

Important information about your mid-pregnancy (Morphology) ultrasound scan

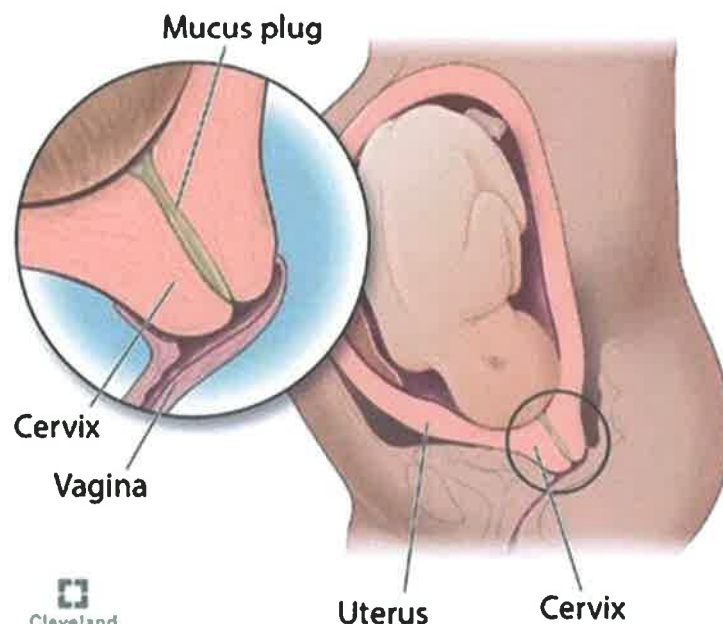
During your pregnancy, you will be offered an ultrasound as part of your care, usually done between 20 to 22 weeks. This scan checks how your baby's growing and developing, as well as checks where your placenta is. Usually, these scans are done by providers outside of the hospital. Your general practitioner will give you a referral for this scan and will recommend a place where you can go.

The ultrasound usually takes around an hour and is done over the tummy (transabdominal). Sometimes, an internal scan through your vagina (transvaginal) may also be needed. The procedure will be explained to you and your permission requested before continuing. If your baby's position makes it hard to finish the ultrasound, you might have to come back for another scan. Your doctor or midwife will chat to you about the scan result during your next appointment.

Measuring the length of your cervix at the mid-pregnancy ultrasound scan:

Measuring how long your cervix is common for all pregnant women at around 20 weeks. The length of your cervix will tell us if there is a chance of early birth.

If your cervix measures short (less than 35mm) or can't be seen during the tummy scan, a vaginal scan would help to clearly measure the cervix.



Reference: Cleveland Clinic

If your cervix is less than 25mm on the vaginal scan, you should be sent to the Mercy Hospital for Women Emergency Department on the same day. The doctor will talk to you about your options.

If there is something seen on the scan with your growing baby:

Sometimes, the ultrasound can see issues with the growth of your baby. About 3% of babies are born with a birth defect or congenital abnormality. If there are any concerns you may need another scan and an appointment to see other doctors and health professionals.

If your placenta is low:

The placenta grows together with the baby in your uterus. Sometimes, the placenta grows low down in the uterus and can cover part of or all of the opening of your cervix, this is called a low-lying placenta. This is usually confirmed with a vaginal ultrasound.

In most cases, as your uterus grows, the placenta moves away from your cervix. A follow-up scan later in your pregnancy will confirm if the placenta has moved.

Gender:

Finding out the baby's gender is possible during your pregnancy ultrasound, but it might not always be clear.

If you have any further questions, please talk to your doctor or midwife.



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PHYSIOTHERAPY VIDEOS

Evidence-based online education for you during your pregnancy and following the birth of your baby.

These videos have been created by the team at Mercy Hospital for Women.

During your pregnancy

Some of the topics covered in these videos are:

- Pregnancy-related back and pelvic pain
- Moving during pregnancy
- Exercise during pregnancy

Access videos via this QR code or follow the link:

<https://www.youtube.com/playlist?list=PLsPvysJbVI2NcR35i658tN3Llv4gOpfaz>



Videos to watch following the birth of your baby

Topics include

- Pelvic floor muscle exercises
- Bladder and bowel care after birth
- Abdominal muscles after birth (DRAM)
- Caring for your perineum
- Back care after birth
- Returning to exercise

Access videos via this QR code or follow the link:

https://www.youtube.com/playlist?list=PLsPvysJbVI2M_gsUo4cAqKcB69_8mRvP0



If you have any questions regarding this information, please contact:

Physiotherapy Department

Mercy Hospital for Women

Phone: 03 8458 4141

Werribee Mercy Hospital

Phone: 03 8458 4141





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Your important health information

Learning about breastfeeding during pregnancy

Breastfeeding is normal and natural. It can be a rewarding experience for both parents and baby. Learning about breastfeeding during pregnancy can help parents feel more confident with feeding their baby in the early days and weeks after giving birth.

Mercy Health breastfeeding support service

- Our Lactation Consultants offer individual breastfeeding support and advice for families in the lead-up to birth, and in the first few months of breastfeeding.
- The service is available across both Mercy Health maternity services, including in the neonatal nurseries.

Breastfeeding information online



Australian Breastfeeding Association

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



The first week, Australian Breastfeeding Association

<https://www.breastfeeding.asn.au/resources/first-week>



Breastfeeding basics video, Australian Breastfeeding Association

<https://www.breastfeeding.asn.au/resources/breastfeeding-basics-video>



Breastfeeding Confidence booklet, Australian Breastfeeding Association

<https://www.breastfeeding.asn.au/resources/breastfeeding-confidence-booklet>



Newborns: breastfeeding and bottle feeding, Raising Children Network

<https://raisingchildren.net.au/newborns/breastfeeding-bottle-feeding>



Positions for breastfeeding video, Global Health Media

<https://globalhealthmedia.org/videos/positions-for-breastfeeding/>



Attaching your baby at the breast video, Global Health Media

<https://globalhealthmedia.org/videos/attaching-your-baby-at-the-breast/>



Breastfeeding in the first hours video, Global Health Media

<https://globalhealthmedia.org/videos/breastfeeding-in-the-first-hours-after-birth/>

Community breastfeeding supports

- National Breastfeeding Helpline: 1800 686 268 (131 450 for interpreter) 24 hours a day, 7 days a week. This is a free service you can contact anytime during pregnancy and after your baby is born.
- The Australian Breastfeeding Association delivers both in person and online 'preparing for breastfeeding' classes. There are specific classes available for families expecting multiples, women with diabetes, and LGBT+ families (<https://www.breastfeeding.asn.au/education>).
- Australian Breastfeeding Association's local support groups (<https://www.breastfeeding.asn.au/connect-your-local-group>).
- Most local councils offer lactation support – during pregnancy, you can ask your Midwife about what your council offers or refer to your local council's website.

Further Information

If you have any questions regarding this information, please contact:

Mercy Hospital for Women

Breastfeeding Support Service
Phone: 03 8458 4677

Werribee Mercy Hospital

Breastfeeding Support Service
Phone: 03 8754 3407

Acknowledgements

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MHW

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Parent Education

Mercy Hospital for Women, Heidelberg 2023

Mercy Hospital for Women is offering a variety of Parent Education classes for all expectant families birthing their baby at MHW Heidelberg. Suitable to start from 28 weeks of pregnancy. Classes may be face-to-face, online (via ZOOM) or a hybrid of both. Check before booking to ensure you can attend all sessions.

Booking and payment: Via the Try-booking website – see link and QR code. New class series will be released regularly.

<https://www.trybooking.com/eventlist/mercyhospitalforwomenparented>



Cost: Covers Birthing parent + 1 support person to attend. You will also receive 'Preparing for Birth' Book.

Topics covered include:

- Stages of labour, active birth, coming to hospital, support in labour, normal labour & birth
- Variations of labour and birth, the role of midwives and obstetricians, pain relief choices
- Understanding Breastfeeding
- The 4th trimester – the new family at home (safe sleeping and settling, newborn care, maternal recovery)

Alternative Classes: Various individual classes such as Vaginal Birth after Caesarean (VBAC), Multiple Birth, Grandparents classes. Check try-booking link for details and costs of these.

Do you require an INTERPRETER? Please email us directly or ask your midwife at your 20 week appointment to send us a referral for you.

Questions:

Contact Parent Education Department, Mercy Hospital for Women via email

PEducation@mercy.com.au

Note: Face-to-face classes may be altered to ONLINE depending on DHHS / Mercy Hospital COVID restrictions. If this is the case, you will be notified prior to session commencing.



MERCY HOSPITAL FOR WOMEN

HEIDELBERG

8458 4444

Contact Numbers

Birthing Suites	8458 4058
Diabetes Education	8458 4164
Dietician	8458 4165
Fetal Monitoring	8458 4266
Genetic Counsellor	8458 4346
GP Liaison Officer	8458 4831
Interpreters	8458 4282
Lactation Consultant	8458 4677
Medical Imaging	8458 4300
Outpatients Department	8458 4111
Parent Education	8458 4152
Patient Liaison Officer	8458 4807
Pharmacy	8458 4666
Physiotherapy	8458 4281
Pregnancy Assessment Centre	8458 4266
Social Work	8458 4149