

## What to Expect from Midwifery Care

Your partner, children, or anyone other support person is welcome at all of your appointments. Please do not bring anyone who is sick with you. If you are not feeling well, please call to reschedule your appointment.

### Prenatal Appointments

Your prenatal appointments will be a combination of informed choice discussions, prenatal education, decision support, and physical assessments (including listening to your baby's heartbeat, measuring the growth of your baby, and taking your blood pressure). Your appointments are approximately every 4 weeks until you are 28 weeks, every 2 weeks until you are 36 weeks, and weekly until you give birth.

The table below provides a general overview of some things you can expect to discuss at your appointments. Everyone is unique, so your care plan may look a little different to what is outlined below.

<b><i>Around 8-12 weeks – intake appointment</i></b> <ul style="list-style-type: none"><li>- Discuss midwifery care</li><li>- Review your health history</li><li>- Offer dating ultrasound, genetic screening, routine prenatal lab work</li></ul>	<b><i>Around 12-16 weeks</i></b> <ul style="list-style-type: none"><li>- Review ultrasound and lab work results</li><li>- Offer anatomy ultrasound</li></ul>
<b><i>Around 20 weeks</i></b> <ul style="list-style-type: none"><li>- Review ultrasound results</li><li>- Discuss gestational diabetes and mid-pregnancy lab work</li></ul>	<b><i>Around 24-28 weeks</i></b> <ul style="list-style-type: none"><li>- RhoGAM for RH neg clients</li><li>- Mid-pregnancy bloodwork</li><li>- Review results of lab work</li></ul>
<b><i>Around 30-36 weeks</i></b> <ul style="list-style-type: none"><li>- Disc newborn screening tests and medications</li><li>- Disc screening for Group B Streptococcus (GBS)</li></ul>	<b><i>Around 36-41 weeks</i></b> <ul style="list-style-type: none"><li>- You will be given a midwifery folder. Please bring it to all appointments and anytime you meet your midwife at the hospital</li><li>- Offer ultrasound to check on your baby's wellbeing as indicated</li><li>- Make a plan for labour (including discussions about inductions)</li></ul>

### Postpartum Appointments

Your midwife will come to your home approximately every other day for the first week after you have your baby. Your midwife will help with feeding, do physical assessments, and provide postpartum education. Once your home visits are complete, you will have 2-3 additional appointments at the clinic until you are discharged from midwifery care.