



Welcome to Crocus Maternity Clinic. We are a group of Family Physicians with extra training and experience in maternity and newborn care. We look forward to building a relationship with you and helping care for you during your pregnancy, birth and the first six weeks after.

Here are some frequently asked questions about care in pregnancy. More information and community resources are on our website: [crocusmaternity.ca](http://crocusmaternity.ca)

### **How does Crocus Work with my Community Nurse or Doctor?**

- Women who live outside of Whitehorse will have most of their prenatal visits with the nurses and/or doctors in their home community
- Some women choose to drive to Whitehorse to see Crocus Maternity for all of their visits, but please note this travel is not covered.
- Prenatal visits are usually every 4 weeks until 28 weeks pregnant, then every 2 weeks, and finally, weekly from 36 weeks until delivery (your estimated due date is equal to 40 weeks pregnant)
- Your community care provider will send your Prenatal Record and test results to us, but we will want to ask you some of the same questions to help us get to know you!

### **Will my travel be covered for visits at Crocus Maternity?**

- Medical Travel and NIHB will not cover travel expenses for patients to come to Whitehorse just for prenatal visits at Crocus, as prenatal care is available at the community nursing stations and clinics.
- We encourage you to make an appointment if you are visiting Whitehorse or in town for ultrasounds, in order to get to know our team.
- Please tell your community care provider if you plan to have an appointment at Crocus so they can send us updated records.

### **What can I expect from prenatal visits at Crocus Maternity?**

- At your first visit, we will ask you detailed questions about your health. This helps us identify any risks for your pregnancy and plan any special care needs.
- If it has not yet been done in your home community, you will have a complete physical exam and pap test if needed.
- At every visit, we will ask for a urine sample to check for protein and sugar. You will have your weight and blood pressure measured, and speak with the doctor. We will measure your growing belly and can listen to baby's heart beat once you are far enough along.

### **Who can I bring to my prenatal visits?**

- Your partner, or support people of your choosing, are welcome at your visits. Children are welcome, but please note that we are sometimes running a little late in our very busy clinic and we know this can be tough on little ones!

### **When do I have to come to Whitehorse to have my baby?**

- For most women, we recommend that you are in Whitehorse a minimum of 2 weeks before your due date.
- If you have had a baby before, or are at risk of an earlier birth, we will make a plan with you and your community care provider about timing your move to Whitehorse
- Travel and \$75/day for accommodation are covered by Yukon Health and NIHB - please talk to home community clinic about making these arrangements.
- We know that being away from your home community is a huge challenge, especially if you have older children or a partner who can't easily travel. Please ask us for support if you need it! There are some community organizations listed on our website.

### **Which Crocus Doctor should I see and who will deliver my baby?**

- We have a shared model of care - each day, one doctor from our group sees only pregnant patients in the clinic, and is on-call for Crocus maternity patients at the hospital.
- Sometimes this means your appointment may be rescheduled last-minute if we have to leave the clinic urgently to go to the hospital. Please make sure our receptionist knows you are in from out of town if this happens so we can do our best to see you.
- We encourage you to see different doctors for your visits so when the time comes to give birth, your doctor will be a familiar face. The doctors' call and clinic schedule is on our website: [crocusmaternity.ca](http://crocusmaternity.ca)

### **Where can I learn more about pregnancy, birth, and breastfeeding?**

- Community Health Nurses in your home community are able to provide the following:
  - FREE Baby's Best Chance book - your guide to pregnancy, birth, and baby care
  - Prenatal Classes for you and your support person - we strongly encourage you to attend for your first pregnancy; in many communities, the nurses will offer longer prenatal appointments and integrate prenatal education into your visits
  - Breastfeeding support
  - Baby checks and Immunizations after birth
  - Flu shots for pregnant women and their families
- In Whitehorse, these services are offered at the Whitehorse Health Centre at:  
9010 Quartz Rd (across the parking lot from Earls)  
(867) 667-8864