

Welcome to the Sage Community Midwives!

The Team

There are four midwives who will share the responsibility of caring for you: Leah, Tamara, Yvanne, and Jessa (check out our bios on the website!). We all have access to your records and we each review your results (bloodwork, ultrasounds, etc.). We meet weekly to discuss anything out of the ordinary that might be going on for you so we are up-to-date.

You will meet each of us throughout your pregnancy during your regular visits. If you call the pager, whichever midwife is on-call will help you; this is usually a different person every day.

We often have a UBC Midwifery student working with us. Midwifery students need lots of hands-on learning and we supervise them closely. Our clients consistently give feedback that they enjoy having a student involved in their care. If you have questions or concerns about having a student, please let us know right away.

Visit Schedule

We ask you to be flexible sometimes so you can meet each midwife regularly. This schedule can change based on your needs and what is happening during this pregnancy. Clinic appointments are usually 30 minutes long, except your first appointment, which is 60 minutes.

- How often we see you is changing frequently due to the current COVID-19 pandemic. Many of your visits will be phone/videoconference visits and the schedule may change as the recommendations change.
- Postpartum: We book visits day by day depending on your individual needs. Usually, we will see you at home or in hospital for the first few visits. As your baby grows, we will do mostly videoconference visits and will leave a scale at your home, if needed.
- Your last visit with us is around 6 weeks postpartum and then we will send you back to your family doctor or refer you if you don't have a doctor.
- Clinic is held on Tuesday, Wednesday, and Thursday. If you need to change an appointment time, please give us as much warning as possible. Unfortunately, if you miss an appointment we may not be able to book you again in a timely manner, so you may have to wait until your next appointment.

Topics

We encourage you to bring your own questions! Some people find it helpful to write them down when they think of them. Here is what we try to discuss with each client:

- Early pregnancy:
 - What midwives do
 - Your changing body
 - Bloodwork and ultrasounds
 - Pregnancy safety
 - Healthy habits
 - Genetic screening

- Mid-pregnancy:
 - Place of birth: home or hospital
 - Gestational diabetes
 - Prenatal classes + doulas
 - Fetal movement
 - Your mood: Depression and anxiety

- Later pregnancy:
 - Labour support
 - Group B Strep
 - Postpartum plans, including infant feeding
 - Newborn procedures and medications
 - How to encourage labour
 - What happens when you go past your due date

How to Contact Us

For questions that can't wait until your next clinic appointment, call the office (250-754-7636). This is for things like:

- Changing appointments (please give as much notice as possible)
- Can I take this vitamin or medication in pregnancy?
- Mild back/hip pain or nausea
- Off-work notes (please give at least one week notice)

For medical concerns that need to be discussed with your midwife right away, call the pager (250-480-2221) - please check the "When to Page" sheet. This is for things like:

- Bleeding
- Contractions
- Worries about your baby's movements

Please do not go to the hospital without paging us first.