

CONGRATULATIONS!
MATERNITY PACKAGE INFORMATION

We are very pleased to have you choose us as your care providers and we look forward to getting to know you and to meeting your baby!

We expect you to collect this maternity package information (forms) on the day you book your first appointment with us or we can email it to you prior to your first appointment with us.

Should you have further questions, we would be very grateful if you could email them through to:
gyn2.africa@gmail.com

Alternatively you may phone on the following contact numbers:

0242-744582 (Practice Reception/ Win Administration)

0777019485 (Practice bookings – also whatsapp #) Practice Midwife 1 Sr Hope

0784995762 (Practice Midwife 2 also whatsapp # Sr Charlene)

It is very important to note that in case of an emergency or should you need to see the Doctor after hours (from 4pm and during weekends), please go straight to Avenues Clinic Casualty Department, Melbourne Hospital or Borrowdale Trauma Casualty Department and advise that you are a patient of Dr Djordjevic. Initial diagnosis that would constitute an emergency would be a danger to life such as loss of blood and / or loss of the ability to breathe and /or loss of consciousness, loss of baby's movements or lower abdominal pain followed by backache.

Also note that for all administrative or payment issues, you could alternatively post on gyn2.africa@gmail.com or contact Nyarai/Win and they will gladly attend to it.

Kind regards

DR D DJORDJEVIC and her team!

THE TEAM

RECEPTION / ADMINISTRATION: Win 0242744582
BOOKING LINE (MON- FRI 8AM- 5PM, SAT 9AM-15PM): Sr Hope (MIDWIFE 1)0777 019 485
EMERGENCY LINE: Sr Charlene (MIDWIFE 2) 0784 995 762
ADMIN (MON-FRI 8AM-5PM): Nyarai (MEDICAL ASSISTANT) 0783 841 867

EXTENDED TEAM

EDUCATIONAL MIDWIFE: Introduction and Antenatal classes (visiting); Merete Horn
0772363989

ANTENATAL CLASSES THIRD TRIMESTER

Irma Hodgson 0772275533

Lindsey Rendall 0772228504

ULTRA SONOGRAPHER/ 4D-SCAN (Wednesdays): Debbie Martel 077 2330 300

NIGHT MIDWIFE: Sr Phiri 0784995762

LACTATING OFFICER: Katinka Musavaya 0784921717

PELVIC FLOOR PHYSIOTHERAPIST (AVAILABLE ON PREMISES): Gyrid Chitombo 0777046636

LOW BACK PAIN PHYSIOTHERAPIST (AVAILABLE ON PREMISES): Jane Du toit 0772236274

COUNSELLORS

Val Maasdorp: 0772241197

Kathy Harter: 0774186812

PSYCHOLOGISTS

Jonathan Brakash: 0772302538,

Petra Mesu: 0712212223

Ruth Verhey: 0772815229

PSYCHIATRISTS

Dr Dixon Chibanda: 0712204107

Dr Michelle Dube: 077 9856 466

Dr Iris Chagwedera: 077247 2652

PHYSICIANS

Dr Gunning: 0772777228

Dr Sarana Ameer: 0786935315 / 0242 870111

Dr Kadzirange: 077234689

Dr Zaranyika: 0776 384 403 / 0773 912 833

PAEDIATRICIANS

Dr Greg Powell: 0712604137

Dr Azza Mashumba: 0775768866

Prof Mujuru: 0712650359

NEONATOLOGISTS

Dr Alex Stevenson: 0788 097 547 / 0242 339 382

Dr Letile Madzudo: 0772286568

Dr Marcia Mangiza: 0784 622 578/0773 753 688

ANAESTHETISTS

Dr Hellen Zambellis: 0771415738 / 0242703732

Dr Laurie Marks: 0771415809/ 0242700064

Dr Norman Clark 0242703732

Dr Jonah Kasule: 0777800932

Dr Dexter Tsopotsa: 0785699520

Dr Tsitsi Chimhundu: 0717523153

DIC

Please take note: The above mentioned doctors, specialists, and consultants in their respective specialty are all part of the team, readily available to attend to your medical needs during pregnancy. Please feel free to consult them for any issue arising during pregnancy which is not covered by obstetrician.

1. ANTENATAL PLAN OF VISITS

This is a suggested schedule for your antenatal appointment plan, however it may not be strictly adhered to and you should not be worried if it differs slightly.

Visits are paid per appointment. Antenatal visit comprises of appointment with doctor and practice midwife (antenatal orientation)

N.B: You will be seen by Dr Tsitsi Magure at least one of your antenatal visits as it is useful to meet all team members for eventual case of emergency.

Booking form for the hospital (Avenues Clinic, Melbourne Hospital and Borrowdale Trauma) under Dr Djordjevic's name is issued only upon paid deposit for the delivery. **That fee covers delivery, including emergency hours, complications of delivery, private nurse care after delivery, visits of the doctor during / after delivery and visits to the rooms during 10 days of post-delivery.**

N.B: If you decide to change the place or country of delivery, your deposit will be returned in full.

Pregnancy is a physiological condition which usually lasts 40 weeks and results in birth of the baby.

In the case of an emergency, during that period, Dr Djordjevic will attend to her clients personally. If Dr Djordjevic is committed to another emergency or absent, Dr Tsitsi Magure will attend to the client and if she is attending to another emergency, Dr Ellen Marere will attend to the patient. Hospitals are clearly informed about the contact details of specialist doctors in the team covering emergencies.

Practice midwife will attend to your message and emergency call

Also be aware that although you will likely have a scan at each visit with, scans themselves are not a compulsory component of your antenatal consultation unless there is a perceived risk factor for the baby. If you do not have a scan at an appointment or do not wish to have one, this is perfectly fine. Dr D scans to check on baby's well-being and re-assure you on the steady progress and development of your baby.

When you phone to make an appointment, the practice midwife will advise you accordingly. However, below is an outline of what you can expect and the links that Doctor expects you and your partner to read and make yourselves ready for the next appointments. There are only two visits with scan that are covered by medical aid throughout the pregnancy. Those are second and third trimester anomaly scans and Dr D refers to imaging specialists at Dr Verenga – Fetal maternal Specialist 0784814611/ 0242708259.

2. ANTENATAL VISITS FOR LOW-RISK PREGNANCIES.(HIGH RISK PREGNANCIES WILL BE SEEN BY DOCTOR THROUGHOUT

8-10 weeks: this is ideally when you will have your initial consultation. At this appointment, you can expect a scan to confirm pregnancy and you will be sent for blood tests. NIPT is strongly suggested between 8-10 weeks. (See attached referral form and links to read). Counselling is done at the same appointment. It is perfectly acceptable to decline Chromosomal testing, consent form will be given to sign.

11-13 weeks: You will have a scan at this appointment and this is the time when a 1st Trimester Chromosomal anomaly test (Trisomy 13, 18, 21) is done, if you didn't have NIPT and a blood test at Lancet. Please read given site information. You will be given a consent form to sign. Bloods are taken to TriScreen Johannesburg and results are expected in 10-14 days later.

N.B. The practice midwife shall **ALWAYS** phone and disclose results after Dr has signed them off. If there are any issues, you will be called in to see the Dr.

16 weeks: 12 week results discussion. You will be given a 20 week scan referral form for your next appointment with Dr Verenga, fetal specialist. If you haven't done a 12 week Chromosomal anomaly test or NIPT, you will be given a form for Lancet 2nd Trimester Chromosomal anomaly test, should you wish to have one.

20 weeks: You will have "**ANOMALY SCAN**" done by a specialist of fetal medicine. We routinely refer to Dr Verenga.

N.B* DELIVERY DEPOSIT TO BE PAID IN FULL BY NOW IN ORDER TO BE ISSUED WITH A HOSPITAL BOOKING FORM

24 –26 weeks: A "family-baby bonding scan" with radiographer at our rooms or DIC and you can bring the whole family to see / bond with baby. Optionally a 4D scan is also done by a radiographer – Debbie Martell, at the same time. You can book for that. Practice midwife will check your vitals.

In case you are not having a scan done, please book with practice midwife to do your vitals (BP, urine and weight) at 24 weeks.

28 weeks: Antenatal consultation. At this appointment, there will be discussion about expectations and care during the 2nd trimester. Glucometer test will be done. 2nd trimester links are emphasized

during this appointment. Try to read prior to appointment so that you can interactively participate in discussion. Dr D insists on an interactive mode of consultation. Anti D antibodies will be administered for Rhesus Negative mothers. Referral for GTT will be given. **PLEASE NOTE:** It is advisable to book your GTT with the lab. The GTT is time sensitive and **MUST** be done as ordered.

32 weeks: Antenatal consultation. This is a follow up visit with scan for fetal growth and well being

35 weeks: 3rd trimester anomaly scan with Dr Verenga. He will check on overall fetal wellbeing in particular cerebral medial artery, Doppler and pulmonary artery velocity index (technical terms)

36-37 weeks: Standard consultation. At this appointment, there will be discussion about expectations and care during labour, (Birth plan) will be discussed. Vaginal examination and genital swab for Streptococcus B screening will be done. 3rd trimester blood test will be requested.

39 weeks: Antenatal consultation.

40 weeks: Antenatal consultation, with scan to assess fetal growth and wellbeing

If your baby has not come by 10 days after 40 pregnancy weeks, you will be scheduled for an induction of labour.

Post-natal debriefing visit –day 2 or 3 with practice midwife as a part of delivery booking fee and pelvic floor physio. Thereafter with independent midwife (6th post-natal class). It is strongly recommended to see a lactation specialist straight after delivery. Please have contact numbers on a visible place.

6 weeks after delivery is your final post-natal visit with your Obstetrician/Gynaecologist. It is perfectly alright to book this visit with your family practitioner. (Family planning discussion). A Pap smear should be taken if no Pap smear was not done in the past years. Pelvic floor exercises are highly recommended as per midwife's / physiotherapist instructions.

NOTE: If you have been seen by your family practitioner, it is perfectly alright to stay there for up to 24 weeks as Dr D works closely with referring physicians and the same protocol of antenatal care is being followed as a shared care model. If you have been seen in another part of the country, or coming and want to transfer here for delivery, it is perfectly alright to do so. Just bring all your documentation / results with you on your 1st appointment with us.

3. MIDWIVES AND ANTENATAL CLASSES (INDEPENDENT)

As part of Dr Djordjevic's model of shared maternity care, it is expected that you will have 4-6 prenatal classes with independent midwives for primi-parous (first time mum-to be) and two classes for multi-parous mums (Labour & Birth) and /or (Baby and Breastfeeding).

1. The first class is **The Early Pregnancy Introduction Class** - which ideally takes place between 10-14 weeks. However this can be undertaken any time shortly after booking.
2. From 30 week - prenatal preparatory classes, either:

a) As a set of 4 group classes that prepares you and your birth partner for the final stages of pregnancy, **the normal labour and birth, the assisted or complicated labour and birth as well as breastfeeding and the care for the newborn baby.** Or:

b) A choice of 1 or 2 private classes covering 1) **Labour and Birth** and/ or 2) **The Baby and Breastfeeding.**

3. **The Pelvic Floor and Lower Back Class:** as of 12 weeks, 36 weeks and 6 weeks post natal. Antenatal classes for pelvic floor exercises and preparation for birth are highly recommended. (Jane Du Toit – antenatal back physio), (Gyrid Chitombo- pelvic floor physiotherapist).

4. 3-5 days after birth - **labour debriefing and help** to get started. Physiotherapists are on the same premises as us. (See at the back)

MIDWIVES – Antenatal classes

Merete Horn (Online Antenatal Classes) +263 772 363 989

Irma Hodgson (As from 30 weeks) +263 772 275 533

During the course of antenatal period, you will have a minimum of 4 antenatal visits with the obstetrician and monthly midwife/ultra-sonographer check-ups of mother to reassure well-being of the baby. These visits are charged as midwife/ultra-sonographer visits. Charges are at the reception.