



Mission Maternity Clinic

A Division of Family Practice Initiative

COVID INFORMATION FOR OUR PATIENTS

All of us at the Mission Maternity Clinic are dedicated to keeping you and your family as safe as possible during the COVID-19 pandemic. In keeping with public health recommendations, we are limiting everyone's exposure by altering how we see patients in the clinic. Some appointments will be changed to phone/video appointments, and office procedures have changed to reduce your time spent waiting inside the clinic. We commit to providing you with the best care possible to ensure a healthy pregnancy! We hope we can all work together to maximize our safety during this difficult time.

Your pregnancy care might go something like the following for the next while:

Your Appointments

1st Trimester 0-12 weeks	8-10 weeks. First phone/video appointment
	~12 weeks pregnant, after your dating ultrasound. In person appointment
2nd Trimester 13-27 weeks	12-22 weeks. Phone/video appointments every 4-6 weeks
	~22 weeks, after your 2nd ultrasound. In person appointment
	24-26 weeks. Phone/video appointment
	28 weeks. In person appointment
	32, 34, and 36 weeks. In person appointments.
3rd Trimester 28 weeks to birth	37 weeks. Phone/video appointment
	38 weeks. In person appointment
	39 weeks. Phone/video appointment
	40 weeks. In person appointment

After baby comes, visits are every 1-2 weeks in person for their first 6 weeks of life.

Important Information about your Appointments

- 1) Phone/video appointments: You can choose if you prefer a phone or a video appointment, but please note video appointments may not always be available. If you wish for a phone appointment, the doctor will call you when it is time for your appointment.

If you have been booked for a video appointment, please log into <https://doxy.me/MissionMaternity> on your smart phone/tablet/laptop, type in your first name, and wait for the doctor to start the appointment. If it says the clinic is unavailable, please leave the virtual waiting room and wait for the doctor to call you. Please stay near your device, recognizing that your doctor may be running late.

- 2) In person appointments:
 - a) Please notify the office staff by phone if you are sick. Don't worry, we will still provide you with care, but you will receive instructions on how we can see you most safely. This includes mild illness such as runny nose, slight cough, or sore throat.
 - b) When you arrive for your appointment, please stay in your car if you drive, or wait in the main lobby/outside if you bus/walk. Call the front desk at 604-820-1021 to let us know you have arrived. You will wait in your car or outside the clinic until the doctor is ready for you. They will call you and tell you when it is time to come in.
 - c) To reduce exposure, only one person will be allowed in the clinic at a time (unless you are under age 20, or need someone to translate for you.) If others come with you, they will not be allowed in, so if you are bringing your kids, please also bring someone who can supervise them in the car or lobby.
 - d) If you are 36+ weeks pregnant, we need a urine sample. When you arrive you will be told to come in and leave a urine sample in the pre-labelled containers outside the bathroom, and then return to your car to wait for your appointment.
 - e) Please use the hand sanitizer when you enter the office and when you leave.
 - f) If you are bringing your newborn for a checkup, only mom and babe are allowed in the office. When you are called to come in, please carry baby in your arms with no extra bags, car seat, stroller, etc. We have diapers/wipes in the rooms if your baby needs one.

Emergency/Add on Appointments

Sometimes things happen! If you need to be seen between your regular appointments, please call first (do not drop in) and we will give you instructions.

COVID and pregnant women

So far, there is no evidence pregnant women and newborns are at increased risk of serious disease over the general population. We are continually updating our knowledge as new information comes out, and will keep you updated on any new safety concerns to be aware of. We strongly encourage pregnant women and their families to be following the recommendation for physical (“social”) distancing when not sick, and for self isolation when sick. Please see the following link for information about how to socially distance and self isolate appropriately.

Social (ie. Physical) Distancing (you are not currently sick):

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/common-questions>

Self-Isolating (you are currently sick with any respiratory symptoms):

<http://www.bccdc.ca/health-info-site/documents/self-isolation.pdf>

COVID and your mental health

It is natural to feel increasing anxiety during this unpredictable time. If you are having difficulty with your mental health, you are not alone. Please let us know and we are happy to talk to you about any and all concerns you have. Please also see the attached link with some tips and resources for managing COVID related anxiety:

www.camh.ca/covid19

You are also encouraged to call Mission Mental Health; tell them you are pregnant: 604-814-5600

Thank you so much for working with us to make the clinic a safe space for everybody!