

What will happen after my baby is born?

You and your baby will continue to receive care through the hospital as normal and will not be treated any differently because of your plan.

You may wish to talk to someone about your care and birth experience. Your experiences, whether positive and/or negative, are important. Support is available to you, at any time, including in the future. You can talk to your care provider, consumer/patient liaison, or seek counselling.

What can I do if I am unhappy about my maternity care?

Talk to your care provider or another care provider at any time. You can also make a complaint or contact the patient liaison representative at your health service.

If you are unhappy with the response from your health service, contact the Office of the Health Ombudsman. For more information: www.oho.qld.gov.au.



Information and support

- **Partnering with the woman who declines recommended maternity care** – guideline and resources for consumers. www.health.qld.gov.au/consent
- **Queensland Clinical Guidelines consumer information** www.health.qld.gov.au/qcg/consumers
- **13 HEALTH** (phone: 13 43 25 84) is a confidential phone service that provides non-urgent health advice. www.qld.gov.au/health/contacts/advice/13health
- **Pregnancy, Birth and Baby** www.pregnancybirthbaby.org.au
 - **Helpline** (phone 1800 882 436) A maternal child health nurse will provide free personal advice, guidance and information about pregnancy, birth, being a parent and raising a child. If counselling support is needed, they will connect or refer you to a counselling service.
- **Raising Children Network** www.raisingchildren.net.au
- **Lifeline** (phone: 13 11 14) Lifeline offers a 24 hour telephone crisis support service. www.lifeline.org.au

Queensland Health welcomes your feedback on this brochure. Please email PSQIS_Comms@health.qld.gov.au



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Recommended maternity care – after you decline: information for women



This information sheet answers questions you may have if you decline, or are considering declining recommended maternity care. It is for general information only and should be discussed with your care provider, that is your doctor, midwife or health practitioner. You may be reading this after reading the information sheet: *Recommended maternity care – It's your decision: information for women.*

What is recommended care?

Your care provider checks your and your baby's well-being and will recommend tests and procedures as part of that. Some are recommended for all pregnant women, and others may be recommended to you because of your health, your baby's health or your family history.

What if I do not want the care recommended for me?

The decision about whether or not to consent to recommended care is always yours.

You can take a support person to your appointments and/or write down topics you would like to discuss, such as:

- the care you are considering declining
- your reasons for declining
- information affecting your decision
- your questions or concerns
- your interest in seeking a second opinion

- your understanding of advice you've been given
- when you would like to review your plans.

You can request a Discussion and Partnership Care Plan: Declining Recommended Maternity Care form from your care provider. Either you or your care provider can start this form. It is to assist you and your care provider in making a plan that will best fit with your wishes.

You may be asked to sign your care plan to acknowledge that you understand and agree with the care that has been discussed and planned.

What will happen for the rest of my maternity care?

You can continue to access maternity care as agreed in your plan. The plan for your maternity care should be sent to other doctors and midwives at your hospital and you will get a copy. This means everyone involved in your care should know what you want for your maternity care.

Your care provider will go over your plan with you whenever anything changes that might affect your or your baby's wellbeing. If your plan is about your care in labour, they will confirm the plan when you go into labour. If you wish to change your mind, you can do so at any time.

