

What is the Noakes Maternity Clinic?

This clinic is for pregnant women who plan to give birth at Richmond Hospital.

- A group of family doctors will look after your pregnancy and birth
- We do not look after non-pregnancy medical problems
- We cannot routinely see the baby at this clinic
- **You will need to take your baby to your family doctor within a few days after going home**
- If you do not have a family doctor, please tell us early in your pregnancy

Where is the parking for the clinic?

- **Unfortunately, parking is sometimes limited on the hospital grounds.** There is a Parkade at the south end of the hospital grounds, near the Gateway Theatre. There are a limited number of pay parking spots near the Child Health Centre/Noakes Clinic but you will need to get a parking notice from the staff on each visit.

Who will I see at the clinic?

Our clinic assistant is an important part of the team and organizer of your care. You will see **family doctors**, all who

- Have a strong interest and much experience caring for pregnant women
- Provide care as consistently as possible
- Take turns to give you 24-hour care
- Look after you as a group

The Noakes doctor who is on call on the day of your baby's birth will deliver your baby. This may be a different doctor than the one you see at your prenatal visits but we are always working very hard to make sure we approach your care in the same way.

Who else might I see?

We can refer you to a Richmond public health nurse in the Public Health Department. They offer many free prenatal and postpartum services, such as prenatal education, breastfeeding and nutrition support, home visits for some families, and referrals to other services.

- For Richmond residents, you can call them yourself at 604-233-3150
- For those living outside of Richmond, you can call 1-855-550-2229 to connect to your communities' services

If you develop pregnancy complications, we will work with specialists such as obstetricians, internal medicine specialists, dietitians and others to look after you.

How do I book my clinic visits?

You can phone **604-233-3222** to book an appointment.

- Leave a message if the phone is busy
- We do not have drop-in appointments because the clinic does not have a doctor in the clinic space all the time
- Book your next appointment before you leave the clinic

What should I do before my first clinic visit?

- Take a multivitamin supplement that contains 0.4 mg to 1.0 mg of folate (folic acid). Talk to the clinic doctor if the multivitamin adds to early pregnancy nausea.
- Eat as well as you can.
- There is lots of information at <https://www.healthyfamiliesbc.ca/parenting> including about healthy eating
- If you are tired, resting will help
- It is safe and recommended for you to be active and exercise
- Walking, swimming are good choices as well as most activities you already do regularly
- Avoid alcohol, cigarettes, and recreational drugs, including marijuana and herbal medicine
- Contact your family doctor or the Noakes Clinic if you vomit more than three times each day
- Read about prenatal genetic screening choices by checking out resources <http://www.perinatalservicesbc.ca/our-services/screening-programs/prenatal-genetic-screening-program#For--Families>

How often will I be seen at the clinic?

It is important for you to come to clinic regularly. Usually you should be seen

- Every 4 weeks until you are 30 weeks pregnant
- Every 2 weeks from 30 to 36 weeks pregnant
- Every week from 36 weeks until you have had your baby



Your partner/support person is welcomed and encouraged to come to all of your appointments.

What will happen at my first and second clinic visit?

The doctor will:

- Talk to you about your medical and pregnancy history
- Arrange for recommended blood tests, ultrasound examination
- Talk to you about some optional tests
- Talk to you about healthy eating, your feelings about the pregnancy, discomforts, and exercise
- Recommend vaccinations or shots
- Recommend prenatal classes. (Book your prenatal classes early to schedule them at the best time in your pregnancy. (You can ask for a bursary if you need help to pay for prenatal classes.)
- Be given the *Pregnancy Information Package* (Richmond Hospital, Richmond Public Health and Noakes Clinic information)
- Be given a *Pregnancy Passport* (or on line at www.healthyfamiliesbc.ca)

Will I have a complete physical examination?

Most of the time, you will be scheduled to have a complete physical examination at one of your first few appointments.

- You will be asked to give us a urine sample to check for kidney disease at that visit
- You will be asked to wear a paper gown after removing all other clothing
- Your heart, lungs, breast, abdomen and pelvis will be checked
- The internal pelvic check may include a PAP smear (for cervical cancer screening) tests for infection and may include a check of the pelvic shape
- **Please arrange for someone to look after other children when you are going to have a pelvic check**

What will happen at each following visits?

At each of the visits, you will:

- Be weighed or weigh yourself
- Have your blood pressure checked
- Have your abdomen and baby checked

Are there other tests I need or should think about?

The doctor will talk to you about other tests that you may need, or can choose to have:

- Some women choose to have prenatal genetic screening tests, as early as 9 weeks but not later than 20 weeks
 - There are publically funded (paid for by your provincial health insurance) prenatal genetic screening tests
 - Some choose to take different prenatal genetic screening tests will cost you \$700-\$1000
- Most women will have only two ultrasound scans, one to confirm the due date and one at 18-21 weeks.

The person doing the scan will not be able to give you the results. The results will usually be reviewed with you at your next visit.

- 24-26 weeks, a few blood test including one to screen for gestational diabetes is recommended
- If you are blood type Rh negative you will also need a blood test for blood antibodies at 24-26 weeks
- 35-37 weeks, the doctor will take a swab of your vagina to check for a bacterium called Group B Streptococcus. This test is quick and easy, but some women prefer their children are not present during the pelvic check.
- Once you are past 37 weeks of pregnancy, the doctor may ask you to allow him/her to do an internal pelvic check to see if your body is ready for labour and offer to sweep or strip the membranes.

What should I talk to my doctor about during my clinic visits?

You should talk to the doctor about:

- Work during pregnancy
- Exercise during pregnancy
- Travel during pregnancy
- Breastfeeding your baby
- Ways to cope with labour pain
- Supports you plan to have during labour
- Supports you plan to have when you go home
- Any worries you have about pregnancy, labour or parenting

Are there any books or websites I should read?

Start with the Healthy Families BC website where you can access *Baby's Best Chance* (designed for every pregnant mom in BC) and the on-line version of the *Pregnancy Passport*

Other useful sites are:

- <https://www.canada.ca/en/public-health/services/health-promotion/healthy-pregnancy/useful-links.html> for information from Public Health Agency of Canada
- <http://www.perinatalervicesbc.ca/health-info> to view a video clip about testing for some genetic disorders like Down Syndrome
- www.vch.ca/your-health/women for information about services in Vancouver Coastal Health, of which Richmond Hospital is a part
- <http://www.bcwomens.ca/health-info/pregnancy-parenting> for access to information useful to any pregnant woman

Is There a Tour of the Birth Centre?

- We urge you to watch the on-line video tour about coming to Richmond Hospital Birth Centre at http://www.vch.ca/Locations-Services/result?res_id=1049 or on YouTube
- Actual tours are no longer available

When should I call someone right away?

Before 20 weeks

If you have severe vomiting, are dehydrated, or have heavy vaginal bleeding For pregnancy emergencies, the doctor can be reached by calling the Noakes Clinic to get the on-call doctors phone or pager number.

After 20 weeks

Call the **Birth Centre 604-244-5134** and speak to the nurse, who can direct you appropriately, if:

- You have very strong pain in your abdomen that doesn't go away
- You have bleeding from your vagina
- Water is leaking from your vagina
- You have regular contractions before 37 weeks (preterm labour)
- You have a bad headache that doesn't go away
- Unusual blurred vision
- Sudden swelling of hands, face, or feet
- Sudden large weight gain
- Pain or burning when passing urine
- Unusual skin rashes or sores
- Severe vomiting or diarrhea
- High fever
- Skin and eyes that are yellow or dark urine
- You do not feel the baby move normally after 26 weeks. You may be asked to use the "Fetal Movement Count" resource first
- If you are involved in a motor vehicle accident