



# WESTGROVE

## MATERNITY

### **Westgrove Maternity Visits**

#### Confirm Pregnancy (15-20 minutes)

This is your first appointment with a doctor from our group to confirm your pregnancy and due date, take your health history, and arrange important tests. Please try to book with us as soon as you discover you are pregnant. We will be ordering your initial prenatal bloodwork to screen for any underlying infections or health conditions that could affect your pregnancy. We will offer you a booking for an early ultrasound to help establish your estimated due date. You may or may not wish to proceed with any genetic testing to find out your own personal risk of having a baby with Down's syndrome or Spina Bifida. The test covered by Alberta Health Care is the Nuchal Translucency Ultrasound, done with bloodwork taken from you on the same day. It needs to be booked between 11 and 13 weeks of your pregnancy.

#### First Prenatal Visit (45 minutes, booked around 12-14 weeks of pregnancy)

You will initially meet with our nurse to gather information for your personal electronic prenatal record. She will ask you a number of questions about your health, your partner, and your work and lifestyle. We need to get to know you and your health needs as well as we possibly can to ensure we provide you with safe and effective care. As a team, we refer to your prenatal record at every visit. She will also teach you how to perform your own urine test for protein and glucose, which we will ask you to do at the beginning of every prenatal visit.

After your appointment with our nurse, you will meet one of the doctors on our team to review the information you provide, and we will perform a physical exam if necessary. Sometimes this includes a breast and/or pelvic exam or pap smear. At this stage we can usually hear your baby's heartbeat for the first time.

#### Subsequent Prenatal Visits (10-15 minutes each)

After your first prenatal visit, we see you on a monthly basis until you are 30 weeks pregnant, then we see you every 2 weeks until you're 36 weeks along, and then weekly until you deliver, usually around 39-41 weeks. These visits all follow a similar pattern: You will test your urine, then our assistant will weigh you and take your blood pressure. A physician from our team will then see you to find

out how you're feeling, review the results from any tests ordered, and book future tests that are needed. We will also measure the length of your uterus and listen to your baby's heartbeat. We will always make time to answer any questions or concerns you have at these visits. There are enough visits to meet all of the doctors on our team. We encourage you to try to meet all of us; however, if it works better for you to follow along with one or 2 doctors on a regular basis you can do that as well.

## Delivery

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When it's time for your baby to arrive, we will be there to help you. Most women go into labor naturally between 39-41 weeks of pregnancy. If you are having painful, regular contractions lasting 60-90 seconds, and occurring every 3-5 minutes, it's time to go to the Misericordia Hospital. A labor & delivery nurse will do an initial assessment, and then contact the doctor on our team who is on call. We each take turns being on call for 24 hours during the weekdays, and 48 hours over the weekend, so one of us is always available.

Approximately 10% of women will have their water break prior to going into labor. If you experience a substantial gush of water vaginally, you should be assessed at the hospital to confirm your water has indeed broken. If it has and you are close to your due date, we will monitor you closely for labor to start and offer induction soon after to prevent infection spreading to you or your baby.

Sometimes your baby has a different plan and decides to come early, or you encounter a complication in your pregnancy that requires an induction of labor. We will be there to help you through these scenarios. We can deliver babies at the Misericordia Hospital as young as 30 weeks gestation, thanks to our great neonatology team and intermediate care nursery. This nursery has recently been renovated with private rooms for you and your baby, as often these premature babies require longer hospital stays to support their breathing and nutrition. We also work closely with our specialist obstetricians who help us treat more complicated pregnancies.

## Postnatal Care

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We continue to be the doctors for both you and your baby after delivery. We will see you in the hospital post-partum and arrange your discharge and follow-up plan. Most patients stay in the hospital for 24-36 hours after a vaginal delivery. The nurses provide breastfeeding support and we monitor both you and your baby's health as you adjust to new life.

After discharge, we see your baby for a one-week check, then both you and your baby for a 6 week post-partum check. We can see you more frequently if necessary. If you have a baby boy and would like him circumcised, you can call our clinic to book with either Dr. Zuidhof or Dr. Bailey within the first 2 weeks of

life. If you need further help with breastfeeding support, you can book directly with Krystal, our registered nurse, who is also a lactation consultant.