

## SASKATOON OBSTETRIC AND GYNECOLOGIC CONSULTANTS

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Phone 306-653-5970 Fax 306-653-5383

# PREGNANCY CARE

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### The first visit

At the first prenatal visit we will interview and examine you to collect all your information for the Prenatal Record, which is the medical record of your pregnancy.

You will be given a copy of the record in the third trimester and anytime it is required for testing or travel. It contains all of the important information that might be required by anyone caring for you during your pregnancy. You should have this record with you when you go to the hospital.

### Subsequent visits will be:

- every 4 weeks until 32 w
- then every 2 weeks until 36w
- then weekly until delivery

You may book your doctor visits in advance if you wish. Ask if you don't know when to come next.

If you have **non urgent concerns** between visits you can call the office and ask to speak with the nurse 306 653 0222. If she cannot answer your questions, or if she is concerned, she will ask you to come to the office to see your doctor or one of the clinic doctors if yours is not available.

### Urgent concerns

If you have an urgent problem, you should go immediately to the Jim Pattison Children's Hospital.

Urgent concerns include:

- Vaginal bleeding
- Pain
- Regular painful contractions
- Passing fluid from the vagina
- Baby's movements less or absent
- Any symptoms that are worrisome to you

### Useful websites & contacts

For general pregnancy information:

- [Pregnancy.sogc.org](http://Pregnancy.sogc.org)

For drug safety in pregnancy and breastfeeding:

- [Pregnancy-breastfeeding-ste-justine.org](http://Pregnancy-breastfeeding-ste-justine.org)

For prenatal classes:

- Phone 306-655-4820

### MEDICATIONS

- It is recommended that you take a prenatal vitamin every day.
- Some women will need higher doses of Folic acid, you should ask your doctor if this is required.
- Nausea, vomiting, heartburn and constipation are common in pregnancy, and there are safe and effective treatments available, so talk to your doctor.
- This website has reliable information about what you can take safely in pregnancy: [pregnancy-breastfeeding-ste-justine.org](http://pregnancy-breastfeeding-ste-justine.org)

### FLU SHOT

The flu shot is recommended for all women who will be pregnant during the flu season. The flu shot:

1. Is safe for mother and baby
2. Decreases the risk and severity of the flu
3. Protects the newborn



## TESTS

- 1. Routine prenatal tests:** Urine and blood testing for certain infections, eg. HIV and Hepatitis.
2. There are tests available to screen for **Down syndrome** and other conditions. These tests are optional. Talk to your doctor about them. Printed information about the tests is available to help you decide.
- 3. Ultrasound examinations:** The most important ultrasound examination is done at 18-22 weeks, when the baby is big enough to check that the anatomy is normal. Fetal gender may be determined at this time, if you wish to know it. Ultrasounds examinations may also be ordered at other times if they are required for dating or evaluation of the baby's size or placenta, or in cases of complications in the pregnancy. Your doctor will decide if and when these will be done.
- 4. Diabetes screening**  
All women are offered testing for diabetes in pregnancy between 24-28 weeks. This test requires you to drink an orange drink, stay at the laboratory for one hour and then have a blood sample drawn. Some women will require a second test or will need to have test done more than once in the pregnancy.
- 5. Blood group**  
If your blood group is Rh negative, you will receive an injection of WinRho at 28 weeks and anytime you have bleeding. WinRho is an injection that helps protect you and your future children from certain blood group reactions.

## HOSPITAL INFORMATION

**Jim Pattison Children's Hospital (JPCH)** is the only hospital in Saskatoon for deliveries and complications in pregnancy.

It is a teaching hospital, which means there are medical and nursing students who may take part in your care. All obstetricians in this office and the call group are committed to teaching future doctors and nurses.

You will also meet Obstetrical residents (doctors who are studying to become specialists in obstetrics) who will take part in your hospital care. They are usually your first contact doctor in hospital and will call your obstetrician after they have made an assessment.

### Hospital Care

We are part of a city wide obstetrics and gynecology call group. There is an on call obstetrician in the hospital 24 hours per day. If you have a serious concern during your pregnancy and your doctor's office is closed, go to JPCH 3rd floor Maternal Care Centre and Assessment to be seen. This is the same place you should go if you are in labour.

When you go to the hospital during office hours the obstetrical resident and on-call obstetrician will be caring for you. Your attending obstetrician will be informed that you have been admitted.

## PRENATAL CLASSES

The Saskatoon Health Region offers prenatal classes evenings, weekends and on line. These classes are a good source of information and may be helpful to you during your pregnancy as well as labour and birth. There are also (virtual) hospital tours to help with orientation. Resources to help with post partum support and breastfeeding can also be accessed.

For more information contact  
306-655-4820

## STRESSED OUT? FEELING DOWN?

Pregnancy is a time of added stress and worry. If you are feeling low or sad or having anxiety or signs of depression, please don't be afraid to ask for help. There is support available. Talk to your doctor about how you are feeling or call

SK Health Line phone 811 or web:  
[healthlineonline.ca](http://healthlineonline.ca)

Postpartum depression support  
group 306-221-6806

## QUESTIONS FOR MY DOCTOR

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