

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)

## **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.
- At your second visit, you will have a complete physical exam and pap test if needed.
- Subsequent visits are usually every 4 weeks until 28 weeks pregnant, then every 2 weeks, and finally, weekly from 36 weeks until delivery.
- 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 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!

## **Who should I see about other health problems in pregnancy?**

- If other health issues come up in pregnancy we encourage you to make an additional appointment at Crocus to address these.
- For chronic medical conditions we will make a care plan with you involving other providers as needed.

## **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.
- We encourage you to see different doctors throughout your pregnancy 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?**

- ALL pregnant women are encouraged to register with the Whitehorse Health Centre, where Public Health Nurses trained in maternity care provide the following services:
  - 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
  - Breastfeeding support and Lactation Consultant
  - Baby checks and Immunizations after birth
  - Flu shots for pregnant women and their families
- Contact the Whitehorse Health Centre at:  
9010 Quartz Rd (across the parking lot from Earls)  
(867) 667-8864

### **What tests will I be offered in pregnancy?**

- We will talk about these as they come up, and Baby's Best Chance has more info. But just to summarize:
  - Blood and urine tests at the first prenatal visit
  - A pap test (if due), and Chlamydia and Gonorrhoea swab at the second visit
  - There are usually two ultrasounds: one to determine your due date, and one at 18-20 weeks to carefully assess baby and your placenta.
  - Later in pregnancy, a blood test for pregnancy-related diabetes
  - A Group B strep swab, near your due date

### **Where do I go for blood tests and ultrasounds?**

- The lab and ultrasound department are at Whitehorse General Hospital. You can drop in to the lab (the info is on your lab requisition paper from the doctor) and you will be notified about ultrasound appointments.

### **What if I need urgent help after-hours?**

- Before 20 weeks pregnancy, or for non-pregnancy related concerns, go to the Emergency Room at Whitehorse General Hospital
- After 20 weeks pregnancy, for pregnancy-related concerns, go to the Maternity Unit at Whitehorse General Hospital. The maternity nurses will assist you and consult with the Crocus doctor on-call, who will see you if needed. Please call the Maternity Unit at 867-393-8725 before going in if possible
- For all hospital visits, please remember to bring your health care card
- Call 911 for an ambulance in an emergency