

What to Expect:

BEFORE YOUR FIRST PRENATAL APPOINTMENT:

Please print and complete the “new patient questionnaire” located on the left side of this screen. If you are unable to print it, review and consider the questions prior to your first appointment, then come in 20 minutes early for your appointment and we will give you a copy of the questionnaire for you to complete before your scheduled appointment. Please bring your provincial health care card.

AT YOUR FIRST PRENATAL APPOINTMENT:

There is a lot to discuss at your first pre-natal appointment. Expect to be at the office for 1-1.5 hours. With this in mind, please plan your work, other appointments, child care, and parking needs accordingly.

If you have not completed the “new patient questionnaire,” you will need to do so prior to meeting with our office nurse whose services are kindly provided through our association with the Calgary West Central Primary Care Network (CWPCN). The PCN Nurse will introduce you to our office, review your medical history, review recent blood tests or ultrasounds, and discuss lifestyle issues such as diet, vitamins, exercise, appropriate weight gain, smoking, alcohol, street drugs, potential occupational health issues, management of nausea, and genetic screening if appropriate.

After your visit with the PCN Nurse, our staff will check your height, weight, and blood pressure measurement, then show you to an exam room. Each new patient will meet her primary doctor at this first visit and possibly listen to the baby’s heartbeat if the gestation is appropriate. There will be time for any questions you may have.

SUBSEQUENT OFFICE VISITS:

Your routine office visits will be scheduled as follows:

First prenatal visit to 30 weeks – monthly visits

30 to 36 weeks – every 2 week visits

36 weeks to delivery – weekly visits

It is best to try to book with your primary doctor for continuity of care, but if your primary doctor is unavailable, our other doctors would be happy to see you.

POST-PARTUM:

You will receive lots of information at the hospital which reviews many of the frequently asked questions related to post-partum care of mother and baby. A public health nurse will be in touch with you to assess the baby within a few days of hospital discharge to help with feeding issues and to screen for jaundice.

We see most babies 5-7d after hospital discharge in our office. Your baby will be weighed and measured. Your visit with the doctor will focus on weight, feeding issues, jaundice (if present), and any other concerns or questions. You may be scheduled for follow-up visits for the baby or yourself as needs arise.

Your final visit with us will be when the baby is 6-8 weeks old. After this, you and your baby will return to your GP for ongoing care. At this final visit, your baby will be weighed, measured, and examined. You will have a weight, blood pressure measurement and relevant/focused physical exam. Your doctor will ask about birth control preferences and concerns with post-partum depression. After this visit, your records will be sent to your family doctor and to any other doctor who will be seeing you or your baby for follow up. If you do not have a family doctor, please ask one of our receptionists to provide you with the current list for Calgary doctors who are accepting new patients. Alternatively, ask about options available through the Calgary West Central Primary Care Network (CWPCN).