bed share rooms. Twenty of our 38 beds are single accommodation and are allocated according to need. All rooms have ensuite facilities.

The ward is committed to patient and consumer-centred care which is respectful and responsive to the choice, needs and values of the patients and consumers. As an accredited Baby Friendly Hospital, the ward has a strong focus of mother baby bonding, educating, and supporting the mother's choice to feed and care for her baby. Lactation Consultants are available to provide expert breastfeeding support and baby care.



The Women's Health Ward mainly caters for antenatal and postnatal women. Some women in this ward have had gynaecological and/or other surgical conditions.

The usual length of stay for women following a normal birth is 8-24 hours and following a caesarean section it is 24 hours.

Visiting hours in Women's Health Ward

8 am – 8 pm: One support person can visit. Between 3 pm – 8 pm, a second person can also visit (non-interchangeable).

To maintain a safe space for all our women, no support person is permitted to stay overnight.

Note that visiting times may be affected with the current COVID-19 status.

Please check Nalhn website for latest guidelines at:

[COVID-19 Visitor Guidelines at LMH for maternity services | SA Health](#)



Special Care Nursery

Babies who are born prematurely, or who are sick at birth, may require care within our Special Care Nursery. This unit caters for babies born from approximately 31 weeks onwards. When entering the Special Care Nursery, certain precautions are necessary to ensure that the babies are not placed at risk of infection – all visitors must wash their hands when entering the unit, and refrain from looking at or touching other babies.

Parents are welcome to visit at any time and are encouraged to be present during the ward rounds to discuss their baby's care with the staff. Apart from siblings, any other visitors must be aged over 15 years.

Visiting hours in Special Care Nursery

Please check with staff.

Note that visiting times may be affected with the current COVID-19 status. Please check Nalhn website for the latest guidelines at:

[COVID-19 Visitor Guidelines at LMH for maternity services | SA Health](#)



Home Visiting Midwifery Service

The Home Visiting Midwifery Service consists of a team of midwives who provide postnatal and neonatal care in your home after discharge from hospital, seven days a week. Please talk to the midwives before you go home about when you can expect your first visit; this is usually within 48 hours of discharge. Most women will receive between one and three home visits.

Ongoing breastfeeding support can be accessed through the Breastfeeding Day Unit. For more information, please contact the Home Visiting Midwives on 8182 9252.

Mothercarer service



Lyell McEwin Hospital is the only hospital in the state providing new mothers support from Mothercarer during their first week at home with their new baby. The Mothercarer service is free for all new mothers and their families providing they live within a 45-minute drive of the hospital

and they are discharged within 24 hours after a normal birth, or within 48 hours after a caesarean section.

Providing up to four days of support in the home during the first week following birth for approximately five hours per day (from around 9.30am – 3pm), your Mothercarer will help you to rest and relax so that you can bond with your baby.

Mothercarers are supported by, and work closely with the Home Visiting Midwives, and have had training in the health of mothers and babies following childbirth. They can assist you with bathing your baby, feeding and settling, and caring for your baby, while also helping with light household duties and providing general help around the home. This is an excellent service if you would like support caring for your baby and adjusting to the changes at home, or if you would like an extra pair of hands around the house during a very busy time.

'I felt a lot better coming home sooner and getting accommodated with the baby in my own environment. The help I received from the service worked out extremely well... I learnt new things every day.'

'Having our mothercarer here was wonderful. It gave my partner and myself time to spend together.'

FOR FURTHER INFORMATION ABOUT THE MOTHERCARER SERVICE:

Call the Mothercarer office on 8182 9729 or ask a midwife to give you an enrolment form.

Child and Family Health Service (CaFHS) now offer at least one postnatal visit to all families with a newborn. Contact CaFHS on 8303 1500 for more information.



Breastfeeding services

Antenatal: A breastfeeding class is available at the Modbury Hospital Women's and Paediatric Clinic for women from 28 weeks gestation. This class is held every two weeks on Fridays at 2.00pm.

Bookings are essential.



Breastfeeding Day Unit at GP Plus, Elizabeth

Postnatal: The Breastfeeding Day Unit is run by an experienced midwife/lactation consultant at GP Plus at Elizabeth on Tuesdays and Thursdays from 8.30am. This clinic is designed to help women who are having problems with breastfeeding and is available for women with babies aged up to eight (8) weeks. The unit is open to all mothers, including those who did not give birth at Lyell McEwin Hospital. Referrals to the unit can be made by yourself, your family, doctors, midwives or Child and Family Health Service (CaFHS) nurses.

Bookings are essential. Please call 8182 9380 during office hours to make an appointment. A text message (SMS) is sent the day before your appointment and we ask you to confirm with a phone call.

Getting immunised

Both the whooping cough and flu vaccines can be organised through the Lyell McEwin Family Clinic, Modbury Hospital Women's and Paediatric Clinic, your local General Practitioner or immunisation clinic.

The following organisations provide vaccination clinics.

- > City of Salisbury and Town of Gawler Phone: 8152 0363
- > City of Tea Tree Gully Phone: 8397 7444
- > City of Playford Phone: 8256 0333
- > Muna Paiendi (Aboriginal women) Phone: 8182 9206





HELPFUL WEBSITES

Australian Breastfeeding Association	www.breastfeeding.asn.au/
Australian Multiple Birth Association	www.amba.org.au
Australian Refugee Health	www.refugeehealthguide.org.au/south-australia
Refuge Health Service	www.sahealth.sa.gov.au/
Baby Seats / Child car Restraints	www.kidsafesa.com.au/child-car-restraints/
Beyond Blue – depression and anxiety	www.beyondblue.org.au
Black Dog Institute	www.blackdoginstitute.org.au
Centre of Perinatal Excellence	www.cope.org.au
Centrelink	www.familyassist.gov.au
Child and Family Health Services	www.cyh.com
Continence	www.continence.org.au
Dads Guide to Pregnancy	www.raisingchildren.net.au/pregnancy/dads-guide-to-pregnancy
Department of Health	www.health.sa.gov.au
Department of Human Services	www.humanservices.gov.au/havingababy
Diabetes Australia	www.ndss.com.au
Food Standards	www.foodstandards.gov.au
Gidget Foundation Start Talking	www.gidgetfoundation.org.au
Immunisation and Pregnancy	www.sahealth.sa.gov.au/immunisation
Kidsafe – Child Accident Prevention Foundation of Australia	www.kidsafe.com.au/crguidelines/
Medicare	www.medicareaustralia.gov.au/
Mental Health Support for new Mums	www.mumspace.com.au
Minding the Bump – mindfulness app	www.mindthebump.org.au
Multiple Birth SA Inc. (MBSA)	www.multiplebirthsa.org.au
Dad's info and support straight to your phone	www.sms4dads.com
New Migrants Health	www.multicultural.sa.gov.au/new-migrants/health
Parenting, child and family health information	www.cyh.com
Parenting SA	https://www.education.sa.gov.au/parenting-and-child-care/parenting/parenting-sa
PANDA (Perinatal Anxiety and Depression Australia)	www.panda.org.au
Pregnancy, Birth and Baby (PBB)	http://www.pregnancybirthbaby.org.au/ http://health.gov.au/pregnancyhelpline
Pregnancy and Infant Loss Support	www.bearsofhope.org.au
Pregnancy information	www.pregnancy.sa.gov.au
Product safety	https://www.productsafety.gov.au/products/babies-kids
Raising Children Network	https://raisingchildren.net.au



Relationships Australia (SA)	www.rasa.org.au/
SA Health	www.sahealth.sa.gov.au
SANDS SA – miscarriage, stillbirth and newborn death support	www.sands.org.au/
South Australian Ambulance Service	www.saambulance.com.au
Smiling Mind	www.smilingmind.com.au
Stillbirth - StillAware	www.stillaware.org
Support for fathers	www.supportforfathers.com.au
Quitline	www.quitsa.org.au
We Are Family – pets and children	www.wearefamily.nsw.gov.au



GLOSSARY

Advocacy	Support for an idea or cause
Antenatal	Before birth; during or relating to pregnancy
Caesarean section	Birth of the baby through incision (cut) in the abdomen
Continence	The ability to voluntarily control urinary and faecal discharge
DANCE clinic	Diabetic Antenatal Care and Education Clinic
Epidural	Pain killing injection administered into the space outside the spinal cord
Gestation	The process or period of developing in the womb between conception and birth
Midwife	A health professional with qualifications and experience in care during pregnancy, childbirth and after the birth of a baby
Musculo-skeletal	Relating to muscles, bones, cartilage and other rigid materials that support the body
Northern Aboriginal Birthing Program (NABP)	Program involving midwives who provide care to Aboriginal families.
Narcotic (opioids)	A group of drugs with strong pain killing effects which result in sedation without loss of consciousness
Obstetrics	Field of medicine dealing with pregnancy and childbirth
Paediatrician	Field of medicine relating to the illnesses and care of babies and children
Pelvic floor	The muscular base of the abdomen, attached to the bony pelvis
Postnatal	Relating to or denoting the period after childbirth
Private patient	Patient with private health insurance or self-funding
Prolapse	A slipping forward or down of a part or organ of the body
Public patient	A patient covered by Medicare (an Australian resident)
Trimester	A period of three months
Uterus (womb)	The hollow muscular organ in the abdomen in which the baby develops



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NOTES:



If you do not speak English, request an interpreter from SA Health and the Department will make every effort to provide you with an interpreter in your language.

**Every effort has been made to ensure the accuracy of information throughout this publication and the contents of this publication are believed to be correct at the time of printing. The Northern Adelaide Local Health Network cannot accept responsibility for errors or omissions for changes in details given in this publication after the time of printing.*

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For more information

NALHN
Women & Children's Division
Haydown Road
Elizabeth Vale
(08) 8182 9000
sahealth.sa.gov.au/nalhn



Health
Northern Adelaide
Local Health Network