

A typical visit to your Care Provider will include weighing, blood pressure, belly measurement and listening to your baby's heart beat.


Discuss possibility of going past your due date.

Assessments & Tests	Date	
Monitor baby's position and confirm by 37 weeks		<input type="checkbox"/>
Discuss newborn care and routine tests		<input type="checkbox"/>
Discuss newborn feeding options		<input type="checkbox"/>

POSTPARTUM VISITS

BABY - feeding, growth, jaundice and sleep

MOM - breast, bowels, bladder, belly, bottom, bleeding, birth control, baby blues and post partum depression

 If your maternity care provider is a family physician, the public health nurse will contact you within 24 to 48 hours after you leave the hospital.

If your care provider is a midwife you will be contacted within 24 hours to arrange for follow up.

RESOURCES

APPOINTMENTS

[illegible]

Let your Care Provider know if you have any questions about:

- prenatal and genetic screening
- Register for Right From The Start
- genetic counselling
- HIV and other tests
- Baby's Best Chance website
- prenatal classes
- community & personal support systems
- seat belt use
- sex and sexuality
- fetal movement
- preterm labour
- induction
- labour and birth plan
- pain management
- vaginal birth
- cesarean section
- doulas
- hospital registration & tour
- care provider call schedule
- when to call or come in to the hospital
- infant safe sleeping
- infant car seat
- newborn screening
- infant hearing screening
- feeding options
- sleep
- nausea
- bleeding/spotting

MY PREGNANCY RECORD



Name _____

Due Date _____

Care Provider _____

Care Provider Phone _____

WHEN YOU FIRST LEARN THAT YOU ARE PREGNANT:

- 1 Choose a Maternity Care Provider. If you want to know more about your options visit www.divisionsbc.ca/comox
- 2 Start taking folic acid and prenatal vitamins.
- 3 If you don't have a Family Physician ask your Maternity Care Provider to help you find one.



PRENATAL VISITS 6 TO 12 WEEKS



Prenatal visits will be every month until you are 28 weeks pregnant.

Your Care Provider will ask you details about your personal and medical history, past pregnancies and life style choices.

Assessments & Tests	Date	
Register for Right From The Start (online or paper)		<input type="checkbox"/>
Routine Blood Work		<input type="checkbox"/>
Dating ultrasound		<input type="checkbox"/>
Order a detailed ultrasound		<input type="checkbox"/>
Discuss genetic screening options		<input type="checkbox"/>
Genetic screening Part 1 is due (9 to 13 weeks)		<input type="checkbox"/>

RESOURCES

www.perinatalservicesbc.ca/Documents/Guidelines-Standards/Maternal/MaternityCarePathway.pdf

PRENATAL VISITS 13 TO 28 WEEKS



If your Family Physician does not provide maternity care, discuss when and how your care will be transferred to your Maternity Care Provider.

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If you are planning on taking prenatal classes, register now through Public Health for free classes **250.331.8562** or **PrenatalClassesComoxValley@viha.ca**

Assessments & Tests	Date	
If you are doing genetic screening Part 2 is due (15 to 20 weeks)		<input type="checkbox"/>
Detailed ultrasound (18 to 20 weeks)		<input type="checkbox"/>
Gestational Diabetic Screen		<input type="checkbox"/>
Routine Blood Work		<input type="checkbox"/>
Physical exam, Pap and swabs		<input type="checkbox"/>
Rhogam (indicated if you are Rh- blood type)		<input type="checkbox"/>

RESOURCES

www.perinatalservicesbc.ca/health-professionals/professional-resources/screening/prenatal-genetic

PRENATAL VISITS 29 TO 36 WEEKS



Prenatal visits will be every 2 to 3 weeks.

A typical visit to your Care Provider will include weighing, blood pressure, belly measurement and listening to your baby's heart beat.

Assessments & Tests	Date	
Pre-register at the hospital if you are planning a hospital birth		<input type="checkbox"/>
Swab collected for Group B Strep screen (35 to 37 weeks)		<input type="checkbox"/>
Edinburgh Postnatal Depression Scale initial screen and check in about your well being and risk of postpartum depression		<input type="checkbox"/>

RESOURCES

For emergencies related to your pregnancy before 20 weeks go to the Emergency Department
For emergencies related to your pregnancy after 20 weeks call or go to Labour & Delivery at the hospital