

## CW WIEBE MEDICAL MATERNITY PROGRAM

### The Patient Journey

There is a group of family physicians and obstetricians that provide 24/7 care through labour and delivery at Boundary Trails Health Centre. Your family doctor will refer you to one of these doctors during your pregnancy and no later than 36 weeks. These physicians work together to care for patients and that means the doctor you see at your appointments might be different than the doctor who is at your delivery. If the doctor determines your pregnancy to be high risk, they may discuss the need to deliver at a high risk facility in Winnipeg for the safety of you and your baby. The following is a guideline for you to understand what to expect at your prenatal appointments, additional tests or screening may be done as necessary.

#### Guide to a Healthy Pregnancy

<https://www.canada.ca/content/dam/phac-aspc/documents/services/health-promotion/healthy-pregnancy/healthy-pregnancy-guide.pdf>

#### The CW Wiebe Medical Clinic also provides the following services:

- ❖ Dieticians – assist with nutrition in pregnancy, diabetes control in pregnancy
- ❖ Kinesiologist – provides information on exercise in pregnancy
- ❖ Maternity Nurse – prenatal education, breastfeeding support, prenatal and postpartum support
- ❖ Lab – to get your bloodwork and urine tests done
- ❖ Nurses – to provide childhood immunizations to your baby
- ❖ Social Worker – to provide support for social concerns (financial, mental health and wellness)

#### 1<sup>st</sup> Trimester (0-14 weeks) and 2<sup>nd</sup> Trimester (15-27 weeks)

WEEKS GESTATION	What to Expect	PATIENT RESOURCES
<b>First Visit (10-14 weeks)</b>	Health History and Physical Exam Mental Health and Social Support Review PAP test – discuss if needed (encouraged every 3 years) Bloodwork and Urine tests Height and Weight to establish BMI Blood Pressure check Listen to Baby’s Heart Rate Plan for ultrasound – Routinely done at 20-22 weeks Ensure a Prenatal Vitamin with Folic Acid and Vitamin D 1000iu/day Schedule Prenatal Education as needed Discuss Public Health Referral Book appointments for every 4-6 weeks	Baby’s Best Chance <a href="http://www.healthlinkbc.ca/babys-best-chance">www.healthlinkbc.ca/babys-best-chance</a> SOGC: <a href="https://www.pregnancyinfo.ca/">https://www.pregnancyinfo.ca/</a> Health Canada: Guide to a Healthy Pregnancy: <a href="http://www.canada.ca/en/public-health/services/pregnancy/guide-healthy-pregnancy.html">www.canada.ca/en/public-health/services/pregnancy/guide-healthy-pregnancy.html</a>  <a href="https://www.manitoba.ca/healthychild/healthybaby/kits/nutrition_binder.pdf">https://www.manitoba.ca/healthychild/healthybaby/kits/nutrition_binder.pdf</a>  <a href="http://www.healthcanada.gc.ca/foodguide-pregnancy">www.healthcanada.gc.ca/foodguide-pregnancy</a>  Manitoba Prenatal Benefit <a href="http://www.manitoba.ca/healthybaby">www.manitoba.ca/healthybaby</a>
<b>16-18 weeks</b>	Optional Screening Bloodwork is offered (see Maternal Serum Screening information) Blood Pressure Check Listen to Baby’s Heart Rate	Maternal Serum Screening: <a href="https://wrha.mb.ca/files/genetics-maternal-serum-screen-e.pdf">https://wrha.mb.ca/files/genetics-maternal-serum-screen-e.pdf</a>  What’s Safe in Pregnancy? <a href="http://www.gov.mb.ca/healthychild/kits/is_it_safe_during_pregnancy_and_for_mom_and_baby.pdf">www.gov.mb.ca/healthychild/kits/is_it_safe_during_pregnancy_and_for_mom_and_baby.pdf</a>  Society of Obstetricians/Gynecologists of Canada: <a href="http://www.sogc.org">www.sogc.org</a>
<b>20 - 24 weeks</b>	Blood Pressure Check Listen to Baby’s Heart Rate Routine Ultrasound at Boundary Trails or St. Boniface – if done, review results Check Blood type results	Blood type information <a href="https://www.pregnancyinfo.ca/your-pregnancy/routine-tests/rh-blood-groups/">https://www.pregnancyinfo.ca/your-pregnancy/routine-tests/rh-blood-groups/</a>  Baby Movement Counting <a href="https://www.pregnancyinfo.ca/your-pregnancy/healthy-pregnancy/kick-counts/">https://www.pregnancyinfo.ca/your-pregnancy/healthy-pregnancy/kick-counts/</a>

### 3rd Trimester (28 weeks to Birth)

<b>26-28 weeks</b>	Bloodwork and urine tests WinRho (only if blood type is negative) Confirm Doctor for delivery Blood Pressure Check Listen to Baby's heart rate Book appointments for every 2-3 weeks	Vaccinations in Pregnancy: <a href="https://healthyparentingwinnipeg.ca/immunization-in-pregnancy/">https://healthyparentingwinnipeg.ca/immunization-in-pregnancy/</a>
<b>29-35 weeks</b>	Receive TDAP Vaccine (done in clinic lab) Blood Pressure Check Listen to Baby's Heart Rate	GBS Information Sheet (Testing done at 36 weeks) <a href="https://www.southernhealth.ca/assets/documents-library/79a102e450/Group-B-Streptococcus.pdf">https://www.southernhealth.ca/assets/documents-library/79a102e450/Group-B-Streptococcus.pdf</a>
<b>36 weeks</b>	Height and Weight Listen to Baby's Heart Rate Check Blood Pressure Swab of vagina and rectum (GBS) Bloodwork and urine tests Book weekly appointments Appointment with Maternity Nurse for Prenatal Education	Maternity Nurse Education: (Refer to Baby's Best Chance) Feeding Your Baby <a href="http://www.manitobaparentzone.ca/parent-or-caregiver/newborns/eating.html">http://www.manitobaparentzone.ca/parent-or-caregiver/newborns/eating.html</a>  BTHC COVID guidelines Labour & Delivery  Pain Management in Labour: <a href="https://www.ontarioprenataleducation.ca/pain-medications/">https://www.ontarioprenataleducation.ca/pain-medications/</a> Virtual Hospital Tour  Post Delivery Baby Care (Vitamin K, Oxytocin IM): <a href="https://www.caringforkids.cps.ca/handouts/pregnancy-and-babies/vitamin-k-for-newborns">https://www.caringforkids.cps.ca/handouts/pregnancy-and-babies/vitamin-k-for-newborns</a>  Hospital Stay 24 Hour Baby Checks, Breastfeeding, What to Expect
<b>37 - 39 weeks</b>	Check Blood Pressure Listen to Baby's Heart Rate Internal Exam to check your Cervix - optional	Breastfeeding info: <a href="http://www.wpgbreastfeedingcentre.com">www.wpgbreastfeedingcentre.com</a>
<b>40 weeks</b>	Check Blood Pressure Listen to Baby's Heart Rate Internal Exam to check your Cervix (optional) Discuss plan for labour	Getting your Labour started (induction) <a href="https://www.healthlinkbc.ca/health-topics/hw194662">https://www.healthlinkbc.ca/health-topics/hw194662</a>  Labour and Delivery: <a href="https://www.healthlinkbc.ca/health-topics/tn9759">https://www.healthlinkbc.ca/health-topics/tn9759</a>

### After Delivery (Postpartum)

<b>1-2 week postpartum visit</b>	Go to Lab to check Baby's Weight and Length Blood Pressure Check Check Baby – how is feeding going? How is sleeping going? Is he/she peeing and pooping? Mom Check in – how are you? Physical and Mental health check in Schedule Baby Vaccination appointment for 2 months of age	A Parents Guide to Vaccinations <a href="https://www.canada.ca/en/public-health/services/publications/healthy-living/parent-guide-vaccination.html">https://www.canada.ca/en/public-health/services/publications/healthy-living/parent-guide-vaccination.html</a>  Healthy Baby: <a href="https://www.manitoba.ca/health/bfm/care.html">https://www.manitoba.ca/health/bfm/care.html</a>  Circumcision – free of cost if done before 28 days old. Discuss referral with your doctor if choosing this procedure.
<b>6-8 week postpartum visit</b>	Mental Health – discuss postpartum depression, EPDS questionnaire follow up as needed Pap test (if needed) Discuss options for family planning methods	Postpartum Depression <a href="http://www.ppd.manitoba.ca">www.ppd.manitoba.ca</a>  Family Planning: <a href="https://www.sexandu.ca/contraception/">https://www.sexandu.ca/contraception/</a>

