

# Women's Health Nurse available at Tuggerah Medical Centre



## Gillian Jarrett is a qualified Registered Nurse and Midwife

She is offering services for screening, advice, support and education. Some of these services include -

### Women's health

- Pap Smears
- Breast checks
- Contraception
- STI screening
- Unplanned pregnancy advice
- Menopause
- Incontinence
- Women's health concerns



WOMEN'S HEALTH & SCREENING

### Midwifery

- Conception / Infertility concerns
- Prenatal care - Pre pregnancy health checks, healthy eating
- Antenatal care – Immunisation, healthy safe eating in pregnancy, gestational diabetes, prep for parenthood, labour and pain relief options
- Postnatal - 6 week postnatal check, immunisations
- New mum/parenting skills and concerns
- Stress, anxiety, postnatal depression
- Contraception
- Mastitis
- Breast feeding / bottle feeding
- Baby sleep issues, settling techniques and daily routines
- Reflux and other common baby concerns
- Transition to solid foods
- Milestones - Growth and development

If you would like to make an appointment to see Gillian, please speak to our reception staff.