



# SASOG

South African Society of Obstetricians &  
Gynaecologists

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Dear Ms/Mrs

## PATIENT PREGNANCY INFORMATION LETTER

Congratulations on your pregnancy. Pregnancy is a very special journey for you and your family.

You share this very special journey with your baby, your family and also with your caregiver. It is very important that you are aware of the PRECAUTIONS AND INFORMATION that are relevant to ensuring a safe and stress free pregnancy for you and your baby. As a member of SASOG (South African Society of Obstetricians and Gynaecologists) your caregiver/ Obstetrician is dedicated to give you and your baby the safest care possible through the SASOG BetterObs program. All pregnancies carry risks. The risk profile of your pregnancy might change as the pregnancy proceeds and this will be discussed with you as your pregnancy continues. Although your Obstetrician will take utmost care to deliver your baby as **safely** as possible, there are unfortunately no guarantees as (despite best efforts) there might be underlying pregnancy characteristics that are beyond the Obstetrician's control.

SASOG has compiled some information to inform all pregnant patients about the SPECIAL TESTS available to assist in caring for you and your baby **to the best of our ability**. Some tests are very important (and should be done) and some are optional. These tests are briefly discussed in the following part of this information leaflet. Your Obstetrician will guide you in selecting the optimal tests to be done in your pregnancy, but you are also encouraged to ask about the other tests available and thus will be the final decision maker

If any ADVERSE EVENT should occur during your pregnancy or your delivery, you are encouraged to discuss these events with your caregiver. Should these issues not be resolved **to your satisfaction**, then you can contact the SASOG Secretary (via the SASOG website). We will then take these matters further as part of the BetterObs program.

Lastly SASOG encourages you to ensure ADEQUATE MEDICAL COVER for your precious pregnancy. Every year, in December, you can update your medical aid plan. Do not take it for granted that that your medical aid fund will cover all medical costs. Your Obstetrician pays almost R 6000 per delivery (R 950 000 per year!) towards Indemnity Insurance (which is more than

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the "100%" fees that some of the basic medical aids will **reimburse you**). SASOG encourages you to discuss this with your Obstetrician, but also strongly encourages you to take this up with your medical aid broker/fund to ensure adequate cover!

Read through the information leaflet carefully and make sure you sign this document. This will contribute tremendously towards a safe and pleasant pregnancy and a safe delivery for all involved.

**The SASOG BetterObs team**