

# *Guide to* MATERNITY CARE IN KAMLOOPS



A guide with answers to the most pressing questions regarding maternity care in our city.

STORK *to* CRADLE

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As you likely know, it was announced that Kamloops' obstetrics clinic (Thompson Region Family Obstetrics) will no longer be accepting patients with a due date after July 31st, 2023.

This has left a lot of pregnant people without prenatal care *and* with a lot of questions. We've put together this guide to help answer some of those questions. This guide can be used by pregnant individuals or by service professionals who work with the pregnant population.



### *This guide will answer:*

- What can I do as soon as I find out I'm pregnant to try and secure maternity care?
- Who will order ultrasounds and when?
- What prenatal care and testing is common in the first, 2nd and 3rd trimester?
- What are signs that I should go to see a Physician either at a walk-in or my regular family Physician?
- What are signs that I should go to the Emergency room?
- What can I do when I have a question about pregnancy?
- When should I go to the Labor & Delivery ward?
- What else can I do to prepare for pregnancy & birth?

If you have any questions not answered by this guide, please feel free to reach out to us at Stork to Cradle Doula Co.:

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## What can I do as soon as I find out I'm pregnant to try and secure maternity care?

1. Self refer to Mighty Oak Midwifery.
2. If you're not yet on the Kamloops Primary Care Waitlist, call HealthLink BC at 811. Explain your situation as a pregnant person without prenatal care and ask about the expedited process for priority referrals
3. Book an appointment with your family Physician or go to a walk-in clinic. The first physician you see should refer you to an Obstetrician (OB). A referral does not guarantee you a spot with an OB and you must wait to hear from the OB office. Calling the OB offices is not recommended.

### The first Physician you see will also do the following:

- *Order a first trimester dating ultrasound*
- *Send lab work requisition for the following:*
  - *CBC, Ferritin, TSH*
  - *Urine culture*
  - *Blood Group & Type as well as an Antibody Screen*
  - *Rubella titre*
  - *HIV, HepB, HepC, Syphilis*
  - *Cervix or Urine screen for Chlamydia/Gonorrhea*
  - *Current PAP/Request results from your last PAP test*
  - *Prenatal Genetic screening*

## Who will order ultrasounds and when?

- The first physician you see will order your first ultrasound to take place between 8-10 weeks gestation. After the referral, you will be contacted by the ultrasound clinic to book. They will give you instructions in regards to your ultrasound. Your results will be forwarded to the physician who ordered them as well as your Maternity Care Provider if you have secured one since your ultrasound was ordered.
- 10 weeks-13 weeks 3 days gestation: fetal nuchal translucency (*only for pregnant people 35 years and older*)
- 20 weeks - 22 weeks gestation: fetal anatomy scan for all pregnant people

**\*\*You may have to book a follow up appointment to review your results with the ordering Physician\*\***



# What prenatal care and testing is common in the first, 2nd and 3rd trimester?

## First trimester:

- In the first trimester, it's common to see your Maternity Care Provider every "4-6" weeks. At these visits it's routine to assess:
    - Blood pressure
    - Fetal heart rate
    - Symphysis-fundus height
    - Maternal weight
  - Complete physical examination which may include pelvic exam
  - Ultrasound
  - Lab work:
    - CBC, Ferritin, TSH
    - Urine culture
    - Blood Group & Type as well as an Antibody Screen Rubella titre
    - HIV, HepB, HepC, Syphilis
    - Cervix or Urine screen for Chlamydia/Gonorrhea
    - Current PAP
    - Prenatal Serum Screening for fetal aneuploidy (or may use prenatal genetic screening instead)
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# What prenatal care and testing is common in the first, 2nd and 3rd trimester?

## Second trimester:

- In the third trimester, it's common to see your Maternity Care Provider every "2-4" weeks. At these visits it's routine to assess:
  - Blood pressure
  - Fetal heart rate
  - Symphysis-fundal height
- 20 weeks -22 weeks gestation: fetal anatomic scan for all pregnant people
- For some pregnant people non-stress tests can begin as early as 28 weeks gestation.



# What prenatal care and testing is common in the first, 2nd and 3rd trimester?

## Third trimester:

- In the third trimester, it's common to see your Maternity Care Provider every "1-2" weeks. At these visits it's routine to assess:
    - Blood pressure
    - Fetal heart rate
    - Symphysis-fundal height
  - Group B screening during the 35th - 37th week of pregnancy
  - 50gm Glucose Screen to screen for Gestational Diabetes at 24-28 weeks
  - Baby's position will be assessed
  - Possible additional tests and investigations:
    - Non Stress Tests
    - A biophysical profile. A biophysical profile is typically performed after 32 weeks of pregnancy although is sometimes used as early as 24 weeks. It's used to evaluate and monitor your baby's health, the goal of this test is to prevent loss and to detect adequate oxygenation of the baby. Other conditions that may prompt a provider to recommend a biophysical profile are:
      - Multiple pregnancy
      - Underlying conditions of the expectant person such as heart disease or diabetes
      - Pregnancy that has extended beyond the due date
      - Advanced maternal age
      - Decreased fetal movement
      - Preterm premature rupture of the membranes
      - Too much or too little amniotic fluid
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## What are signs that I should go to the Emergency room?

- Preterm labor (6 or more contractions per hour)
- Signs of infection (foul discharge, fever, decrease in urine or pain with urine)
- Sharp, persistent abdominal pain
- Vaginal bleeding
- Blurred vision and/or unusual visual disturbances
- Sudden swelling, especially if accompanied by dizziness, blurred vision and a headache

## What can I do when I have a question about pregnancy?

- Connect with Healthy from the Start (1-855-868-7710) where you can speak with a public health nurse, ask questions and receive prenatal information
- Ask your Doula/Childbirth Educator
- Call 811

## When should I go to the Labor & Delivery ward?

- For any pregnancy concerns after 20 weeks of pregnancy (see list of signs to visit the Emergency Room)
  - If you were to notice decreased fetal movements (less than 6 movements in 2 hours)
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# What else can I do to prepare for pregnancy & birth?

Access our free 1 hour consultation for people affected by TRFO closure

Take a Childbirth Education Class

Hire a Doula

Attend Thompson Region Postpartum Support Classes which are offered virtually via Zoom sessions (Contact: [eleston@thompsondivision.ca](mailto:eleston@thompsondivision.ca) for more information)



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