

Information Sheet for Patients

Dear Patient,

- A) In view of the pandemic we are experiencing we wish to share with you a few important points.
1. Pregnant women do not seem to be more susceptible to this virus or its complications, and neither do newborns.
 2. Because of the presence of the virus in the community, there might be some restrictions on who you are allowed to bring with you when you come to your hospital visits and during your birth.
 3. Please find attached a booklet which outlines some of these changes
 4. Our priority for staffing must be our labour and delivery unit, so out of necessity we have to reduce the number of routine antenatal visits in low risk pregnancies.
 5. Your physician has looked at your chart and determined that the schedule is suitable for your pregnancy. Let us know if your status changes and we will alter your schedule accordingly
 6. You will be seen at key points in the pregnancy, and in some cases you will in fact have more ultrasounds which will enable us to monitor your baby's growth and health

B) The schedule for your visits will generally be as follows:

- 12 weeks, with an ultrasound for genetic screening for Down syndrome
- 20-201 weeks, after you have had the detailed anatomy scan which will be booked here between 19 and 20 weeks Your doctor may not see you that day. Sometimes another scan will be needed and if so one will be booked for you
- 26 weeks. No visit; instead you will do a sugar test at an outside lab. Forms will be given to you at your 20 week visit.
- 28 weeks, ultrasound to monitor your baby's growth and well-being
- 35 weeks, for a vaginal swab for group B strep and an another ultrasound if indicated
- 40 weeks with ultrasound

C) Blood Pressure

You will need to monitor your blood pressure.

Here are the options:

1. Purchase a blood pressure cuff from Amazon or Shoppers Drug Mart or similar. We can provide you a prescription if you're covered by insurance.
2. Many pharmacies (such as Shoppers Drug Mart or Rexall) have blood pressure monitors on site, which you can use for self blood pressure measurement.

Blood pressure should be taken every four weeks until you are 32 weeks, then every two weeks until 36 weeks, and then every week until you are 40 weeks.

If your blood pressure reads more than 140/90 mmg, then notify your physician's office. If you have a headache, abdominal pain or visual disturbance please come to Triage. If you think you might need help using your machine, please bring it with you to your next appointment and we will help you.

- D) Fetal Movement: There are apps available to help you track fetal movements. If you cannot use one of these apps, let us know and we will provide you with a fetal movement count sheet. This should be done every day from 28 weeks and your physician notified if fetal movements reduce from what they normally are.
- E) Your physician will be available to you on a weekly basis to answer questions that you might have. These appointments should be scheduled through the secretary.