

## Welcome to Pacific Maternity Clinic!

Drs. Dimithra Hippola, Lucy Chen, Vicky Tong, Shelize Amarsi, Jillian Lusina, and Jessica Fenn will be your team of doctors.

We are a group of primary care doctors who will be caring for you throughout your pregnancy. We practice shared-care and work closely together to ensure you have the best care possible, covering each other when one of us is out of the office. We work with a group of family doctors with a special interest in pregnancy and birth: the Family Practice Maternity Service (FPMS) at BC Women's Hospital. We refer to our specialist colleagues if your birth becomes more high risk and practice shared care with the obstetricians at BC Women's Hospital. We take a holistic approach, valuing emotional, social, and spiritual health, as well as the physical health and safety for both mother and baby.

You can participate in the "Connecting Pregnancy Program" which provides prenatal classes with one of our doctors over Zoom in the evening. This program covers many aspects of prenatal care and labour and delivery. To register, contact [info@birthdocs.ca](mailto:info@birthdocs.ca) or phone 604-875-3431. For more information, see below in the "prenatal classes" section.

A doctor in our call group is always available 24 hours a day. If you are worried that you are in labour and would like some help deciding whether you should go to the hospital, you can call **604-875-2161 (BC Women's Hospital paging system)** and request the **FPMS group 1 on-call doctor**.

### **Schedule of visits during your pregnancy**

**Please complete the First Prenatal Visit Questionnaire** and email or drop it off at our office at least **48 hours BEFORE** your first appointment. If we do not receive the completed form prior to your appointment, your visit will be cancelled. Please email the completed form to **one** of the following depending on your provider:

[fraser@pacificmedicalvancouver.com](mailto:fraser@pacificmedicalvancouver.com) (Drs. Hippola, Chen, Fenn)

[kingsway@pacificmedicalvancouver.com](mailto:kingsway@pacificmedicalvancouver.com) (Drs. Lusina, Amarsi)

[grandview@pacificmedicalvancouver.com](mailto:grandview@pacificmedicalvancouver.com) (Dr. Tong)

- 1) First visit should be **before** 12 weeks via telehealth.
  - Bloodwork
  - First ultrasound to confirm the pregnancy and due dates (Dating ultrasound at 7 - 14 weeks)
  - Genetic testing

- During your first appointment, we will discuss genetic screening. Please visit the website below, and watch the video on the BC Prenatal Genetic Screening Program.
  - Visit this website: <http://www.perinatalervicesbc.ca/our-services/screening-programs/prenatal-genetic-screening>
  - Watch this: [https://www.youtube.com/watch?v=z39\\_COWX-H4&ab\\_channel=ProvincialHealthServicesAuthority%28PHSA%29](https://www.youtube.com/watch?v=z39_COWX-H4&ab_channel=ProvincialHealthServicesAuthority%28PHSA%29)
- 2) 12 weeks:
    - First in person visit – complete physical exam.
  - 3) 16 weeks: Routine check-up.
  - 4) 20 weeks:
    - Detailed ultrasound at 18 – 20 weeks
  - 5) 24 weeks:
    - Glucose screening to check for gestational diabetes between 24 – 28 weeks
  - 6) 28 weeks:
    - Pertussis vaccine (Tdap) between 27 – 32 weeks
  - 7) 30 weeks:
    - Edinburgh Postnatal Depression Scale to screen for depression
  - 8) 32 and 34 weeks: Routine check-ups
  - 9) 36 weeks:
    - A swab to screen for Group B Streptococcus between 35 – 37 weeks
  - 10) 38 weeks:
    - Membrane sweep to prevent a pregnancy that is over-due
  - 11) 40 weeks: Due date!

Signs of labour include: contractions, cervix opens and “dilates”, pinkish discharge/gush of fluid/fluid leakage. The pre-labour period can be quite long, therefore it is difficult to know when you should go to the hospital. If you are ever unsure, call **604-875-2161** and request FPMS group 1 (see above).

Call **604-875-2161 (FPMS group 1) immediately** if you have:

- Strong, painful, regular contractions that are every 5 minutes and last 1 minute.
- You have constant abdominal pain that does not go away between contractions
- Water sac is broken (gush of fluid, fluid leakage)
- Bright red vaginal bleeding
- Decreased baby’s movements

What to bring to hospital: [http://www.cw.bc.ca/library/pdf/pamphlets/BCW\\_LabourChecklist.pdf](http://www.cw.bc.ca/library/pdf/pamphlets/BCW_LabourChecklist.pdf)

## Resources

FPMS website: <https://birthdocs.ca/>

### Pregnancy passport

- <http://www.perinatalervicesbc.ca/Documents/Resources/HealthPromotion/PregnancyPassport/PregnancyPassport.pdf>
- <http://www.perinatalervicesbc.ca/Documents/Resources/Aboriginal/AboriginalPregnancyPassport.pdf>

Parents' Handbook of Pregnancy and Baby Care – this is an excellent handbook with information about your pregnancy and newborn baby all in one place

- <https://www.healthlinkbc.ca/pregnancy-parenting/babys-best-chance>

### Reliable resources on pregnancy

- Government of Canada: <https://www.canada.ca/en/public-health/services/health-promotion/healthy-pregnancy/healthy-pregnancy-guide.html>
- HealthLink BC: <https://www.healthlinkbc.ca/pregnancy-parenting/pregnancy>
- BC Women's Hospital: <http://www.bcwomens.ca/health-info/pregnancy-parenting>
- Perinatal Services BC: <http://www.perinatalervicesbc.ca/health-info/pregnancy>

SmartMom: <https://www.smartmomcanada.ca/>

### Prenatal classes

- Connecting Pregnancy Program (virtual): To register, contact [info@birthdocs.ca](mailto:info@birthdocs.ca) or phone 604-875-3431.
- Providence health virtual classes: <https://www.providencehealthcare.org/virtual-prenatal-classes>
- Douglas college: <https://www.douglascollege.ca/continuing-education/prenatal-program/prenatal-classes>
  - o Online: <https://www.douglascollege.ca/programs-courses/continuing-education/prenatal-and-perinatal-classes-parents/prenatal-newborn-care>
  - o In person: <https://www.douglascollege.ca/programs-courses/continuing-education/prenatal-and-perinatal-classes-parents/prenatal-classes>

### Genetic testing

- During your second appointment, we will discuss genetic screening. Please visit the website below and watch the video on the BC Prenatal Genetic Screening Program.

- Visit this website: <http://www.perinatalservicesbc.ca/our-services/screening-programs/prenatal-genetic-screening>
- <http://www.perinatalservicesbc.ca/Documents/Screening/Prenatal-Families/Screening/ScreeningPamphletEnglish.pdf>
- Watch this: [https://www.youtube.com/watch?v=z39\\_COwX-H4&ab\\_channel=ProvincialHealthServicesAuthority%28PHSA%29](https://www.youtube.com/watch?v=z39_COwX-H4&ab_channel=ProvincialHealthServicesAuthority%28PHSA%29)

#### Diet in pregnancy

- A healthy total weight gain in pregnancy ranges from 5 – 18 kg (11 – 40 lbs) and depends on your pre-pregnancy weight. On average, a healthy weight gain is 0.5kg (1lb) per week.
- Perinatal services: <http://www.bcwomens.ca/our-services/pregnancy-prenatal-care/prenatal-nutrition-counselling>
- HealthLink BC: <https://www.healthlinkbc.ca/pregnancy-parenting/pregnancy/healthy-eating-and-physical-activity/healthy-eating-guidelines>
- Government of Canada: <https://food-guide.canada.ca/en/tips-for-healthy-eating/pregnant-breastfeeding/>
- CDC Food Safety: <http://www.bccdc.ca/health-info/prevention-public-health/food-safety-pregnancy>
- Page 16 – 20 in “Baby’s Best Chance”

#### Vaccination in pregnancy

- <https://www.canada.ca/en/public-health/services/vaccination-pregnancy.html>
- Immunize BC: <https://immunizebc.ca/pregnancy>
- Page 27 in “Baby’s Best Chance”

#### Fetal movement

- One of the best ways to be reassured that your baby is healthy is to count the baby’s movements. Fetal movements will start to become consistent starting at 26 weeks.
- Guidelines:
  - o For healthy pregnant women, count fetal movements if you perceive decreased movements.
- Method (starting 26 weeks and beyond):
  - o You can count at any time of day
  - o Lie down on your side or in a semi-sitting position
  - o Record the time you start counting.
  - o Count each time you feel your baby move. If you feel many movements all at once, count each movement that you feel.
  - o Record the time you feel 6 movements – stop counting once 6 movements are felt.

- Do not count for more than 2 hours.
- If you don't feel 6 movements in 2 hours, contact your healthcare provider, call FPMS group 1, or go to the hospital.
- The important thing is to know what is normal for your baby, so you can tell your doctor when something different is happening.

#### Donate cord blood

- [https://www.blood.ca/en/stemcells/donating-cordblood?utm\\_source=national&utm\\_medium=multi&utm\\_campaign=cord-rec](https://www.blood.ca/en/stemcells/donating-cordblood?utm_source=national&utm_medium=multi&utm_campaign=cord-rec)
- <http://www.bcwomens.ca/our-services/labour-birth-post-birth-care/cord-blood-collection>

#### Violence in pregnancy

- <http://www.bcwomens.ca/health-info/violence/violence-against-women>

#### BC Women's Hospital

- <http://www.bcwomens.ca/our-services/directions-parking>
- What to bring to hospital:  
[http://www.cw.bc.ca/library/pdf/pamphlets/BCW\\_LabourChecklist.pdf](http://www.cw.bc.ca/library/pdf/pamphlets/BCW_LabourChecklist.pdf)
- Patient and Family Guide: <http://www.bcchildrens.ca/About-Site/Documents/Patient-and-Family-Guide.pdf>
- BrightStart Bundle: <http://www.bcwomens.ca/our-services/labour-birth-post-birth-care/planning-to-give-birth-at-bc-womens/bright-start-bundle>
- Virtual tour: <http://www.bcwomens.ca/our-services/labour-birth-post-birth-care/planning-to-give-birth-at-bc-womens/take-a-virtual-tour>

#### Labour

- Types of birth: <http://www.bcwomens.ca/health-info/pregnancy-parenting/types-of-birth>
- Inducing your labour: <http://www.bcwomens.ca/our-services/labour-birth-post-birth-care/labour-birth/inducing-your-labour>
- Early labour: [http://www.cw.bc.ca/library/pdf/pamphlets/BCW\\_EarlyLabour.pdf](http://www.cw.bc.ca/library/pdf/pamphlets/BCW_EarlyLabour.pdf)
- <http://www.bcwomens.ca/our-services/labour-birth-post-birth-care/labour-birth>
- Pain management: <http://www.bcwomens.ca/our-services/labour-birth-post-birth-care/labour-birth/pain-relief-in-labour>
- Birth plan template: <http://www.bcwomens.ca/Labour-Birth-Post-Birth-Care-Site/Documents/Labour%20+%20Birth%20Guide%20for%20Families,%20Care%20Providers.v1.4.%202017.pdf>
- Page 38-46 in "Baby's Best Chance"

## Breastfeeding

- <https://www.healthlinkbc.ca/pregnancy-parenting/parenting-babies-0-12-months/breastfeeding>
- <http://www.perinatalervicesbc.ca/Documents/Resources/Breastfeeding/BreastfeedingMyBabyGuide.pdf>
- Breastfeeding videos: <https://ibconline.ca/breastfeeding-videos-english/>

## Safe infant sleep

- <https://www.healthlinkbc.ca/sites/default/files/safer-sleep-for-my-baby.pdf>
- Page 66-68 in “Baby’s Best Chance”

## Contraception

- <https://www.itsaplan.ca/>
- <https://www.sexandu.ca/>

## Postpartum depression

- Edinburgh Postnatal Depression Scale (EPDS) Questionnaires: [http://www.perinatalervicesbc.ca/health-professionals/professional-resources/public-health/edinburgh-postnatal-depression-scale-\(epds\)](http://www.perinatalervicesbc.ca/health-professionals/professional-resources/public-health/edinburgh-postnatal-depression-scale-(epds))
- Information on postpartum mood: <http://www.bcwomens.ca/health-info/pregnancy-parenting/postpartum-mood>
- Reproductive Mental Health website: <https://www.reproductivementalhealth.ca/>
- Postpartum Blues Factsheet: [https://reproductivementalhealth.ca/sites/default/files/uploads/resources/files/baby\\_blues\\_postpartum\\_depression\\_fact\\_sheet.pdf](https://reproductivementalhealth.ca/sites/default/files/uploads/resources/files/baby_blues_postpartum_depression_fact_sheet.pdf)
- Perinatal Depression Treatment Options: [https://reproductivementalhealth.ca/sites/default/files/uploads/resources/files/perinatal\\_depression\\_treatment\\_options\\_fact\\_sheet.pdf](https://reproductivementalhealth.ca/sites/default/files/uploads/resources/files/perinatal_depression_treatment_options_fact_sheet.pdf)
- Pacific Postpartum Support Society: <https://postpartum.org/>