

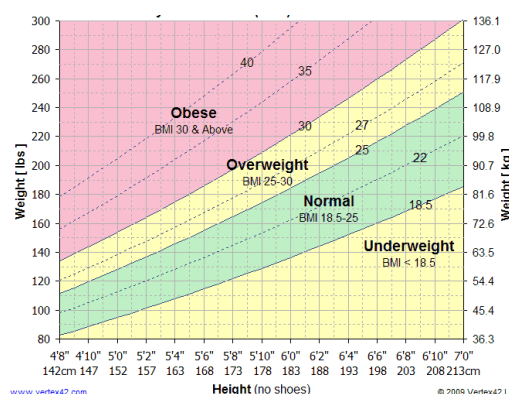
OPAL Clinic

Changing the shape of how we provide antenatal care



The OPAL Clinic is a woman and family centred antenatal clinic that provides care to women throughout their pregnancy.

Half of all women who have antenatal care in Australia are identified as being overweight or obese during their pregnancy. It is important to note that gaining a lot of weight or having obesity during pregnancy can affect a woman's pregnancy and their baby.



The goals of OPAL are to:

- Limit your risks in pregnancy due to excessive weight gain and obesity by closely monitoring you.
- Help you remain active and achieve a healthy diet.
- Provide a targeted and consistent antenatal care program throughout your pregnancy.
- Provide care after your pregnancy.

Who can be referred to the OPAL Clinic?

When you are booked into the hospital for antenatal care, one of the first steps is to measure your height and weight. This information is then used to calculate your Body Mass Index (BMI).

If your BMI is 40 kg/m² or above, you will need extra monitoring during your pregnancy and the birth. This can occur in the OPAL Clinic.

If you have had weight loss (bariatric) surgery you will be referred to the OPAL Clinic, regardless of your weight. This is to provide extra monitoring, including regular nutritional screening.

Who will I see in the OPAL Clinic?

The OPAL team includes?

- A midwife to provide antenatal care, education and the booking and reviewing of ultrasounds and other routine tests during your pregnancy.
- A dietitian to assess your nutritional status and educate you about pregnancy-related dietary issues, such as:
 - food safety
 - the use of supplements
 - managing morning sickness
 - food cravings or dislikes and
 - healthy snacking

- A physiotherapist to assess and manage pelvic floor health and bladder leakage, pregnancy-related pain and your physical activity in pregnancy. They will also provide advice on planning for a healthy birth and beyond.
- You may also be referred to see a doctor, a clinical psychologist or a lactation consultant. Your midwife will discuss referrals to these health care professionals with you, if they are needed.

What other services does the OPAL Clinic offer?

- Antenatal Group program
- OPAL Clinic lactation classes
- Hydrotherapy
- Routine antenatal screening
- Postnatal Clinic

When do I attend the OPAL Clinic?

Antenatal appointments will usually be monthly until you are 28 weeks pregnant, then fortnightly until 36 weeks and then weekly for the rest of your pregnancy.

Your visit schedule will be discussed at your first appointment with the OPAL team.

The OPAL Antenatal Clinic is located on Level 3, Building D, Nepean Hospital, in the Antenatal Clinic. The OPAL Postnatal Clinic is held virtually via Virtual Care. The OPAL team will provide you with more information about Virtual Care on your first visit.

Our hours (excluding public holidays) are:

OPAL Antenatal Clinic:

Monday 8am-3.30pm

Tuesday 8am-12pm

OPAL Postnatal Clinic (via Virtual Care):

Wednesday 1pm-3pm

What if I cannot, or do not want to, attend the OPAL Clinic?

The OPAL team are experienced clinicians and value our patients' happiness and health above all else.

If you are unable to attend an appointment, we can reschedule it to a more suitable time or day.

If you choose not to be part of OPAL and your pre-pregnancy/early pregnancy BMI is at or above 40 kg/m², your antenatal care will be through the Doctors' Clinic.

Get in contact

Antenatal Clinic Level 3, Building D, Nepean Hospital

Postnatal Clinic via Virtual Care

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Twitter: @NBMLHD
YouTube: Nepean Blue Mountains Local Health District