



CW WIEBE MEDICAL MATERNITY PROGRAM

The Patient Journey!



The CW Wiebe Medical Clinic has a group of family doctors and obstetricians who care for expectant mothers and deliver their babies. They work as a team. There is always an experienced and well-trained physician at the Boundary Trails Health Centre to assist with after-hours concerns, emergencies, and labour and delivery. This may be a different provider than the one you see for your prenatal appointments. 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.

Must Read!



Your Guide to a **HEALTHY PREGNANCY** has great information for you about your pregnancy. <https://www.canada.ca/content/dam/phac-aspc/documents/services/health-promotion/healthy-pregnancy/healthy-pregnancy-guide.pdf>

The following is a guideline for you to understand what to expect during your pregnancy and your prenatal appointments with your care providers. *Additional tests or screening may be done as necessary.

First Trimester (First 14 weeks of pregnancy): Due Date & A Healthy Start

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In certain circumstances, an early ultrasound may be ordered to check the pregnancy. Your due date is initially determined by the first day of your last menstrual period, but this is sometimes adjusted if an ultrasound has been done. Every woman is recommended to have an ultrasound between 18-22 weeks, which may also change your due date.

Folic Acid & Prenatal Vitamins:

We recommend you take a prenatal vitamin containing folic acid. Folic acid lowers the chance of heart and spine defects. Taking Vitamin D 1000 units a day is recommended during pregnancy and postpartum while breastfeeding.

What to expect at your first doctor's visit:

The first prenatal visit includes a complete history and physical exam. We will arrange for you to do blood and urine testing. We recommend testing for infections that can spread from mom to baby including hepatitis B, rubella, chicken pox, syphilis, gonorrhea, chlamydia, and HIV. We also ask if you have ever had genital herpes so that we can give you a medication to reduce the chance of spreading to your baby.

Did you know?

The CW Wiebe Medical clinic has dietitians and a kinesiologist to answer questions and help support you as needed with healthy eating, weight gain and exercise in pregnancy.

Healthy Weight Gain & Physical Activity is Important!

Weight gain is expected in pregnancy and recommended. Specific targets for weight gain will depend on your starting weight. We also recommend continuation of moderate exercise, but avoidance of high intensity exercise. Try to do something active every day for 30 minutes, even just going for a walk. This reduces your chance of some complications of pregnancy.

There are certain foods that you should avoid or be more careful about in pregnancy. You should limit caffeinated beverages to 1-2 cups a day. It is recommended not to smoke, drink, or do drugs (including cannabis) during your pregnancy.

Must Read!



A Prenatal Nutrition Guide - a lot of information but sure to be helpful!

https://www.manitoba.ca/healthychild/healthybaby/kits/nutrition_binder.pdf



Government
of Canada

Gouvernement
du Canada

Offers information on pregnancy, sexual health and preconception health (health before pregnancy), healthy eating, physical activity, mental and oral health before and during pregnancy.

<https://www.canada.ca/en/public-health/services/pregnancy.html>



Is it Safe?

Check with your physician regarding medications that are safe. Do NOT take Anti-inflammatories (such as Advil, Naproxen).

Examples of medications that are safe in pregnancy include Tylenol, Gravol and Benadryl. ALWAYS check with your doctor before taking any medications, herbs, or supplements.

Get more questions answered about what is safe or not safe in pregnancy including x-rays, swimming, hair dye, foods and more by visiting:

https://www.gov.mb.ca/healthychild/healthybaby/kits/is_it_safe_during_pregnancy_and_for_mom_and_baby.pdf



Manitoba Prenatal Benefits

This is a monthly benefit that provides funding to families who qualify to help with the cost of groceries to support healthy food choices. To determine if you are eligible, please visit: <https://www.manitoba.ca/healthychild/healthybaby/> or call 1-888-848-0140. Application forms are available online or at the Doctors office.

Did you know? 

The CW Wiebe Medical clinic has a Social Worker that can answer questions and help connect you with the right benefits and financial support that you may be entitled to.

What physical changes can I expect?

Common Changes*	What you can do*
Menstrual period stops.	Wear pads if you have spotting. While spotting in the first trimester is very common, call your health care provider or HealthLinks at 1 888 315 9257
Tender, painful, larger breasts; darkening around the nipple; small lumps.	Wear a comfortable, supportive bra, even at night. If you notice a new lump or have any concerns, talk with your health care provider.
Mood changes.	Fear, uncertainty, excitement is common. Share your feelings, eat well and exercise. Call your health care provider if you think you might be depressed. Find support groups for pregnant people or new parents.
Tiredness	Rest when you can.
Headaches.	Use good posture. Drink lots of water. Don't strain your eyes. Put a cool or warm washcloth on your forehead or neck. Get a massage. Try Tylenol
Need to pee a lot.	Limit caffeine.
Morning sickness / Nausea.	Eat smaller amounts more often. Have a small snack, like crackers, a few minutes before you get out of bed. Sip water, unsweetened apple juice, sparkling water, or ginger ale. Eat cold meals, avoid greasy food, and have someone else cook. Wear loose clothing and let fresh air into your home. Switch to liquid prenatal vitamins. To protect your enamel, don't brush your teeth right after vomiting. Instead, rinse with water, mouthwash or baking soda mixed with water. If you're considering using cannabis to help with morning sickness, learn about the risks and talk with your health care provider about safer options.
Thin, milky vaginal secretions.	Wear small pads, cotton underwear and loose pants. Contact your health care provider if you're itchy or have frothy, smelly, or colored discharge.
Shortness of breath.	Normal, but contact your health care provider if you have a family history of heart problems. Seek emergency care if your symptoms come on suddenly and you have chest pain, or if the shortness of breath makes it hard to lie flat or speak.
Light-headedness.	Stand up slowly and eat regularly.

*Reference Baby's Best Chance: <https://www.healthlinkbc.ca/hlbc/files/bbc-7th-edition-final-nov2019.pdf>



At your health provider appointment

Weeks Gestation	What to expect
First visit (10-14 weeks)	Your medical, surgical, social history and physical exam which will include: PAP test Blood work Urine tests Blood pressure Discuss Public Health referral Height and weight Listen to baby's heart rate Plan for Ultrasound Plan for ultrasound Book appointment for every 4-6 weeks
Patient Resources	Baby's Best Chance: www.healthlinkbc.ca/babys-best-chance SOGC: https://www.pregnancyinfo.ca/ Health Canada: Guide to a Healthy Pregnancy: https://www.canada.ca/en/public-health/services/health-promotion/healthy-pregnancy/healthy-pregnancy-guide.html https://www.manitoba.ca/healthychild/healthybaby/kits/nutrition_binder.pdf Manitoba Prenatal Benefit: www.manitoba.ca/healthybaby

Second Trimester (14-17 Weeks)

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Genetic screening – These are optional blood tests. There are two types of blood tests in Manitoba that can determine your chance of having a baby with Downs Syndrome and other certain genetic syndromes. If positive, additional tests can be done.

1. Maternal Serum Screen, which is free, and done between 15 to 21 weeks.
2. Non-Invasive Prenatal Test that is around \$500 and offered after 10 weeks.

Routine Ultrasound - to be done between 18-22 weeks

We arrange for an ultrasound to confirm that your baby and placenta are developing normally. Sometimes the technician is unable to clearly see all aspects of the baby (i.e. heart) and you may need to return for a repeat ultrasound for a better picture. This does not mean there is a problem with the baby. They may be able to tell you the sex of your baby from this ultrasound, however this is not always 100% accurate. In addition, not all problems with the baby will be seen on ultrasound. They might only be discovered after birth.

What physical changes can I expect?

Common Changes*	What you can do*
Red, inflamed gums	Floss and brush regularly. See a dentist and tell them you're pregnant.
Stuffy nose; nose bleeds	Drink plenty of water. Avoid smoke. Massage your sinus area. Breathe in steam or cool mist, place warm, moist towels on your face, or try nose drops made of ¼ teaspoon salt in 1 cup warm water. Don't take antihistamines unless recommended by your doctor.

Leaky breasts	Use breast pads in your bra and change them whenever they're wet.
Feeling baby move	Note the date and tell your health care provider on your next visit.
Low back pain	Use good posture and wear supportive shoes. Don't lift heavy items. Get a massage (by someone specially trained in prenatal massage only) or apply heat or cold. Sleep on your left side with a pillow between your knees.
Pubic pain	Don't push heavy things with your feet or open your knees wide.
Throbbing legs; varicose veins	Stay active. Sleep on your side with a pillow between your legs. Don't cross your legs. Do ankle and foot exercises and prop up your legs when sitting. Wear support hose if advised by your doctor.
Swelling of ankles, feet, hands, and face and tingling in hands ("edema")	Stay active. Sleep on your left side. Prop up your legs. Avoid tight socks, rings, and watches. If you have a lot of swelling or if you also have a headache, blurred vision, or stomachache, seek medical attention right away.
Constipation	Drink lots of water, eat high-fibre foods and stay active. Don't hold back or force bowel movements. Don't use suppositories, mineral oil, laxatives, or enemas unless recommended by your doctor.
Line running from belly button to pubic area.	This is normal. Darkening of face or line may remain after birth.

*Reference Baby's Best Chance: <https://www.healthlinkbc.ca/hlbc/files/bbc-7th-edition-final-nov2019.pdf>



At your health provider appointment

Weeks Gestation	What to expect	
16-18 weeks	Optional screening blood work Listen to baby's heart rate	Blood pressure check
Patient Resources	Maternal Serum Screening: https://wrha.mb.ca/files/genetics-maternal-serum-screen-e.pdf What's Safe in Pregnancy?: www.gov.mb.ca/healthychild/kits/is_it_safe_during_pregnancy_and_for_mom_and_baby.pdf	
20-24 weeks	Review ultrasound Listen to baby's heart rate	Blood pressure check
Patient Resources	Blood type information: https://www.pregnancyinfo.ca/your-pregnancy/routine-tests/rh-blood-groups/ Baby Movement Counting: https://www.pregnancyinfo.ca/your-pregnancy/healthy-pregnancy/kick-counts/ .	

Hemoglobin (blood count/iron check) - pregnant women can develop low iron or blood counts (anemia). To treat anemia, you might need to take iron supplements. Your hemoglobin is checked throughout your pregnancy.

Gestational Diabetes - This is a type of diabetes that can develop during pregnancy and then goes away after the baby is born. Diabetes is when the sugar in your blood is too high. This is treated with diet changes, if it cannot be controlled with diet then your doctor may start you on medication such as insulin. www.diabetes.ca/diabetes-and-you/living-with-gestational-diabetes.ca

Antibodies - If you have a certain blood type, your body can develop antibodies that can harm a future baby. To prevent this, we recommend a blood product injection called Win Rho, this injection is given around 28 weeks in pregnancy and again after delivery if needed.

Vaccinations

Recommended vaccinations in pregnancy:

- *Flu shots* are available at any gestational age.
- **TDAP**: (tetanus, diphtheria, pertussis) pregnant women should get the TDAP vaccine in every pregnancy to protect their newborn infant from pertussis (whooping cough). Optimal timing is between 27-32 weeks gestation, although it can be given at any time during pregnancy.

Did you know? 

Childhood immunizations are available at the CW Wiebe medical clinic in conjunction with your postpartum follow-up appointments or with your local public health nurse. For information on childhood immunizations visit: www.manitoba.ca/health/publichealth/cdc/div/index.html

Group B Strep bacteria (GBS).

GBS bacteria is a normal part of a woman's vaginal or rectal environment. However, if a baby gets this bacteria in their mouth or nose during labour, it can travel to the baby's brain or the lungs and cause serious infection. We recommend a swab of the vagina and rectum between 35-37 weeks to test for the presence of the bacteria. If it is present, we recommend antibiotics to be given in labour to protect the baby.

HDP - hypertensive disorders of pregnancy

We check your blood pressure at every visit and may ask you to check your blood pressure at home. High blood pressure in pregnancy can be treated using medications that are safe for babies. Symptoms of high blood pressure can include headaches, blurred vision or seeing black spots, abdominal pain, nausea and vomiting excessiveswelling.

Feeding Your Baby

You will need to consider how you will feed your baby. This is a good time to start thinking about that decision. Breastfeeding is recommended, making an informed decision is best. If you choose to try breastfeeding, you can begin hand expression at 36 weeks to help with breast milk production and release hormones that prepare your body for labour. More Milk Sonner is a great resource. Let us know if you need a breast pump as many drug plans cover them as medical devices with a prescription. Your nurses in the hospital will help with the initial steps in establishing effective breastfeeding, a public

health nurse may also provide support once you have gone home. If your choice is to formula feed, the maternity nurse and the nurses at the hospital will also provide teaching and guidance on how to feed your baby with formula. Please visit www.wpgbreastfeedingcentre.com or lllc.ca for videos and information.

What physical changes can I expect

Common Changes*	What you can do*
Dry, itchy skin.	Try glycerin soap or calamine lotion. Moisturize. Avoid long, hot baths.
Fatigue/rest.	Get help with chores. Consider stopping work early. Take naps, rest when
Doubt, fear about labour	Meet with nurse for prenatal education and think about your plans for labour. Talks with trusted friends and family members. Tell your health provider.
Pre-labour contractions ("Braxton Hicks").	As you approach your due date, contractions will increase. Braxton Hicks contractions are not harmful and are not a sign that you are about to go into labour. Try physical activity.
Leg muscle cramps	Drink milk and eat calcium-rich foods. Before bed, take a warm bath and stretch your lower legs.
Hemorrhoids	Apply ice wrapped in a cloth. Avoid constipation and straining. Sleep on your side with a pillow between your knees. Don't sit or stand for long periods. Try pelvic floor Kegel exercises.
Heartburn	Eat small, frequent meals, avoid greasy and spicy foods and drink plenty between meals. Raise your head and shoulders when lying down. Don't bend down or lie down right after a meal. Avoid tight waistband. Chew non-peppermint gum with xylitol. If heartburn is making it hard to eat or sleep, ask your care provider about medications that can help.
Sudden groin pain	Avoid sudden movement. Bend at the hips when you cough or sneeze. Shortness of breath - take deep, slow breaths through your mouth. Wear loose clothing. Use good posture.
Difficulty sleeping	Before bed, try a warm bath, a warm decaffeinated drink and snack, deep breathing, and relaxing music. Use extra pillows to support your body.
Increased need to pee.	Avoid caffeine and try Kegel exercises.

*Reference Baby's Best Chance: <https://www.healthlinkbc.ca/hlbc/files/bbc-7th-edition-final-nov2019.pdf>



At your health provider appointments

Weeks Gestation	What to expect	
26-28 weeks	Blood work Urine tests Listen to baby's heart rate Book appointments for every 2-3 weeks	Blood pressure check WinRho injection for certain blood types Confirm Doctor for delivery
Patient Resource	Vaccinations in Pregnancy: https://healthyparentingwinnipeg.ca/immunization-in-pregnancy/	
29-35 weeks	Receive TDAP Vaccine Listen to baby's heart rate	Blood pressure check
Patient Resources	Pregnancy stretches, preparation for labour: https://www.spinningbabies.com/ https://www.healthlinkbc.ca/pregnancy-parenting/labour-and-birth/during-labour	
36 weeks	Height and weight Listen to baby's heart rate Book weekly appointments	Blood pressure check Swab of vagina and rectum (GBS)
Patient Resources	Maternity Nurse Education: (Refer to Baby's Best Chance) Feeding Your Baby http://www.manitobaparentzone.ca/parent-or-caregiver/newborns/eating.html Post Delivery Baby Care (Vitamin K, Oxytocin IM): https://www.caringforkids.cps.ca/handouts/pregnancy-and-babies/vitamin-k-for-newborns Breastfeeding info: www.wpgbreastfeedingcentre.com https://www.illc.ca/ Perineal massage: https://www.healthlinkbc.ca/pregnancy-parenting/labour-and-birth/planning-your-delivery/childbirth-perineal-massage-labour	
37-39 weeks	Blood pressure check Internal exam to check your cervix	Listen to baby's heart rate Confirm baby head down
40 weeks	Blood pressure check Internal exam to check your cervix	Listen to baby's heart rate Discuss possibility induction at 41+ weeks (post-dates)

Going to the Hospital

Many women stay at home during early labour. But it is important you know when to go to the hospital. You can call the hospital on your way so they can be ready for your arrival. When you arrive at the hospital you will be seen in the Triage room to check on you and your baby and then decide on what is needed next.



When to go to the Hospital

- "5-1-1-" contractions that are lasting 1 minute duration, every 5 minutes, for at least 1 hour (or sooner if your drive is greater than 30 minutes, or if you have had a fast labour)
- If you are breathing through your contractions and would like medication for pain

- If you have had contractions that are more than 5 minutes apart but are keeping you awake. Especially if this has occurred for more than 24 hours.
- If you think your "water" has broken
- If you are not feeling the baby move or feeling decreased movement
- If you have bright red bleeding
- If you are having severe abdominal pain in between contractions.



It's Time for Your Baby to Arrive!

Pain Management in Labour

There are many options for pain management in labour. There are more ways than ever to manage that pain, and you don't have to choose just one. Labour pain can vary from abdominal period cramps to aching back pain, to throbbing hip pain. It is important to keep an open mind. Pain management in labour can include relaxation techniques, breathing, position changes, water therapy (warm shower), counter pressure/massage, epidural, opioid medications such as Morphine or Fentanyl, sterile water injections, Entonox. Your nurse and doctor will offer you choices according to what is appropriate at your stage of labour when you are ready for a pain management option.

Standard Recommended Treatment following Delivery

Oxytocin - is a hormone produced in our bodies that is naturally released during childbirth. The World Health Organization recommends that you receive a dose of oxytocin through a needle in your upper arm or thigh immediately following delivery. This prevents excessive bleeding.

Vitamin K - is a vitamin that helps regulate our bleeding. Newborn babies do not have enough of this vitamin when they are born, which puts them at risk for excessive bleeding. It is recommended that all newborn babies receive a dose of Vitamin K through a needle in their thigh.

When Pregnancy Goes Past your Due Date

The length of pregnancy is around 40 weeks. It is not unusual for pregnancies to last longer than 40 weeks. Anywhere between 37 and 42 is considered a term pregnancy and safe to deliver. If you go over 41 weeks, we arrange for an ultrasound or non-stress test (a check of the baby's heart rate done at Boundary Trails Health Centre) to check the health of the baby.

In some situations, your doctor may discuss options of putting your body into labour. There are several methods that this can be done, and your doctor will discuss which option is best for you.

Operative Delivery (Using a vacuum or forceps to assist in delivering your baby)

The goal is never to have to pull out a baby, but there are some situations where it will be recommended. This is about 5-7% of the time. This may include when the baby is very close to being born, but its heart rate drops, or it is too exhausting to continue pushing on your own. In a serious emergency, the birth attendant may have to act quickly and pull the baby out. This is extremely rare. Most of the time, you will have the opportunity to ask questions and discuss alternatives like c-section.

Hospital Stay

You are encouraged to hold your baby skin to skin as much as possible, which means the baby is in their diaper held against mom or dad's chest covered with a blanket. This skin-to-skin time promotes brain development, stable body temperatures, breastfeeding, regulation of heart rate, breathing and

blood sugar levels and bonding with your baby. Your nurses will help you establish feeding your baby, your baby will typically feed every 3-4 hours in the first day then more often at least every 2-3 hours including overnight, a newborn baby does need to be woken up to feed. This is normal behavior, but it can be tiring for the new mother. Try to rest when your baby is sleeping. After 24 hours of age your baby will be screened for jaundice (yellowing of the skin), oxygen levels, weight, screening blood test for metabolic disorders (PKU) and offered a hearing screening.

Length of Stay and Discharge

24 - 48 hours or sooner after vaginal birth with no complications for mom or baby

48 - 72 hours or sooner after a c section birth with no complications for mom or baby

You will have a 1-2 week follow-up with a doctor after going home, and further visits will be planned from there. If you have concerns, you have several options:

- Your family doctor
- The doctor that you saw for prenatal care
- Walk-in clinic or Urgent care clinic
- Emergency department at your nearest hospital
- Emergency department at Boundary Trails Health Centre (as they will have your information)



After deliver – at your health provider appointments

1-2 week postpartum visit	Lab visit to check baby's weight and length Blood pressure check Check baby - how is feeding going? How is sleeping going? Check mom - how are you? Physical and mental health check in Schedule baby vaccination appointment for 2 months of age
Patient Resources	A Parents Guide to Vaccinations: https://www.canada.ca/en/public-health/services/publications/healthy-living/parent-guide-vaccination.html Healthy Baby: https://www.manitoba.ca/health/bfm/care.html Circumcision - free of cost if done before 28 days old. Discuss referral with your doctor if choosing this procedure.
6-8 week postpartum visit	Edinburgh Screen PAP test (if needed)
Patient Resources	Postpartum Depression: www.ppd.manitoba.ca Family Planning: https://www.sexandu.ca/contraception/

Postpartum Depression

This is a common problem, and do not be shy to reach out for help. It is normal to feel overwhelmed, anxious, or upset in the first few weeks. If you have thoughts of harming yourself or others, or if you are losing the ability to care for yourself and perform daily tasks, please let us know.

www.ppd.manitoba.ca

<http://moooddisordersmanitoba.ca/services/onlinepeersupport/>



Phone numbers to know:

Boundary Trails Health Centre: **204.331.8800**

Health Links: **1.888.315.9257**

CW Wiebe Medical Clinic: **204.325.4312**

Menzies Medical Clinic: **204.822.4474**



Other information resources:

<http://www.healthlinkbc.ca/babys-best-chance>

