



*Hi*

WE'VE BEEN EXPECTING YOU



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# Welcome

**Thank you for considering Cabrini Maternity to deliver your baby.**

At Cabrini, we are passionate about providing you with the support, care and compassion you need to bring your baby safely into the world.

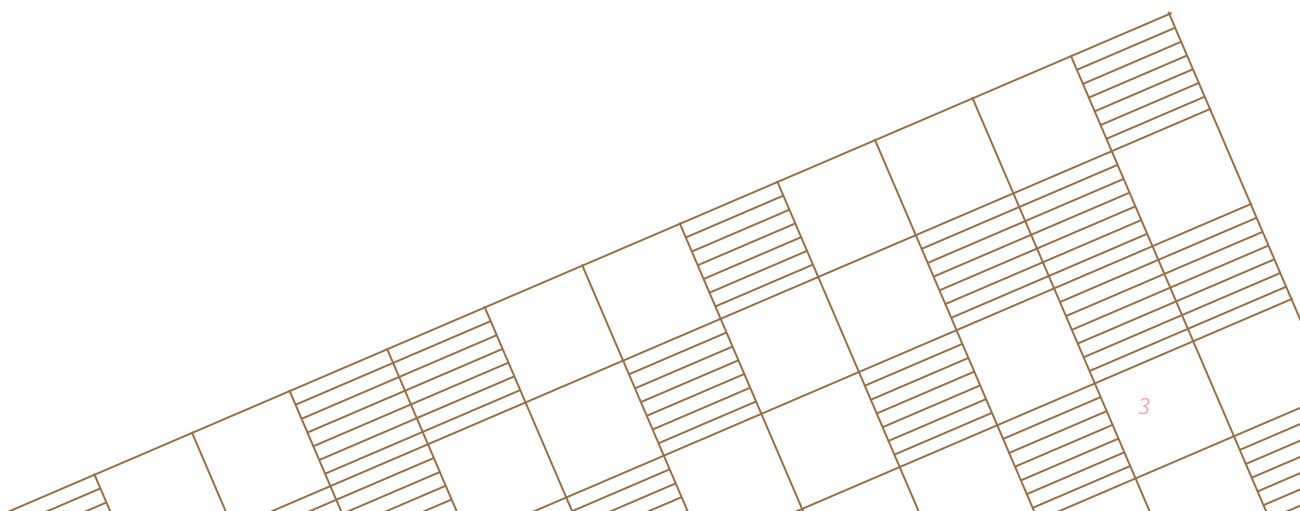
Our highly-skilled obstetricians and dedicated midwives, nurses and allied health staff will guide you through the birthing process and assist with the transition into parenthood.

In addition to the well-appointed facilities, our maternity service is supported by our in-house anaesthetic department, 24 hour emergency department, operating theatres and intensive care unit.

With more than 60 years' experience and the birthing of more than 2,000 babies every year, we understand the joy of welcoming a new baby into the family.

We look forward to sharing this special time with you.

*Cabrini Maternity is located in the award-winning Cabrini Gandel Wing, featuring the latest in cutting-edge design, urban amenity and modern technology to make your stay as comfortable as possible.*



# Rest & Recover

## YOUR STAY AT CABRINI



Cabrini's maternity unit, located in the Cabrini Gandel Wing, offers premium private rooms that have everything you could need following the birth of your baby. With luxury suites that resemble upmarket hotel rooms, it provides a comfortable and private setting for you to bond with your newborn during those precious first days.

The deluxe private rooms have double beds, allowing partners to stay with you following the birth of your baby. All rooms have private ensuites with purpose-designed baby baths.

Our special care nursery helps support babies who require extra attention, under the close supervision of our specialist paediatricians.

Cabrini is proud to partner with Safer Care Victoria to ensure all women are screened for their risk of stillbirth. Together, we are working to achieve better outcomes for women, babies and their families.

### Rooming-in

Rooming-in allows you and your baby to remain together. It helps to build confidence in caring for your baby, establish a breastfeeding routine and promotes bonding between you, your partner and your new baby.

### Visiting hours

Our maternity unit visiting hours are between 3 - 8 pm. Talk to your family and friends to determine the best time for you to receive visitors. It is a good idea to have one person responsible for co-ordinating when family and friends will come to see you and your baby. All we ask is that the number of visitors at any one time is limited to two or three people. If any of your visitors are unwell, please ask them to delay their visit.

### Breastfeeding clinic

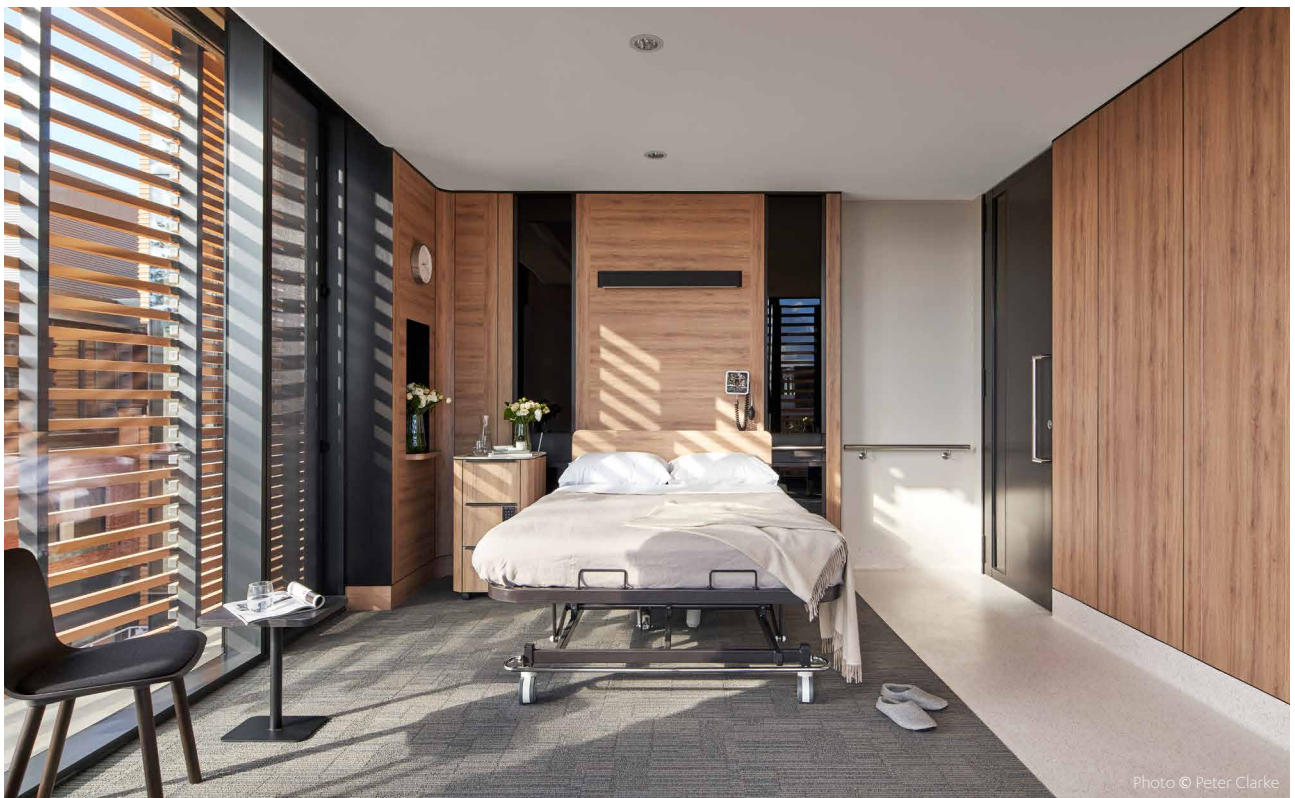
Our breastfeeding clinic, led by our lactation consultants, provides support, education and assistance to Cabrini mothers and babies up to six weeks of age, as an outpatient service.

### Return home sooner

We all know there's no place like home. Should you choose to return home sooner, you are eligible to receive a support package. Returning home sooner will always depend on how you and your baby are feeling and upon consultation with your doctor.

# Indulge

*“Superb stay. Fantastic customer service and great attention to detail that didn't go unnoticed. Loved the touch of putting bottles of water in our car for the journey home.”*











Bond

## CABRINI MOTHER AND BABY CENTRE

The Cabrini Mother and Baby Centre is an integrated healthcare service designed to care for you throughout your pregnancy and into parenthood.

The purpose-built centre is a peaceful and private space, welcoming expectant mums and their family members.

The Cabrini Mother and Baby Centre brings together a group of highly-skilled and experienced obstetricians, specialist paediatricians and physiotherapists, dieticians, lactation consultants and pregnancy massage therapists.

These specialists are based in our Mother and Baby Centre, offering you peace of mind that you can receive all the care you need in one convenient location. Using state-of-the-art technology, the service also offers a full range of high quality ultrasound examinations to women of all ages.

*"All staff are amazing and so personable. They are so friendly and accommodating to myself and my family members who have been in to support me throughout this and my last pregnancy. It's such a nice feeling walking in to the birthing suite and knowing I'm in great care."*

Relax





# Support

## CLASSES AND WORKSHOPS

Cabrini offers a range of informative and interactive classes\* to help you prepare for pregnancy, childbirth and care of your new baby.

### Early pregnancy

Learn how to enjoy a healthy pregnancy in this class facilitated by our specialist physiotherapists. Understand how to prevent back and pelvic pain, poor bladder control and learn exercises that are safe and beneficial throughout your pregnancy.

### Mums in training<sup>#</sup>

Maternity exercise and pilates class. Enjoy a 1:1 consultation with a specialist physiotherapist.

### Positive birthing

Designed for first time expectant parents, this class runs on a weekend day of your choice. Meet and learn from experienced Cabrini midwives, educators and other mothers.

### Birth skills<sup>#</sup>

Facilitated by our specialist physiotherapists, this practical birth skills class is designed to empower you and your support person throughout your upcoming labour.

### Caesarean birth

Planning a caesarean birth or just found out you will need one? This class will prepare you for such a birth at Cabrini; prepare you for theatre, the caesarean procedure itself, and the recovery to care for your baby at home.

### Baby and beyond

This class is for first time expectant parents wanting more information on all things postnatal.

### Baby first aid\*

How would you respond in an emergency? While we hope you never have to, this two hour class will help you prepare for the unexpected in your baby's first year of life.

### For grandparents

The birth of a baby is an exciting time for grandparents as well. But being a grandparent is different to being a parent. This informative class is held monthly for grandparents to be, to help celebrate and learn the joy of becoming a grandparent.

**For more information about our classes and workshops or to make a booking, visit [cabrini.com.au/maternity](http://cabrini.com.au/maternity)**

\* Fees may apply

<sup>#</sup> Mums in training and birth skills classes can be booked through Cabrini Allied Health Centre. Health fund rebates may apply – T: (03) 9508 1400 or E: [access@cabrini.com.au](mailto:access@cabrini.com.au)



## CABRINI OBSTETRICIANS

### Let us help you find the right obstetrician

The first step to having your baby at Cabrini is to find the right Cabrini obstetrician for you. We know that finding the right person is key in assisting you make the right choices for care during your pregnancy.

A full list of our accredited obstetricians is included in this guide. You can also visit our website to view their profile and learn more about them.

Go to [cabrini.com.au/maternity](https://cabrini.com.au/maternity)



## Cabrini accredited obstetricians 2023

|                        |  |                   |
|------------------------|--|-------------------|
| Dr Tobias Angstmann    | Cabrini Mother & Baby Centre, 183 Wattletree Road, Malvern   | T: (03) 9101 7055 |
| Dr Ian Barabash        | 1429 Malvern Road, Malvern   | T: (03) 9509 7333 |
| Dr Sasmira Bhatt       | Cabrini Mother & Baby Centre, 183 Wattletree Road, Malvern<br>62 Gloucester Avenue, Berwick                        | T: 0491 734 682   |
| Dr Julianne Cameron    | Cabrini Mother & Baby Centre, 183 Wattletree Road, Malvern   | T: (03) 9885 2112 |
| Dr Weng Chan           | Cabrini Mother & Baby Centre, 183 Wattletree Road, Malvern   | T: (03) 9886 6248 |
| Dr Mei Cheah           | Level 2, 359 Blackburn Road, Mount Waverley  | T: (03) 9873 6777 |
| Dr Saul Cohen          | Elsternwick Obstetrics, 576 Glen Huntly Road, Elsternwick  | T: (03) 9523 9757 |
| Dr Shavi Fernando      | Cabrini Mother & Baby Centre, 183 Wattletree Road, Malvern   | T: (03) 8545 7200 |
| Dr Neil Israelsohn     | Cabrini Malvern, Suite 115, 183 Wattletree Road, Malvern   | T: (03) 9418 8127 |
| Dr Ravi Kashyap        | Monash Obstetrics, 15 Murray Street, Clayton   | T: 1300 121 000   |
| Dr Jessica Klein       | 270 Orrong Road, Caulfield North   | T: 1300 477 020   |
| Dr Sugandha Kumar      | 359 Blackburn Road, Mount Waverley   | T: (03) 9873 6767 |
| Dr Luke Larmour        | Cabrini Mother & Baby Centre, 183 Wattletree Road, Malvern   | T: 1300 069 349   |
| Dr Anthony Lawrence    | Specialist Medical Centre, 238 Springvale Road, Glen Waverley  | T: (03) 9887 8566 |
| Dr Binh Ly             | Monash Obstetrics, 15 Murray Street, Clayton   | T: 1300 121 000   |
| Dr Tom Manley          | Cabrini Mother & Baby Centre, 183 Wattletree Road, Malvern   | T: (03) 9802 4077 |
| Dr Maxwell Michael     | Cabrini Malvern, Suite 40, 183 Wattletree Road, Malvern  | T: (03) 9500 2899 |
| Dr Aviva Nathan        | Cabrini Mother & Baby Centre, 183 Wattletree Road, Malvern<br>270 Orrong Road, Caulfield North                     | T: (03) 9527 9000 |
| Dr Peter Neil          | Cabrini Mother & Baby Centre, 183 Wattletree Road, Malvern   | T: (03) 9544 5167 |
| Dr Naz Syed Noh        | Monash Obstetrics, 15 Murray Street, Clayton   | T: 1300 121 000   |
| Dr Scott Pearce        | 359 Blackburn Road, Mount Waverley   | T: (03) 9887 7775 |
| Dr Deidre Percy        | 1401 High Street, Glen Iris<br>83 Blackburn Road, Mount Waverley   | T: (03) 9993 0396 |
| Dr Mark Petris         | 117 Bay Street, Brighton   | T: (03) 9503 0524 |
| Dr Dennis Price        | Raeburn House, 157 Wattletree Road, Malvern  | T: (03) 9509 4288 |
| Dr Danielle Quittner   | Cabrini Mother & Baby Centre, 183 Wattletree Road, Malvern<br>Embrace Women's Health, 84 Wattletree Road, Armadale | T: (03) 8506 0612 |
| Dr Calin Sabau         | Cabrini Mother & Baby Centre, 183 Wattletree Road, Malvern   | T: (03) 9508 6024 |
| Dr Roshan Shamon       | Cabrini Mother & Baby Centre, 183 Wattletree Road, Malvern   | T: 1300 121 000   |
| Dr Tim Sturrock        | 132 Bay Street, Brighton   | T: (03) 9596 7700 |
| Dr Amanda Ward         | Monash House, Suite 7, 271 Clayton Road, Clayton   | T: (03) 9544 5167 |
| Dr Gareth Weston       | 17 Erin Street, Richmond   | T: (03) 9429 9915 |
| Dr Danielle Wilkins    | Cabrini Mother & Baby Centre, 183 Wattletree Road, Malvern   | T: (03) 9508 6120 |
| Dr Jaclyn Wloszczowski | Embrace Women's Health, 84 Wattletree Road, Armadale   | T: (03) 8506 0612 |



# Guidance

## YOUR PLANNING GUIDE

### 1 Book a tour

We would be pleased to show you around Cabrini's maternity unit. On your 30 minute tour you will see our birth suites, post-natal rooms and special care nursery. Our tours are hosted by an experienced midwife, who will be able to answer your individual questions and provide further information about our services and classes.

### 2 Find an accredited Cabrini obstetrician

Cabrini's highly-skilled and experienced obstetricians will assist and guide you through your pregnancy. To find an obstetrician, visit [cabrini.com.au/maternity](http://cabrini.com.au/maternity)

### 3 GP referral

Booking into Cabrini is easy; just ask your general practitioner to refer you to your preferred Cabrini obstetrician.

### 4 Meet your obstetrician

Discuss your expectations. Take a list of all your questions.

Anything you wish to know about your pregnancy, the birth and your baby, your health concerns and any financial queries.

Discuss your private health insurance coverage with your obstetrician. Always ask about out-of-pocket expenses. Will there be any? How much? If you have any questions afterwards, contact your health insurer. If you don't have health insurance, that's ok, we have the Cabrini self-funded maternity package for those uninsured.

**For more information about the Cabrini self-funded maternity package, go to page 14.**

### 5 Book to have your baby at Cabrini

Once you have met with your obstetrician, they will book you into Cabrini.

**For more information, visit [cabrini.com.au/maternity](http://cabrini.com.au/maternity)**

# Reassurance

## MATERNITY FEES



Having your baby at Cabrini means you will be provided with the complete suite of services for the delivery of your child including:

- Accommodation
- Exceptional food and beverage menu
- 24 hour midwifery care and support
- Postnatal breastfeeding support
- Individual postnatal session with our specialist physiotherapist
- WiFi access

*"I felt very supported during my stay and the staff were so caring."*

### Private health insurance

Discuss your private health insurance coverage with your obstetrician.

Always ask about out-of-pocket expenses. Will there be any? How much?

If you still have questions, contact your private health insurance company.

## Cabrini self-funded maternity package

### No private health insurance? No problem.

The Cabrini self-funded maternity package is designed for patients who do not have private health insurance, providing them with access to the highest quality, obstetrician-led care, supported by experts in midwifery, lactation, nursing and physiotherapy.

### Cabrini self-funded maternity package includes:

- Accommodation in the maternity unit with 24 hour midwifery care
- Midwifery care of the mother and baby during labour and birth
- Postnatal breastfeeding support group
- Individual postnatal session with our physiotherapist
- Breastfeeding clinic if required – one attendance
- All meals provided for the mother
- Local telephone calls
- WiFi access

### Medical practitioner charges

All obstetricians, paediatricians, anaesthetists, surgical assistants and other doctors are private practitioners and will invoice separately from the hospital package. These costs are not included in the Cabrini self-funded maternity package.

For more information about the Cabrini self-funded maternity package, please contact us at [maternity@cabrini.com.au](mailto:maternity@cabrini.com.au)

*“We stayed in a beautiful room as part of our Cabrini birth stay and cannot fault it. The room was amazing, the staff lovely, the food amazing.”*





## FREQUENTLY ASKED QUESTIONS

### 1 How long will I be in hospital for?

After a normal birth or an elective caesarean section, you are welcome to stay for four nights. If an emergency caesarean section is required this is increased to five nights.

### 2 Is a private room guaranteed?

All our rooms in the maternity ward are private rooms with a double bed and ensuite, allowing your partner or a support person to stay with you should you wish.

### 3 What level is Cabrini's nursery?

Our special care nursery provides specialised care by paediatricians and nursing staff and is classified as Level 3 under the new classification system in Victoria.

### 4 How do I book into Cabrini?

Your obstetrician will arrange the hospital booking following your first visit with them.

### 5 Do I need to be booked under an obstetrician to come to Cabrini?

All patients need to be booked under a Cabrini obstetrician to deliver with us. We have a list of our obstetricians on page 11 of this guide.

### 6 Does Cabrini provide classes and how do I book in?

Cabrini Maternity provides a choice of antenatal classes to suit everyone. They range from Early Pregnancy Classes (which focus on health and wellbeing during the pregnancy), Birth and Beyond Classes, positive birthing classes and supervised exercise classes. Also popular are our Baby First Aid and Grandparent classes. These can be booked online at [cabrini.com.au/maternity](http://cabrini.com.au/maternity)

### 7 Is there parking onsite and how much does it cost?

Undercover parking is available at Cabrini for patients and visitors. The cost is \$25 per day (maximum).

### 8 What are the maternity visiting hours?

Our maternity unit visiting hours are between 3 - 8 pm. Friends and family are welcome to visit during the afternoon and early evening at a time that suits you.

### 9 Other than the cost of the obstetrician, are there any other expected out-of-pocket expenses?

There may be additional costs for ultrasound scans and pathology during your stay. There may also be additional out-of-pocket costs for attending specialists such as an anaesthetist, paediatrician or assisting surgeon should you have a caesarean birth.

### 10 Are meals for my partner or support person included in my/our stay?

Your partner or support person is welcome to order meals from our in-room menu at an additional fee.

### 11 Is there a lactation consultant available?

Many of our midwives are trained lactation specialists who can assist you during your stay. We also have a Breastfeeding Clinic you can attend after you have returned home. We also have a specialist GP lactation consultant who works in our Mother and Baby Centre.

# About Cabrini

## We've come a long way since 1948

The Cabrini story in Australia began in 1948 when 10 Sisters arrived in Melbourne from Italy to take over St Benedict's hospital in Malvern. They were tasked with caring for Italians arriving in Australia following the Second World War.

Those Sisters laid the foundation for a small suburban hospital to become one of Victoria's largest Catholic health services.

Many things have changed since those humble beginnings but our commitment to helping the vulnerable in our community with compassion and respect has not wavered.

We continue to place our patients at the centre of everything we do, as we strive to provide them with the best possible care.

## Cabrini Maternity

Enquiries and bookings: (03) 9508 1724

Postnatal: (03) 9508 1259

e: [maternity@cabrini.com.au](mailto:maternity@cabrini.com.au)

[cabrini.com.au/maternity](https://cabrini.com.au/maternity)

## Cabrini Malvern

183 Wattletree Road, Malvern VIC 3144

General enquiries: (03) 9508 1222

[cabrini.com.au](https://cabrini.com.au)

## Connect with us

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 [instagram.com/cabrinihealth](https://instagram.com/cabrinihealth)

[#cabrinibaby](https://twitter.com/Cabrinihealth)

