

## Self-employed LMC Midwife

Self-employed midwives provide care for women throughout normal pregnancy, birth and up to 6 weeks after the birth. They usually work in a group and cooperate together to ensure 24 hour cover.

Self-employed LMC midwives are not employed by CM Health, but work collaboratively with CM Health's maternity services.

If pregnancy or birth complications occur then care may be continued by your midwife with support from an obstetrician and/or a hospital midwife.

## CM Health Community Midwife

This service is for women needing more complex care. Midwives employed by CM Health provide antenatal care, and also visit you at home for up to 6 weeks after the birth of your baby. Care during your labour is provided by midwives at Middlemore Hospital.

## CM Health Employed LMC Midwife

This is a group of midwives based at Botany and employed by CM Health, who provide continuity of care during pregnancy, birth and for 6 weeks after the birth, for women who cannot find a self-employed LMC midwife. They generally care for women who plan to birth at the Botany Downs Birthing Unit.

## Private Obstetrician

Private obstetricians are doctors who specialise in maternity care and charge a fee for their services. They often share your care with a self-employed LMC midwife.

## If complications occur

If complications occur during pregnancy or birth, the specialist obstetric team may be involved in your care, or in certain circumstances, may take over your care. If you have or develop diabetes or a complex medical condition during your pregnancy you may need to attend one of the specialist midwifery/obstetric services.

## How to find a midwife:

### Find your midwife website

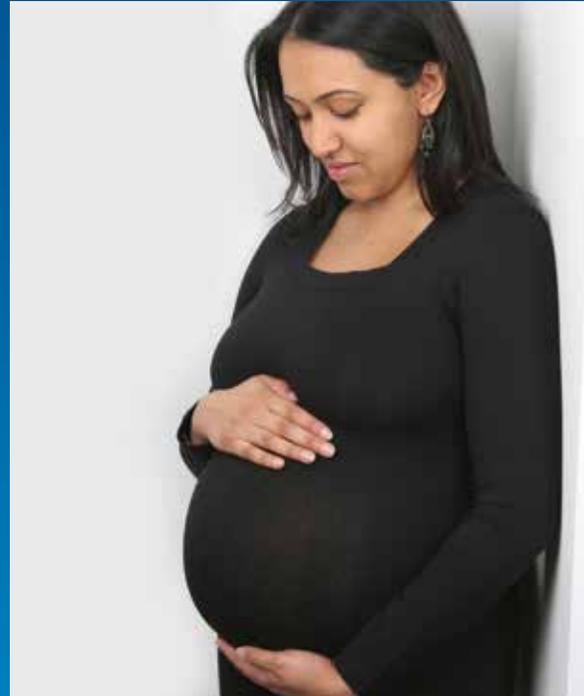
<http://www.findyourmidwife.co.nz>

(Click on your region)

### Healthpoint midwifery services

<http://www.healthpoint.co.nz/maternity/midwifepractice/>

(Browse by region)



Maternity Care, Middlemore Hospital  
Phone: 09 259 9568 Fax: 09 270 4751



[www.countiesmanukau.health.nz](http://www.countiesmanukau.health.nz)

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## Options for Maternity Care in Counties Manukau



## Congratulations on your pregnancy

Pregnancy is a time of many changes and an important time to check on your health and the health of your unborn baby, by having regular antenatal visits from as early as possible.

One of the first decisions you will make is who will provide your maternity care. This leaflet is designed to help you and your family in making a decision about the right option for you.

## Who can provide my maternity care?

Pregnant women in New Zealand are able to choose who will provide their maternity care. All maternity care is free to eligible women. Please discuss your eligibility with your GP or chosen midwife.

A Lead Maternity Carer (LMC) is a health professional who specialises in maternity care and is responsible for providing and/or coordinating your care during your pregnancy, labour and birth and for 4 - 6 weeks after your baby is born.

Your LMC is usually a self-employed LMC midwife but may be employed by Counties Manukau Health (CM Health). Your options should be explained to you when you make first contact with a health professional.

## Which midwife should I choose?

Your choice can depend on many factors including

1. Where you want to birth your baby, e.g. at home, at hospital, at a primary birthing unit
2. What type of birth you are considering, e.g. water birth, as natural as possible, epidural
3. What type of birth you have had before with your other babies
4. Your medical history and any current medical conditions
5. Your personal birthing philosophy and that of the midwife

Middlemore Hospital



We have four maternity units available for you to have your baby at, or you may consider birthing your baby at home.

Botany Downs Birthing Unit



Papakura Birthing Unit



Pukekohe Birthing Unit

