



Dr Dana Moisuc

Gynaecologist & Obstetrician
& Buderim Menopause Clinic



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ivf
Sunshine Coast

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welcome to my practice

Dr Dana Moisuc

I have been an Obstetrician and Gynaecologist for over 20 years.

My aim is to provide excellence of care in all aspects of Women's Health.

My team will strive to make you as comfortable and secure as possible as you take this exciting journey into parenthood.



We care about all aspects of your pregnancy, from the beginning, through to birth and beyond.

Throughout your journey you are welcome to contact us at any time. Your comfort and peace of mind is important to us.

We are delighted and excited to be a part of your special journey, whether it is your first baby with us – or your fourth!

Welcome to my practice.

Dr Dana Moisuc

congratulations!

welcome to the start of an incredible journey

Congratulations on your pregnancy.

We completely understand that this period in your life is exciting, challenging and often overwhelming.

Throughout your pregnancy it is important to visit your Obstetrician and/or Midwife for regular antenatal check-ups. These routine checks monitor the progress of your pregnancy in order to ensure maternal health and normal fetal development.

These check-ups also allow us to recognise and identify any deviations from normal fetal development, and to provide management and treatment on an individual basis.

Your partner is very welcome and encouraged to attend this and any visit of the pregnancy.

there are two options available for your care

Unless you are considering a shared care arrangement with your GP, our clinic offers two care options, both tailored to meet your specific and unique needs.

You will see Dr Moisuc or Midwife Vicki regularly. You will see them once per month until 32 weeks, and then fortnightly until 36 weeks. After 36 weeks, you will be seen weekly until the birth of your child.



Extra visits may be required if additional risk factors are present.

1. Dr Dana Moisuc

Dr Moisuc will attend your delivery as well as the Sunshine Coast Private Hospital's midwife. There is an Obstetric on call roster in place for after hours.

2. Dr Dana Moisuc and Midwife Vicki Chan

You have the added option to be delivered by our Midwife under the direct supervision of Dr Moisuc. This is a new and unique package that offers full cover by Dr Moisuc as your Obstetrician together with Midwife Vicki Chan to support you for the best pregnancy and birth possible.

Their presence at birth is guaranteed unless fortuitous circumstances arise, in which case a backup cover is provided.

Please note – there is an additional fee for option 2. Refer to our separate Fee Schedule.

our pregnancy care team

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Dr Dana Moisuc – MD (Buc), FCOG (SA), FRANZCOG



Dr Dana Moisuc is an Obstetrician and Gynaecologist with special interests in Infertility and Reproductive Medicine. She is a fellow of the Royal Australian and New Zealand College of Obstetricians and Gynaecologists and Fellow of the College of Obstetricians and Gynaecologists of South Africa.

Dr Moisuc's practice is based at Buderim on the Sunshine Coast in QLD, and provides Obstetric and Gynaecological care for her patients at the Sunshine Coast Private Hospital in Buderim.

Dana has been working in her field for over 20 years and lives on the Sunshine Coast. She has two grown-up children.

Vicki Chan - Midwife



Vicki has been a midwife since 1983 and her experience ranges from a big tertiary hospital, a small birth centre and Selangor Maternity Centre – all while maintaining a busy private practice.

Vicki has help set up birth centres in Takeo, Cambodia and in the Kawangware slum of Nairobi, Kenya. Vicki has been invited to speak on matters of birth around the world.

She is a passionate advocate for the birthing woman and is devoted to seeking, sharing and facilitating ways to better birth.

Vicki is a devoted and very busy mother of four.

the journey begins

We completely understand that every journey is different, and this schedule is intended as a guide only. Each woman is assessed on an individual basis and appointments scheduled to your specific needs.

6 to 12 weeks – your first appointment – Dr Dana Moisuc

This is a comprehensive appointment that will cover many topics, and answer any questions that you may have at this early stage.

We will discuss the pregnancy care options and services available to you. We will also cover everything from diet and lifestyle considerations through to information regarding antenatal screening tests (for example, amniocentesis and ultrasounds) and recommended blood tests.

Your weight, blood pressure and urine will be tested. The Doctor may palpate your abdomen, feeling for the size of the baby, and listen to the baby's heart rate.

You may need several blood tests if not already done by your GP. This is a routine screen including blood group & antibodies, full blood count, Rubella, HIV, Hepatitis B and Syphilis.

You may need an early ultrasound to confirm your due date, or a screen for Down Syndrome (called a Nuchal Translucency Test) if appropriate.

16 week appointment – Dr Dana Moisuc

Any blood tests or ultrasounds will be reviewed. Your weight, blood pressure and urine will be tested.

Your abdomen will be assessed to ensure appropriate size and baby's heart rate will be checked to ensure it is within normal limits.

20 week appointment – Dr Dana Moisuc

Between 18 – 20 weeks it is recommended that you have a Morphology Scan. This scan is important for the detection of fetal structural anomalies.

Any blood tests or ultrasounds will be reviewed. Your weight, blood pressure and urine will be tested.

Your abdomen will be measured to ensure appropriate size and growth, and baby's heart rate will be checked to ensure it is within normal limits.

the journey continues

24 week appointment – your Midwife

Your scheduled appointments with your Midwife will enable you to discuss any further questions or concerns you may have. In particular, you may have questions about the maternity ward, antenatal classes, breastfeeding and a whole host of other pregnancy and birth related topics!

Any blood tests or ultrasounds will be reviewed. Your weight, blood pressure and urine will be tested.

Your abdomen will be assessed to ensure appropriate size and baby's heart rate will be checked to ensure it is within normal limits.

28 week appointment – Dr Dana Moisuc

You may need a blood test that checks for Anemia and Antibodies, and a screening for Gestational Diabetes.

If you have a rhesus-negative blood group (the '-' symbol after your blood letter) an injection of Anti-D will be offered.

Dr Moisuc will explain this to you in full detail if and when required.

Your weight, blood pressure and urine will be tested.

Fundal Height (a measure of the size of the uterus used to assess fetal growth and development) will be measured to ensure appropriate size and growth, and baby's heart rate will be checked to ensure it is within normal limits.



30 - 32 week appointment – your Midwife

We will review any test results. Your weight, blood pressure and urine will be tested.

As at the week 28 appointment, Fundal Height will be measured to ensure appropriate size and growth, and baby's heart rate will be checked to ensure it is within normal limits.

If required, an Ultrasound will be offered for women with a low lying placenta.

We will discuss Epidural and the relevant forms will be provided.

the final weeks

34 week appointment – your Midwife

Your weight, blood pressure and urine will be tested.

Fundal Height will be measured to ensure appropriate size and growth, and baby's heart rate will be checked to ensure it is within normal limits. The second dose of Anti-D will be administered if required.

We will conduct a low vaginal swab-screening for GBS (Group B Strep is a naturally occurring bacterium commonly present in various parts of the body). This is a routine test because of the small possibility that the bacteria could be passed onto the baby during pregnancy, labour or birth.

36 week appointment – Dr Dana Moisuc

We review and tests and ultrasounds. Your weight, blood pressure and urine will be tested.

Fundal Height will be measured to ensure appropriate size and growth, and baby's heart rate will be checked to ensure it is within normal limits. The second dose of Anti-D will be administered if required.

Baby's position is noted and if your baby is in the Breech position – External Cephalic Version will be discussed. This is a process by which a breech baby can sometimes be turned from buttocks or feet first, to head first.

37, 38 and 39 week appointments – your Midwife

Your weight, blood pressure and urine will be tested. Fundal Height will be measured to ensure appropriate size and growth, and baby's heart rate will be checked to ensure it is within normal limits.

Baby's position will be noted and Optimal Fetal Positioning will be discussed.

Your birth plan will be discussed and this is the perfect opportunity for all those last minute questions about labour, birth and beyond!

40 week (and over) appointments – Dr Dana Moisuc

Your weight, blood pressure and urine will be tested. Your abdomen will be assessed to ensure appropriate size and baby's heart rate will be checked to ensure it is within normal limits.

Baby's position is noted and you may need a vaginal examination (a membrane sweep may be offered). A CTG (records the fetal heartbeat and the uterine contractions) may be offered / recommended. Induction of labour may be discussed if required.

other support

around the clock care

Whilst I will be the person responsible for your care in pregnancy, to provide you with optimum service and peace of mind, there is an 'On-Call' roster in place supporting the Obstetricians who deliver at Sunshine Coast Private Hospital.

This means that after-hours or on weekends, you will be carefully cared for by the Doctor who is 'On-Call.'

If another Doctor from our group happens to be involved in the delivery of your baby, they will use our management plan from consultations and I will continue the rest of your case whilst in hospital.

Dr Moisuc will discuss this arrangement with you throughout your pregnancy.

sunshine coast private hospital

I work exclusively within The Sunshine Coast Private Hospital maternity unit for all hospital birthing services.

Please book into The Sunshine Coast Private Hospital prior to 32 weeks – a wide range of information including admission forms and pregnancy related fact sheets can be found in the Maternity section of www.scph.com.au

It is important that all your paperwork is completed prior to arrival, so that when you present to the hospital we are able to solely concentrate on the birthing process and your care.

Please phone Maternity when coming into the hospital so all is prepared for you in advance – (07) 5430 3320.

if a problem arises

Pregnancy problems often occur in the middle of the night!

As mentioned in the section above, we have a program in place that ensures there is a Doctor available for you 24 hours a day, every day of the year.

In normal office hours, please phone my rooms and ask for advice.

Office number : (07) 5478 3533 9.00am – 5.00pm Mon to Thu / 9.00am – 4.30pm Fri

After hours and on weekends, please phone The Sunshine Coast Private Hospital and ask to be transferred to Maternity for around the clock midwife advice – (07) 5430 3320.



pregnancy diagnosis of abnormalities

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in the back of your mind is the big question – ‘is everything normal?’

No one can ever guarantee this, however two tests go a long way to decreasing your anxiety.

first trimester downs syndrome screening

This screening combines maternal age, some maternal blood tests, and an ultrasound of the thickness of the baby's neck at 11½ to 13½ weeks to give a statistical risk of Downs Syndrome.

Importantly, this test is not a yes or no result.

If the result is high risk then an amniocentesis or CVS is considered. Although many women do this test I would not consider it routine, and is only required if the knowledge of Downs Syndrome is important.

18 – 20 week morphology scan

This test is considered a routine test in Australia. At this time your baby has grown enough that excellent views of most body organs and parts can be seen and confirmed as normal. We are also able to view where the placenta is situated.

It is important to note that while these scans are very accurate, I can still not guarantee all is normal.

Some specific conditions can be tested for in pregnancy if family histories are known (eg Haemophilia or Cystic Fibrosis).

There is no test to determine every possible outcome.



for partners.... the first trimester

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sharing the experience

It is important for you to have some knowledge about pregnancy and what happens to the woman's body and her mind. It is very important to appreciate that women go through many changes during the different stages of the pregnancy.

It can also be a confusing and difficult time for the 'other parent' to be, as they have to adjust too.



physical and emotional changes

The size of the uterus grows from the size of a tangerine, to the size of a small melon in 14 weeks. The baby has a rounded head with a fully formed neck that moves freely. The face is formed with a properly developed mouth, nose and eyes. You can see the outer ears.

The internal organs are fully formed but the lungs, liver, kidney and intestine need to continue to grow and mature. By the 14th week it is obvious what sex the infant is and the external genital organs grow and mature. The baby weighs in at about 30 grams and is about 7.5 centimetres long.

The mother is beginning to find her stomach larger and clothes difficult to do up! Hormones are pumping. Although a woman's basic personality does not change during pregnancy she is subject to major physical and emotional upheaval that does affect her. It can make for a bit of emotional instability. Be prepared!

morning sickness

Morning sickness affects quite a lot of women. It can be triggered by smells or food. All the physical and emotional changes can be exhausting. The first trimester is often the most difficult. Keep cool, be supportive and most of all talk.

Good communication between you both will get you through. Having a close friend or family member to talk to about any concerns or worries you may have is another good idea.

antenatal care, doctors visits and tests

Pregnancy is a time for doctor's visits, intimate examinations, tests and waiting for results from them. Pregnancy is also expensive.

It can be a happy time but waiting for test results is stressful, and working out your new budgetary requirements does mean you have to re-think aspects of the way you live.

for partners.... the first trimester

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tests

Some tests are great, like the ultrasound scans that enable you to see the baby's development. It is an amazing moment to see the tiny fetus for the first time.

This and other tests are available to help find out if the baby is normal or if it has an abnormality.

These tests are outlined on other documents included in this folder

help her stay motivated and healthy

To help maintain good health during pregnancy, offer to exercise with your pregnant partner or be proactive in cooking healthy meals.

A woman is going to feel terribly vulnerable, so reassure her that she is still beautiful and you think she is amazing producing this baby.



sex in the first trimester

Sex in the first 14 weeks should not present any problems unless your partner has a history of miscarriage. Pregnancy can stimulate increased sexual activity because you do not have to worry about birth control. You should avoid vigorous penetration, be gentle and remember that her breasts may be tender or painful.

educate yourself, be involved, ask questions

Seek out some male-specific books and information on pregnancy and parenting. Attend clinical appointments and ultrasounds if possible, ask questions and play an active role throughout this amazing journey.

support, support, support

Providing ongoing support is the most important thing you can do. Support in decision making helping out around the home and emotional support. Try to understand what your partner is going through, try to be attuned to each other and nurture each other. Keep lines of communication open.

Enjoy the most amazing experience of your lives together.

Extracts from from Jerry Kennard, former About.com Guide 2006 and Pamela Wilson 'Two to Tango' 2005

about my practice

obstetrics

We strive to make you as comfortable and secure as we can as you undertake your journey into parenthood. We care about all aspects of your pregnancy from the very beginning, to birth and beyond.

We offer multiple options for pregnancy care, and are delighted to be part of your journey.

menopause

Dr Kitrina Spilsbury is a General Practitioner specialising in Menopause Management on the Sunshine Coast. She has been a member of our Practice for a number of years.

Dr Spilsbury is available to help you overcome the debilitating symptoms of menopause by trialing and using different methods of HRT.

gynaecology

While seeing professional advice and help about private matters can be daunting, our practice is designed to offer the best services alongside the latest equipment and techniques.

There are many conditions which can arise in your life where you will require the expertise of a Gynaecologist.

infertility / IVF

Not everyone falls pregnant easily and simply. For many it can be a difficult, frustrating and emotional time. We strive to reduce the anxiety associated with infertility concerns and offer a high quality, specialised treatment resulting in the the best chance of pregnancy.

We are affiliated with IVF Sunshine Coast.

weight management

Our clinic offers a weight management service and support program that specifically targets women with hormonal and/or metabolic disorders.

We understand that 'even the longest journey starts with a first step.'

sexual dysfunction

Conducted by Rochelle Gardiner – Psychologist, this service involves a comprehensive assessment of sexual problems and difficulties.

This is a new addition to our suite of Professional Services.

complementary therapies

As part of our commitment to your complete health, we have integrated some informed professional Complementary Therapists into our range of services, including :

- Psychologist, and
- Personal Trainer.

wave brilliance magnetic chair

Approximately 40% of women suffer from incontinence. A visit to Dr Moisuc can help overcome this condition, sometimes as easily as a course of sessions on our Wave Brilliance Magnetic Chair, or other options.

Regain independence from incontinence issues.