

INTRODUCTION TO MATERNITY CARE



South Health
Maternity & Wellness

WELCOME to our clinic. Below please find important information regarding our clinic and policies. Please discuss any concerns with our staff or physicians at your appointment.

HOSPITAL

Our doctors perform deliveries at South Health Campus (SHC). If you are unable to see your doctor and have a urgent 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. M Chow

Dr A Cullingham

Dr L Hewton-Backfat

Dr D Hitchcock

Dr N Logsetty

Dr P Lee

Dr A Karlos

Dr S. Premji

Dr M Spengler

Dr S Stokes

Dr A Tadros

Dr A Tarazona

Dr I Wiens

Dr K Robertson

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. We have locum physicians that work at our clinic some days.

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

- * You need **valid Alberta Health Care** insurance or valid Canadian Provincial health insurance to be seen at our clinic. If you lose your health insurance for any reason there will be private fees associated with each visit and hospital care. If you have out-of-province health care, there may be private fees associated with your visit and for services provided to your newborn.
- * *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 last postpartum visit (between 1 week and 6 weeks postpartum). 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 includes:

- * breastfeeding and lactation consultations
- * circumcision
- * pelvic floor physiotherapy
- * prenatal education classes with ReadyBaby
- * acupuncture and massage

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