

ANTENATAL RESOURCES

There are many great resources out there to help you during pregnancy and afterwards.

Dr Lauren Kite, Gynaecologist & Obstetrician and Pain Medicine Fellow has collated this list of fantastic resources that you can click and read on-line, while saving the planet by reducing paper.

ALCOHOL IN PREGNANCY

www.alcohol.gov.au/internet/alcohol/publishing.nsf/Content/wwtk-cons-leaflet

[www.alcohol.gov.au/internet/alcohol/publishing.nsf/Content/F6EF2D90BABB98E2CA257CD700296BD4/\\$File/WWTK%20-%20new%20women's%20leaflet.pdf](http://www.alcohol.gov.au/internet/alcohol/publishing.nsf/Content/F6EF2D90BABB98E2CA257CD700296BD4/$File/WWTK%20-%20new%20women's%20leaflet.pdf)

<http://www.pregnantpause.com.au/>

FOOD SAFETY

http://www.foodauthority.nsw.gov.au/_Documents/foodsafetyandyou/pregnancy_brochure.pdf

http://nasog.com.au/images/nasog/women/pdf/diet_during_pregnancy.pdf

http://nasog.com.au/images/nasog/women/pdf/listeriosis_during_pregnancy.pdf

www.foodstandards.gov.au/consumer/safety/listeria/documents/listeria-1.pdf

EXERCISE IN PREGNANCY

https://www.ranzcog.edu.au/RANZCOG_SITE/media/RANZCOG-MEDIA/Women%27s%20Health/Patient%20information/Antenatal-care-during-pregnancy-pamphlet.pdf?ext=.pdf

ANTENATAL CARE AND TESTING

https://www.ranzcog.edu.au/RANZCOG_SITE/media/RANZCOG-MEDIA/Women%27s%20Health/Patient%20information/Antenatal-care-during-pregnancy-pamphlet.pdf?ext=.pdf

https://www.ranzcog.edu.au/RANZCOG_SITE/media/RANZCOG-MEDIA/Women%27s%20Health/Patient%20information/GBS-pamphlet.pdf?ext=.pdf

https://www.ranzcog.edu.au/RANZCOG_SITE/media/RANZCOG-MEDIA/Women%27s%20Health/Patient%20information/Prenatal-Screening-for-Chromosomal-and-Genetic-Conditions.pdf?ext=.pdf

https://www.ranzcog.edu.au/RANZCOG_SITE/media/RANZCOG-MEDIA/Women%27s%20Health/Patient%20information/Red-blood-cell-alloimmunisation-pamphlet.pdf?ext=.pdf

https://www.ranzcog.edu.au/RANZCOG_SITE/media/RANZCOG-MEDIA/Women%27s%20Health/Patient%20information/Why-your-weight-matters-during-pregnancy-pamphlet.pdf?ext=.pdf

<https://www.health.nsw.gov.au/oralhealth/Publications/keep-smiling-pregnant.pdf>

PROBLEMS IN PREGNANCY

https://www.ranzcog.edu.au/RANZCOG_SITE/media/RANZCOG-MEDIA/Women%27s%20Health/Patient%20information/Pre-eclampsia-and-High-Blood-Pressure-During-Pregnancy.pdf?ext=.pdf

<https://www.diabetesaustralia.com.au/managing-gestational-diabetes>

http://www.nasog.org.au/images/nasog/women/pdf/nausea_and_vomiting_during_pregnancy-2.pdf

MENTAL HEALTH

https://www.ranzcog.edu.au/RANZCOG_SITE/media/RANZCOG-MEDIA/Women%27s%20Health/Patient%20information/Depression-and-anxiety-pamphlet_1.pdf?ext=.pdf

<https://www.blackdoginstitute.org.au/docs/default-source/factsheets/depressionduringpregnancy.pdf?sfvrsn=2>

http://www.cope.org.au/wp-content/uploads/2017/11/Antenatal-Anxiety_Consumer-Fact-Sheet.pdf

http://www.cope.org.au/wp-content/uploads/2017/11/Antenatal-Depression_Consumer-Fact-Sheet.pdf

TRAVEL IN PREGNANCY

https://www.ranzcog.edu.au/RANZCOG_SITE/media/RANZCOG-MEDIA/Women%27s%20Health/Patient%20information/Travelling-during-pregnancy-pamphlet.pdf?ext=.pdf

CORD BLOOD COLLECTION AND DONATION

https://www.ranzcog.edu.au/RANZCOG_SITE/media/RANZCOG-MEDIA/Women%27s%20Health/Patient%20information/Travelling-during-pregnancy-pamphlet.pdf?ext=.pdf

https://www.schn.health.nsw.gov.au/files/attachments/auscord-i-003_v002_about_auscord_and_public_cord_blood_banking.pdf

LABOUR AND BIRTH

https://www.ranzcog.edu.au/ranzcog_site/media/ranzcog-media/women%27s%20health/patient%20information/caesarean-section-pamphlet.pdf?ext=.pdf

https://www.ranzcog.edu.au/ranzcog_site/media/ranzcog-media/women%27s%20health/patient%20information/induction-labour-pamphlet.pdf?ext=.pdf

https://www.ranzcog.edu.au/ranzcog_site/media/ranzcog-media/women%27s%20health/patient%20information/labour-and-birth-pamphlet.pdf?ext=.pdf

https://www.ranzcog.edu.au/ranzcog_site/media/ranzcog-media/women%27s%20health/patient%20information/pain-relief-labour-childbirth-pamphlet.pdf?ext=.pdf

https://www.ranzcog.edu.au/ranzcog_site/media/ranzcog-media/women%27s%20health/patient%20information/vaginal-birth-after-caesarean-pamphlet.pdf?ext=.pdf

https://www.ranzcog.edu.au/RANZCOG_SITE/media/RANZCOG-MEDIA/Women%27s%20Health/Patient%20information/Assisted-birth-pamphlet.pdf?ext=.pdf

AFTER THE BIRTH

https://www.ranzcog.edu.au/RANZCOG_SITE/media/RANZCOG-MEDIA/Women%27s%20Health/Patient%20information/First-few-weeks-pamphlet.pdf?ext=.pdf

http://www.nasog.org.au/images/nasog/women/pdf/vitamin_k_for_newborn_babies.pdf

<http://www.thepregnancycentre.com.au/post-pregnancy/exercise/postnatal-exercises>

<http://www.thepregnancycentre.com.au/return-to-sport>

<https://www.cprkids.com.au/>

FEEDING YOUR BABY

<https://www.breastfeeding.asn.au/>

<https://www.breastfeeding.asn.au/bfinfo/guide-feeding-your-baby-formula-breastmilk-substitutes>