

# Welcome to London Health Sciences (LHSC) Obstetrical Outpatient Clinic

## Questions??

Our team wants you to be prepared and well informed throughout your pregnancy. Please ask your physician or nurse if you have any questions or concerns.

## Resources & Support

A social worker and a dietician are available to you. If you feel the need for either of these services please notify your nurse or physician and we will arrange for them to see you here or to call you at home.

## What to expect during your visit

For every appointment, please register at the Patient Registration Office. You will need to show your hospital blue card and health card to the receptionist.

On your first visit, you will be asked to complete a medical questionnaire. Please start to complete the questionnaire while you are waiting. A nurse can help you answer questions if needed.

A urine sample is required at every visit. A bottle will be given to you to provide a sample.

You will then be asked to wait in the waiting room. One of our volunteers will ask your name and which doctor you are seeing. There are many physicians working in our clinic at one time. If your wait has been exceptionally long please check again with the volunteer for an update.

## What happens in the clinic?

The volunteer will bring you to our interview room. You will take your own weight and put your urine sample on the counter. Please put your name on the bottle.

One of our nurses will record your weight, blood pressure and urine test results. She will ask you how you are feeling, the baby's activities, and answer any questions or concerns that you may have.

You will then go to an examination room to see the doctor or be asked to wait in the waiting area.

Our doctors are Obstetricians and Gynecologist so they may get called way to deliver babies or perform emergency surgeries. We will try our best to inform you when this happens. Please try to stay for your appointment. If you rebook, your appointment you take the chance that this might happen again. Please try not to book other appointments on the same day.

LHSC is a teaching hospital so please be prepared to see nursing and medical students or residents as well as your physician.

## How many appointments will I need?

We will see you every 4 weeks until you are 28 weeks, then every 2 weeks and after 36 weeks we will see you weekly until you deliver your baby.

Please make a follow-up appointment 6 weeks after you have your baby with either your Obstetrician or family doctor.

Most of our Doctors deliver their own patient's babies, Monday to Friday during the day. However, if you give birth on week nights and weekends you may be cared for by one of our other Obstetricians. She/he will have access to all of your patient information to provide you and your baby with the best quality patient care.

**Hand hygiene, it's everyone's responsibility  
Please wash your hands upon entering and leaving the clinic.**

# Welcome to the Obstetrical Clinic

## Mother Baby Wellness, it's important for you and your baby....

LHSC provides a family centred care centre; however, as space is limited we ask that you limit the number of people you bring with you to your appointment.

The Birthing Centre is located in Zone D, 2<sup>nd</sup> Floor. To reach a receptionist at the Birthing centre call #519-685-8500 ext. 58438. You can park in either parking Lot 1 or 2 coming off of Commissioners Road.

For more information please visit [www.lhsc.on.ca](http://www.lhsc.on.ca)

At your first visit, the nurse will give you information on our Mother Baby Wellness (MBW) program. When you are around 20 weeks book your appointment at Patient Registration or call the number on the front page. At your appointment, the nurse will explain what the Birthing Center has to offer, complete your medical history, review your birthing plan and give you valuable hospital and community resources. Although we want all our patients to attend MBW it is a mandatory appointment only for anyone having a Cesarean Section.

A DVD is available for you view on line at [www.lhsc.on.ca/havingababy](http://www.lhsc.on.ca/havingababy) or you can purchase at Patient Registration for \$2.00. This video provides information on how to locate the Birthing Center, what it looks like and what happens when you arrive. For those signed up for Prenatal Classes, you will be given this DVD.

If you are a resident of Middlesex County a referral to Public Health will be made. A nurse may contact you before and/or after your baby is born. More information on MBW is available at [www.lhsc.on.ca](http://www.lhsc.on.ca) under Program and Services.

### Pregnancy is approximately 40 weeks. Here are some dates, to keep in mind throughout your pregnancy

Week 1	Last menstrual period
Week 2 to 3	Conception
Week 5	Positive pregnancy test Start prenatal vitamins
Week 8	Start prenatal care/monthly visits Antenatal blood drawn
Week 11 to 13	Fetal heart beat heard by physician by 14 weeks Integrated Prenatal Screening (IPS) Part 1 Ultrasound & blood work
Week 16 to 18	IPS #2 or Maternal Serum Screening
Week 18 to 20	Obstetrical ultrasound Book Mother Baby Wellness Appointment
Week 18 to 22	1 <sup>st</sup> fetal movement felt
Week 24 to 28	Gestational diabetes & blood work (for some patients)
Week 28 to 30	Start visits every two weeks Rh Immune globulin injection (Rh negative patients)
Week 36	Group B Streptococcus vaginal swab Start weekly visits
Week 40	Due date
Week 41 to 42	Consider induction of labour if over due

**People who say they sleep like a baby usually don't have one.....**