

Ruby Clinic



The Ruby Clinic is a midwifery-led clinic that aims to support women who are drug and alcohol dependent and pregnant.

The Clinic is run by the Antenatal Clinic at Nepean Hospital's Women & Children's Outpatient Department. It is suitable for low-risk obstetric patients.

Women attending the Ruby Clinic have access to:

- Midwifery-led care
- Education on drug and alcohol use in pregnancy
- Drug and alcohol doctors
- Obstetric care
- Breastfeeding consultations
- Social work support

Referral to the Ruby Clinic

A Ruby Clinic referral can be requested at your antenatal booking-in appointment or any doctor's appointment. The referral needs your consent as the Clinic will help support your pregnancy and treatment plans. The Ruby Clinic is a hospital-based service involving only health professionals.

The Ruby Clinic can be tailored for women with drug dependencies in:

- Alcohol
- Marijuana
- Methamphetamines
- Opioids, including methadone

Benefits of using the Ruby Clinic

Our team will work with you during your pregnancy to help you reduce and even quit drug and alcohol use. Our aim is to improve both the mother and baby's health outcomes.

The Ruby Clinic is focused on:

- Reduction in drug and alcohol use in pregnancy and postnatally
- Encouraging better outcomes for baby when reducing or quitting drugs and alcohol. For example:
 - Reduce the risk to growth or low birth weight babies
 - Reduce at birth complications such as respiratory distress
 - Reduce medical intervention including induction of labour
 - Increase in breastfeeding rates



The Ruby Clinic can help arrange scans and blood tests as part of your care.

- Increased antenatal care and ongoing care with a midwife
- Drug and alcohol services brought to you in one day
- Option for extra social worker support
- Antenatal care organised including bloods and ultrasound referrals

While the Ruby Clinic is for the antenatal period of your pregnancy journey, postnatal support following delivery can be organised with our Drug and Alcohol medical officer at your request.

Drug and alcohol use in pregnancy is known to increase the risk of pregnancy related problems including pre-eclampsia, preterm birth, restricted growth of your baby and doubles the risk of stillbirth. There is also a link to lower breastfeeding rates and increased medical intervention including higher rates of induction of labour.

Helpful telephone numbers

Nepean Hospital Antenatal Clinic

Phone: (02) 4734 2373

Nepean Hospital Drug and Alcohol Services

Reception: (02) 4734 2129

Central Intake: 1300 661 050

Nepean Hospital Birth Unit

Phone: (02) 4734 2295

NSW Quitline

Phone: 13 78 48

Mothersafe

Phone: 13 78 48

**Nepean Blue Mountains
Local Health District**

PO Box 63
Penrith NSW 2751
Telephone: (02) 4734 2000
Fax: (02) 4734 3737
Email: NBMLHD-mail@health.nsw.gov.au

Web: www.nsw.gov.au/health/nbmlhd
Facebook: www.facebook.com/NBMLHD
Instagram: [instagram.com/nepeanbluemountains](https://www.instagram.com/nepeanbluemountains)
Twitter: @NBMLHD
YouTube: Nepean Blue Mountains Local Health District