

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 physicians.
We typically are on call Monday 0700-Wednesday 0700, Wednesday 0700-Friday 0700 or Friday 0700-Monday 0700. Our on-call rotation is to ensure we get breaks for sleep and our own wellness to provide safe and sustainable services to you.

Suite #1	Suite #4	Suite #5	Suite #6
Dr Heather Siemens Dr Emma Crowley	Dr Esther Warkentin	Dr Christine Brenckmann	Dr Susie Butow and Dr Joshua Koehn







*** 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
- **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

JGM OB Call Group

	<p>Suite #1: Dr H Siemens</p> <p>My first experience with maternity care was actually with amazing midwives overseas in 2009. From that point on I knew delivery pregnancy care and babies would be a big piece of my journey. I moved to Prince George in 2012 for medical school and residency in the UBC northern medical school. Since completing training in 2018 I have been practicing as a family doctor and maternity care provider. I met my husband in Prince George and now have two young children who were both born at UHNBC. Maternity care brings joy to my practice and I look forward to being involved in your pregnancy journey.</p>
	<p>Suite #4: Dr E Warkentin</p> <p>I first moved to Prince George in 2013 to complete my Family Practice residency, and then got pulled away to get married and start a family, before moving back to Prince George in 2022. I have a little boy who keeps me busy now! I've been involved in maternity care throughout my career, and I love it! I love getting to know women and their families and being part of your pregnancy journey! When I'm not working, I can be found developing an interest in gardening and chasing a little boy around!</p>
	<p>Suite #5: Dr C Brenckmann</p> <p>I caught my first baby as a medical student in 2004 and knew right away this was going to be my passion in medicine! Both my children were caught at UHNBC by a midwife, and like Josh I have learned a great deal from midwifery models of care. I am privileged to provide family-centered, culturally safe, and trauma-informed pregnancy care to you and your family, however you define it!</p>
	<p>Suite #6: Dr J Koehn</p> <p>He completed his training through the UBC Northern Medical Program, then family medicine residency on Cape Breton Island, through Dalhousie University. He has been practicing primary/maternity care and emergency medicine here in Prince George since 2021. He has 3 bouncy children of his own. Dr Koehn takes a lot of his practice style from midwifery care models. He especially takes pride in learning what is important to you, then helping you shape your own pregnancy and labour process. You can expect a smile and a mustache at any time of the night!</p>
	<p>Suite #6: Dr S Butow</p> <p>I have lived in Prince George on the unceded lands of the Lheidli T'enneh for most of my life, and my two daughters were born here too. I love my work as a family doctor and especially obstetrics. My kids don't mind the crazy hours this entails as long as I can tell them your baby's name after the delivery! Looking forward to being there with you on this journey.</p>
	<p>CINH: Dr E Crowley</p> <p>I moved to Prince George in 2019 for my family medicine training from the East Coast and have been here since! I currently work doing a mix of family medicine, addictions medicine and obstetrics. Outside of work I can be found at the lake paddleboarding, or hanging out with my two cats.</p> <p>I look forward to being a part of your pregnancy and labour journey!</p>