

# JGM Prenatals

## First Trimester

First prenatal is to find out your pregnancy, medical and social history so we can best support you during this pregnancy

- You will be sent for routine blood tests including blood type, signs of low iron or low thyroid, screening for HIV, hepatitis, chlamydia, and gonorrhea. They will also collect urine to screen for infection
- We will send you for a dating ultrasound to confirm how far along you are and look for potential twin/multiple pregnancies
- You will also be routinely offered genetic screening which is an optional blood test

You will also be booked for a physical exam which may include a pelvic exam/pap smear if you are due for one

## Second trimester

You will be seen on a monthly basis to check the baby's growth and heart beat, your weight and blood pressure

You will be sent for another ultrasound around 20 weeks to look at the baby's growth and organ development. You may also be able to find out the baby's sex if you would like

Between 24-28 weeks you will be sent for the glucose tolerance test to check for gestational diabetes as well as another check for low iron. You will be offered rhogam if eligible (neg blood type) at 28wks.

## 32-36 weeks

We will start to see you every 2 weeks as you get closer to being "term" (37 weeks)  
Between 35-37 weeks we would recommend a swab to look for GBS bacteria

## 36 weeks to delivery

You will be seen on a weekly basis until delivery.  
You may be offered cervical "sweeps" starting at 38 weeks

## IN HOSPITAL CARE

In hospital care is provided by our on-call Prince George Maternity physicians. Our on-call rotation is to ensure we get breaks for sleep and our own wellness to provide safe and sustainable services to you.

\*\*\* please inform your doctor if you decline being cared for by a male physician for ethical or personal reasons as soon as possible

## NEWBORN CARE

We provide postpartum and newborn care up until 6 weeks  
After 6 weeks you will go back to care under your referring family doctor or walk in clinic.

\*\* we are a teaching practice and hospital and so medical students or residents may be involved in your care. This is very important for their learning and for recruitment/continuing maternity care in our community

\*\*For after hour non emergent issues you can be seen at the UPCC walk in clinic

\*\* For emergent issues you can be seen at the UHNBC emergency department or if you are >20 weeks pregnant, urgent pregnancy related issues can be addressed at the UHNBC maternity unit (250)565-2331 by the nursing team and on call physician

\*we may be able to accommodate taking on unattached moms and babies for ongoing care however have very limited availability