

Prenatal Visits

At each prenatal visit you will have your blood pressure, belly measurement and baby's heart rate checked by a nurse. After this you will meet with the doctor to discuss any specific question or concerns and go over any tests or education.

Pre-conception

- Ideal to have started pre-natal vitamins with folic acid 3 months before pregnancy
- Avoid alcohol, tobacco, marijuana or other substances when trying to conceive
- Optional visit to review health history, update labs and immunizations, etc

First Prenatal visit

- If you have missed a period and have had a positive pregnancy test we recommend booking an early pregnancy appointment as soon as possible
- Review medical history and family history
- Book a dating ultrasound
- Order early pregnancy labs (blood and urine tests)
- Physical exam. This may include a PAP smear if you are due for routine screening.
- Discuss optional genetic screening
- Review your pre-eclampsia risk and discuss whether you should take aspirin
- Ensure you have a good plan to manage nausea and vomiting common in early pregnancy

7-12 Weeks

- Best time to have a dating ultrasound

10-16 Weeks

- Review ultrasound and lab tests
- Discuss second trimester concerns

20 Weeks

- Second ultrasound to look at baby's anatomy
- Prenatal visit to review ultrasound

24 Weeks

- Lab tests including screening for gestational diabetes
- Prenatal visit



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28 Weeks

- Rhogam for Rh negative patients - this prevents the development of a dangerous immune reaction to baby's blood type
- DTaP booster to protect babies from whooping cough when they are born

32 Weeks

- Prenatal visit to discuss third trimester concerns

36 Weeks

- Swab for Group B Strep (GBS) - a common skin bacteria that can harm young infants. Treatment is with IV antibiotics in labour to protect baby from infection
- Check for breech presentation
- Discuss when to present to hospital, pain control in labour and infant feeding
- In Peace River we order an extra 3rd trimester ultrasound at 36 weeks to double check baby's size, presentation and health. This extra safety check is done because we are a smaller rural centre.

38 Weeks

- Discuss timing of delivery - some patients need indications for medical reasons
- Offer membrane sweep - this can help stimulate labour and reduce the chance of needing an induction. This is optional

40 Weeks

- Discuss induction and membrane sweep

41 Weeks

- The pregnancy is now considered overdue
- Extra monitoring is needed to ensure baby is still healthy
- An induction is strongly recommended

What if I have extra concerns between visits?

- Please call and book an additional visit
- If it is an emergency please go to the hospital. If it is safe and practical to go to the Peace River Community Health Center and you are under 24 weeks you will be seen in the emergency department. If you are over 24 weeks of pregnancy you will be seen at the acute care ward for pregnancy related concerns. Call 911 if needed. 811 (Healthlink) can provide advice and help with triaging the urgency of medical concerns as well.