DR MATTHEW HOLLAND

OBSTETRICS ● FERTILITY ● GYNAECOLOGY

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WELCOME

Congratulations on your pregnancy and thank you for choosing Dr Matthew Holland as your obstetrician. We know that having a baby is an exciting time and sometimes nerve wracking for you and your family, so pleased that we can be a part of this special time with you.

If you have come to us via IVF we appreciate the obstacles that you have overcome to arrive at this moment. Dr Holland has cared for many IVF patients and achieved successful natural deliveries.

Dr Holland's rooms are well equipped and have current ultrasound equipment available to provide those important ultrasound snap shots throughout your pregnancy.

You're in good hands. Dr Holland has experience with deliveries of all varieties, complicated and straight forward. With every one of them being individual for you, Dr Holland is always looking to provide the most positive birthing experience possible, and looks forward to being part of your pregnancy journey.

The Team

Dr Matthew Holland	Obstetrician, Fertility Specialist and Gynaecologist
Samantha Holland	Practice Manager - Finance
Meghan Melksham	Practice Manager
Kimberley Brand	Practice Nurse
Talia Bissett	Patient Support

Dr Holland's team are always ready and available to help you throughout your pregnancy.

CONTACT DETAILS

Dr Matthew Holland

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Obstetrician, Fertility Specialist and Gynaecologist

Newcastle Private Specialist Centre

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DR MATTHEW HOLLAND

Dr Matthew Holland is a locally trained Obstetrician, Fertility Specialist and Gynaecologist, highly experienced in both high and low risk obstetrics with a special interest in subfertility, who delivers for private patients at Newcastle Private Hospital.

Matt's ethos is patient focused. His dedication to the wellbeing and comfort of his patient's is well recognised within professional healthcare and local communities. Returning patients frequently choose Matthew again for their obstetric and gynaecology needs, as they have experienced and value his service, approach to care and reassuring nature.

Matt originally completed a Physiotherapy degree at Sydney University before returning home to Newcastle to undertake medical training, where he achieved an Honours degree in Medicine. Following his studies Matt undertook specialist Obstetrics and Gynaecology training at the John Hunter Hospital.

Dr Holland's approach and specialty make him highly sort after. It is a priority for Matt to remain available for his patients and consequently his monthly patient load is strictly capped.

With six children of his own, Matthew has a calm and reassuring approach. He is relatable and values building relationships, individual care and taking the time to listen and provide the highest quality of care.

AFFILIATIONS, IVF AND COVER

Newcastle Private Hospital

Dr Matthew Holland has a specialist appointment at Newcastle Private Hospital. Newcastle Private Hospital provides the only private maternity services in Newcastle. With private Birthing Suites, 38 bed Maternity Ward and 8 bed Level 2 Nursery it is a truly comprehensive service supported by the region's leading specialists and highly skilled midwifery and nursing staff.

With over 2000 babies being born at the hospital each year, experience is the cornerstone of the maternity service.

Genea Newcastle

Dr Holland joined the Genea team in January 2013, and offers comprehensive services including pre-conception, infertility treatment and infertility counselling. Dr Holland has a special interest in fertility and has had outstanding success in fertility treatment.

On-Call Rosters

Dr Holland is available in his private rooms at Newcastle Private Specialist Centre every Tuesday and every Thursday consulting patients. On other days during the working week Dr Holland works at John Hunter Hospital as a specialist obstetrician/gynaecologist, as a fertility specialist at Genea Newcastle and operates at Newcastle Private Hospital. If Dr Holland is required to be out of the local area, he is covered for deliveries by Newcastle Obstetric Associates which includes: Dr Denise Nesbitt, Dr Jillian Spilsbury, Dr Felicity Park, Dr Oliver Brown and Dr Gregory Hicks.

4D Ultrasounds

4D ultrasounds are now available to Dr Holland's patients as part of your antenatal care. There is no additional charge for 4D scans performed in the consult rooms.

PREGNANCY SCHEDULE

You're pregnant and have made your obstetric appointment, what now?

The first thing to do, if you haven't already, is to **visit your GP** who is likely to conduct a urine test to confirm your pregnancy and order some **antenatal screening bloods** to check your immunity levels. Your GP should also now write a **referral** for you to see Dr Holland. You may also wish to have an optional **dating scan**; the purpose of this examination is to assess: position of pregnancy (i.e. inside the uterus), number of babies, presence of heart motion and the age of pregnancy. The size of the foetus must be over 7mm to see a heartbeat. **It is ideal to bring all of these results with you to your first obstetric appointment.**

First Obstetrics Appointment – around week 10

In this appointment Dr Holland will talk to you about your medical history. You will have an opportunity to discuss any concerns and plan of care. You will be given general information regarding pregnancy and lifestyle. Blood and urine tests will be referred, if they have not already been taken. You may also discuss genetic screening, such as nuchal translucency scan. Your first appointment is a half an hour appointment. The cost of this appointment will be $220.

Obstetric appointments every 4-5 weeks thereafter until week 30.
Appointments are available on Tuesdays and Thursdays.

Each appointment is Bulk Billed up until delivery.

Week 12 (Optional)

The Nucal Translucency or **NT Scan** is a specialized prenatal ultrasound that can help your doctor assess your baby's risk of chromosomal problems such as Down's Syndrome. The NT Scan is best performed at 12 weeks, however can be performed anytime between 11 and 13 weeks. It is recommended that you have the blood test 5 days before your scan and that you let the pathology company know where you plan to have your scan.

Week 14

Admission paperwork due at Newcastle Private Hospital.

Week 18-21

Planning and Management fee due, $2800.

Morphology scan: this will check for the position of the placenta, the amount of amniotic fluid, baby's growth and detect any structural abnormalities in the foetus such as heart, limbs, abdomen, bones, brain, spine and kidneys. Dr Holland will give you a referral for this scan.

Approx. Week 27-30

Routine blood test and glucose test.

Injection of Anti-D immunoglobulin if Rhesus Negative (1), if needed. A blood test to determine the level of anti-D antibodies is routinely done during subsequent pregnancies for all Rh-negative mothers.

Approx. Week 28-34

Whooping cough immunisation

Week 30-36

Appointments made fortnightly. Appointments will be made for Tuesdays only from week 34.

Week 36

Vaginal swab – screening for GBS (group B strep).

Anti-D immunoglobulin injection (2) if needed.

Week 37

Appointments made weekly until delivery.

Appointments will be made for Tuesdays only from week 34.

Delivery

At Newcastle Private Hospital. Your admission forms should be submitted by week 14.

Post Natal

Post natal appointment around 6-8 weeks after birth of baby. This may be done by a GP if patient wishes.

FEES AND CHARGES

Dr Holland:

First Appointment	$220 *Medicare rebate $72.75*
Planning and Management fee, due week 20	$2800* *Medicare rebate varies*

**This payment is a pre-payment, you will be eligible for a Medicare rebate on or the next appointment after 28 weeks gestation.*

Appointments after initial until delivery	Bulk Billed

Delivery Charged to your private health fund for insured patients.

Post Natal	Bulk Billed*

**The postnatal appointment is bulk billed so long as the item number 16407 has not been used by another doctor. Any appointment to your GP or an obstetrician can be billed as 16407 between 4 and 8 weeks post-delivery. It is worth checking that your GP does not bill this item number if you see them between 4-8 weeks after birth.*

Planning and Management Fee

The planning and management fee is charged at or after 20 weeks gestation and covers the doctor for all of his planning, when he co-ordinates your delivery at Newcastle Private Hospital or any additional tests needed outside of your usual schedule. It also covers the doctor when he is managing your pregnancy, for example anytime he reviews your results, consults with other medical professionals or is on-call for your delivery.

Other costs to consider insured:**

Insured patients are patients who have private health insurance that covers them for obstetric care in a private hospital. There are waiting periods to be met with private health insurers and it is always best to check with your health fund directly to see if you are covered for Dr Holland to deliver you in a private hospital.

Hospital Gap fee	Charged by your health fund.
Paediatrician (in hospital)	Gaps can vary between $250 and $500
Anaesthetist (in hospital)	Gaps can vary between $250 and $500
Assistant (in hospital)	Dr Holland's usual assistant is a no-gap doctor and will send her account to your health fund.
Nuchal Translucency Scan	From bulk bill up to $350
Morphology Scan	From bulk bill up to $350
Blood Tests	Vary
Pharmacy & Pathology	Vary

**Prices are correct at time of printing. Please check with health providers directly for most current prices.

IMAGING AND PATHAOLOGY COMPANIES

IMAGING

Newcastle Ultrasound for Women – 4902 7077
Early Pregnancy Dating /NT scan /Morph Scan /Growth Assessment 3rd Trimester /3D4D scan

Dr Jillian Spilsbury – 4952 6555
Early Pregnancy Dating /NT scan /Morph Scan /Growth Assessment 3rd Trimester /3D4D scan

Dr Steve Raymond – 4957 3899
Early Pregnancy Dating /NT scan /Morph Scan /Growth Assessment 3rd Trimester /3D4D scan

Hunter Radiology – 4929 7222
Early Pregnancy Dating /NT scan /Morph Scan /Growth Assessment 3rd Trimester

*In-Focus Radiology – 4915 7477
Early Pregnancy Dating /NT scan /Morph Scan /Growth Assessment 3rd Trimester.

PRP – 49408599
Early Pregnancy Dating /NT scan /Morph Scan /Growth Assessment 3rd Trimester($)

*Newcastle X-Ray & Ultrasound – 4949 5399
Early Pregnancy Dating /Morph Scan /Growth Assessment 3rd Trimester / 3D4D Scan($)

Hunter Imaging Group – 132 336
Early Pregnancy Dating /NT scan /Morph Scan /Growth Assessment 3rd Trimester / 3D4D Scan($)

PATHOLOGY

***Pathology North (HAPs)** – 1800 801 949 blood tests and pathology

Douglas Hanly Moir Pathology – 1800 555 100

Laverty Pathology – 133 936

*Companies that bulk bill
($) Fees charged for some testing

HOSPITAL BOOKING

Newcastle Private Hospital. Please complete the Newcastle Private Maternity Pre Admission Booklet (included in your Newcastle Private Hospital folder given to you at your first appointment) and return them to Newcastle Private Hospital. The hospital encourages you to complete your pre-admission paperwork prior to 14 weeks gestation, having your paperwork submitted on time is ideal.

You may wish to post your completed forms to Newcastle Private Hospital, Reply Paid 466 New Lambton NSW 2305 or deliver them in person to Newcastle Private Hospital Admissions, Kingston Building, 26 Lookout Road, New Lambton Heights. Alternatively, you may complete an on-line admission form by accessing the Healthscope eAdmission portal at: https://healthscope.eadmissions.com.au.

Hospital Cover with Your Health Fund

To avoid any potential financial surprises you will need to check with your private health fund that you are covered for private delivery and stay at Newcastle Private Hospital for obstetrics. The item numbers that may apply are 16519 (standard delivery) and 16522 (complicated delivery).

Childbirth and Parenting Education Classes.

We recommend that you return your booking form (included in your Newcastle Private Hospital admissions folder that you will receive on your first visit) for the education classes around week 14 of your pregnancy. Payment is due at the time of booking. Confirmation will be sent to you of your class time at a later date. Classes are usually attended in the final trimester (after week 28) of your pregnancy.

HELPFUL INFORMATION

Services

Newcastle Private Hospital

General Ph: 02 4941 8400

Deliveries Ph: 02 4941 9267

Newcastle Private Hospital Antenatal Classes

Ph: 4941 9266, around 20 weeks gestation.

Car Seat install

Ph: 4921 3374

Mothersafe (including all medication related enquiries during pregnancy)

Ph: 1800 647 848

www.mothersafe.org.au

Health Direct Australia

www.healthdirect.gov.au

Tips

Costs. In Australia, health insurance can only cover you for in-hospital services. This means, most medical expenses during pregnancy will not be covered by your health cover until you arrive in the hospital to have your baby, they may be covered, at least in part, by Medicare. Health insurance cannot cover you for outpatient services such as GP and Obstetrician visits, scans or blood tests.

Involved. Be actively involved in your own health care, take part in every decision to help prevent things from going awry and get the best possible care for your needs.

Organise. It's a great idea to get a folder or document holder to keep all of your information organised and together. It's important to keep your blue anti-natal record with you wherever you are, that way it is handy if your GP, pathologist or other medical professionals have any questions.