



Choosing your Lead Maternity Carer

Before registering with a Lead Maternity Carer (LMC) some questions you may like to ask:

- Will you provide all my care or will others be involved?
- How can I contact you if I need help or advice?
- Is this information different if I need help or advice out of normal working hours?
- Who will provide backup care for me if you can't be there?
- What birthing options do you offer?
- Do you offer home birth and what happens if I need hospital care?
- Where will my antenatal visits be? In my home? At a clinic?
- How many antenatal visits can I expect to have?
- What hospitals do you have access to?
- What is your philosophy about childbirth?
- Will you visit me at home in early labour?
- What happens if you are away or with someone else when I go into labour?
- Will I be able to meet your backup person?
- What happens if I need specialist care during my pregnancy or my labour?
- If this happens, will you continue to provide care for me?
- If I have a caesarean section will you go to the theatre with me? What will your role be?
- Will you visit me in hospital? What will your role be?
- How many postnatal visits can I expect, both in hospital and at home?
- How many weeks do you visit after the birth?
- Between visits are you available for me to phone for advice?

Questions about your LMC's experience and practice of delivering babies:

- How long have you been attending births?
- About how many births a year do you attend? The NZ College of Midwives recommends a case load of no more than 60-70 births per year.
- Are you likely to be away when I'm due?
- How many other women have you got booked who are due about the same time as me?
- Have you had an annual standards review or an audit by your professional body? (You can also ask to see a copy of the certificate if you wish).

If your LMC is a GP or a private obstetrician, other questions to ask are:

- Who will provide my midwifery care during labour?
- Can I meet the midwife who will provide me with care during labour?
- Who will provide my home visits when I go home from hospital?

These questions are an extract from the 'Your Pregnancy' booklet available from the Sector Services department of the Ministry of Health. A copy of this book can be downloaded from <http://www.moh.govt.nz/moh.nsf/indexmh/sectorservices-claims-mum2be> .

| Midwife List for local East Health Trust PHO Area | |
|--|--|
| Contact | Area Covered |
| Middlemore Maternity Services Ph 09 276 0000 or 09 276 0187 for antenatal bookings. | Maternity services at Middlemore Hospital, Hospital Road, Otahuhu, Auckland. Covers all Counties Manukau DHB residents. |
| Botany Downs Maternity Unit 292 Botany Road, Botany Downs Ph 09 534 6063 | Holds antenatal clinics by community midwives and caseloading midwife clinics for the Howick, Pakuranga, Whitford, Botany, Dannemora, Flatbush, Otara, Manukau and Redoubt Rd areas. Low risk pregnancies from other areas also welcome. |
| Janine Clemons Mob 021 884 176 or Fx 09 238 3855 | Pukekohe Maternity Hospital & Franklin District area. |
| Helen Culpan Mob 021 657 899 or Hm 09 576 6800 | Delivers at Botany Maternity Unit or Middlemore Hospital. helenculpan@hotmail.com |
| Penelope Harrison Mob 0294 836 741 or Ph 09 535 8131 | Covers Howick and Pakuranga areas. Delivers at Botany Maternity Unit and Auckland Hospital. |
| Lesley Hinson Ph 09 534 1276 | Howick, Pakuranga, Maraetai and out to Manukau. Specialises in births at Botany Downs Maternity Unit and homebirths/ waterbirths. lesleyhinson@yahoo.co.nz |
| Margie Ireland Mob 021 978 667 or Ph 09 535 3645 | Howick, Pakuranga, Botany, Dannemora, Flat Bush, Otara, Papatoetoe areas. Delivers at Botany and Middlemore Hospital. |
| Sue Kassanje-Desai Mob 021 685 446 or Ph 09 535 5676 | Delivers at Botany Downs or Middlemore Hospital. Can also perform waterbirths. |
| Catherine Overfield Mob 027 277 3213 | Covers all areas between Pakuranga, Howick through to Maraetai. Delivers at Middlemore Hospital and Botany Maternity Unit. |
| Debbie Ritz Mob 0274 314 535 or Ph 09 535 0537 | Covers Howick and Botany areas, delivers at Botany Maternity Unit and Middlemore Hospital. |
| Elisabeth Tattley Mob 021 685 794 | Delivers at Middlemore Hospital and Botany Maternity Unit. |
| Caroline Tee Mob 021 049 9019 | Howick and other Counties Manukau areas. Delivers at Middlemore Hospital, Botany and Papakura Maternity Units. carotee@gmail.com |
| Wendy Van Cingel (Smith) Pager 026 105 661 | Covers Howick through to Botany, Beachlands and Papakura. Can also perform homebirths. Delivers at Middlemore Hospital, Botany and Papakura Maternity Units. |
| Rachel van Tonder Mob 021 0202 6006 | Delivers at Botany & Papakura Maternity Units. rachel.newbeginnings@gmail.com |
| Wen Wei (Mandarin & English speaking) Mob 021 795 563 | Howick, Botany and Pakuranga areas. Delivers at Auckland Hospital. |
| <u>Pregnancy Care Midwives</u> Hillary Eason Mob 021 445 301 Alison Wormald Mob 021 904 745 | Covers Panmure, Ellerslie, Glen Innes, Meadowbank, St Johns, Remuera, St Heliers, Mission Bay, Kohimarama, Onehunga, Mangere. Delivers at Auckland Hospital and Birthcare Auckland in Parnell. Can also perform home births. |
| Ministry of Health Mum 2 Be Ph 0800 686 223 For a full list of South Auckland Lead Maternity Carers | |