

Preparing for Your Visits

In light of the COVID crisis, we will be doing fewer visits than we normally would in your pregnancy.

In order to help us make the most of the time we have with you, we are asking you to do some preparation before your visits. Please use this list to guide you and read the documents prior to your in-person clinic visit. We appreciate your consideration and welcome any questions you may have during your visit!

Intake (8-10 weeks) – Virtual

- Health history and past pregnancy history
- Prenatal Bloodwork
- Genetic Screening

12 weeks - In person

- Physical Exam
- Nutrition and Exercise in Pregnancy

16 weeks - phone check

20 Weeks - Virtual

- Vaccinations in Pregnancy
- Intact foreskin and Circumcision

26 Weeks - Virtual

- Place of Birth
- Gestational Diabetes
- Your Blood Type & WinRho

30 Weeks - In person

- When to Page

34 Weeks - Virtual

- Newborn procedures
- GBS
- Interventions

36 Weeks - in Person

- Third stage of labour
- Early labour and comfort measures

38-40 Weeks - In person

- Postpartum support
- Breastfeeding
- Postdates management
- Induction of labour