

What to expect from your Maternity Care

During your pregnancy

- As soon as you know you are pregnant you should make an appointment with your doctor, midwife, or you can contact the Surrey Prenatal Clinic.
- Early care is important for your health and the health of your baby.
- Get started with prenatal vitamins, proper nutrition, sleep and stay hydrated.
- Avoid smoking, alcohol and over the counter medications without consulting your doctor.
- You can expect to see your doctor for prenatal visits monthly.
- Ensure that you register online at bestbeginnings.fraserhealth.ca prior to your due date.

At the hospital

- Be prepared that the provider you have been seeing may not be the one to deliver your baby. Your baby could be delivered by the on-call provider at the time if your provider is unavailable.
- Your care and comfort is important. You can bring items to enhance your birth experience such as music.
- If you have cultural needs please let the nurses know.
- Your partner, friend or family member are welcome to attend the birth experience and support you.

After giving birth

- One week after giving birth you should go to your doctor, midwife, or the maternity clinic for a baby check.
- Six weeks post-partum you should schedule a postnatal visit with your doctor, midwife or Maternity clinic. (1-2 weeks if C-section)
- Breast-feeding support is available through the public health unit.
- Immunization schedule for your baby will start at two months.

Signs your baby needs attention

- Not pooping/peeing
- Not eating
- Too quiet
- Sleeping too much
- Jaundice

If you have concerns about your baby's health you can call 811 to speak with a nurse or contact your maternity care provider.



If you need an interpreter, you can bring someone to assist you, or this may be accommodated through the hospital or prenatal clinic.