

INTRODUCTION TO MATERNITY CARE



South Health
Maternity & Wellness

HOSPITAL

Our doctors perform deliveries at South Health Campus (SHC)

If you are unable to see your doctor and have a concern:

<12 weeks: call Health link at 811 or go to the nearest emergency room

>12 weeks: Call Health link at 811 or go to Unit 76 located on the 7th floor at SHC

OUR DOCTORS

Dr J. Brandon

Dr A Cullingham

Dr L Hewton-Backfat

Dr D Hitchcock

Dr M Kidd

Dr N Logsetty

Dr S. Premji

Dr M Spengler

Dr S Stokes

Dr A Tadros

Dr A Tarazona

Dr I Wiens

Please be aware that we have male and female physicians at the clinic and the hospital, who may be in charge of your care. We are also a teaching facility, so residents and medical students could be present during examinations and delivery.

ULTRASOUND

- * Optional nuchal translucency at 11-14w
- * Routine detailed ultrasound at 18-20 weeks. Unless clinically indicated, there are usually no additional ultrasounds required after 18 weeks.
- * Bedside ultrasound at 36w in the clinic to assess position of baby, when necessary

OFFICE VISITS

- * 10-28 weeks: appointments every 4 weeks
- * 28-36 weeks: appointments every 2 weeks
- * >36weeks: weekly appointments

OUR POLICIES

- * Please remember to update your address, phone numbers, email address and name changes, as they occur.
- * We respect everyone's time if valuable. To assist us in providing timely care, please try to come to your scheduled appointment on time. Due to the nature of our clinic, your appointment time may be delayed, and we apologize in advance for that.
- * If you are more than 20 minutes late, you may be asked to rebook your appointment. Please provide at least 24 hours' notice if you are unable to attend your appointment. You may be charged for missed appointments.
- * After you have your baby, please call the clinic to cancel any further prenatal visits that may have been booked. Please book an appointment at our clinic for 7-10 days after birth for both you and your baby.
- * Both yourself and your baby will be discharged to your family doctor after the 6 week postpartum visit. We encourage you to look for a family doctor during your pregnancy.

OTHER SERVICES

Our clinic will offer a variety of services for maternity as well as postpartum care. This will include:

- * breastfeeding and lactation consultations
- * circumcision
- * pelvic floor physiotherapy
- * prenatal education classes

SOUTH HEALTH MATERNITY AND WELLNESS
#234, 12100 Macleod Trail SE, Calgary, AB, T2J7G9
Ph: 403-271-3381 Fax: 403-285-0585

