

WHAT TO EXPECT: YOUR PREGNANCY CARE JOURNEY

GETTING STARTED

Please complete the [New Patient Questionnaire](#) and bring to your first appointment.

Your first 1-2 appointments will be lengthier. We will gather your history, complete a physical exam (including Pap test if you are due) and discuss [your options for prenatal genetic screening](#). A dating ultrasound and routine blood/urine tests will be ordered, if not already done.

Your prenatal appointment will occur every 4 weeks until 28 weeks, then every 2 weeks until 36 weeks, then weekly until time of birth. At every appointment, you will be asked to give a urine sample and check weight prior to seeing the doctor.

You may book an appointment with any physician you wish. We work in a group and the physician who is on call the day you go into labour will deliver your baby. You are welcome to book appointments with all physicians at the maternity clinic if you wish to meet the entire team ahead of time.

YOUR SECOND TRIMESTER

At around 20 weeks pregnancy, you will have a detailed ultrasound done. You may find out the gender if you wish! You may book this ultrasound yourself at any private ultrasound facility in the Lower Mainland ([MedRay](#) in Port Coquitlam is frequently used) or our front desk can arrange an ultrasound for you at [Ridge Meadows Hospital](#).

Between 24-28 weeks, you will be sent for a lab test for [gestational diabetes screening](#).

We will screen for anxiety and depression between 28-32 weeks pregnancy using the [Edinburgh Postnatal Depression Scale](#).



YOUR THIRD TRIMESTER

In your 3rd trimester, you will be encouraged to complete a [Pre-registration Form](#) and bring it to the Registration Desk on the main floor at Ridge Meadows Hospital (11666 Laity Street, Maple Ridge). Prenatal classes are optional but can help you become more informed. Please ask at your appointment for information regarding local prenatal classes. [Public Health](#) offers free prenatal breastfeeding classes, call 604.476.7087 to register.

At 35-37 weeks pregnancy you can either self-collect, or physician will collect vaginal-rectal swab for [GBS testing](#). This swab needs to be bought to the lab yourself & you will complete a blood test (testing for anemia) and urine test (looking for bacteria in urine) at that time.

LABOUR AND DELIVERY

When you are in labour, or your water breaks, please call the Ridge Meadows Hospital Maternity Ward 604.460.1818 to let the nurses know you are coming into the hospital. The doctor on call will look after you on the maternity ward.

Helpful resources: (click to follow link)

- [Information about labour and when to come to the hospital.](#)
- [Online tour of the Ridge Meadows Hospital Maternity ward.](#)
- [A comprehensive guide on what to expect during your hospital stay is here.](#)

POSTPARTUM



You will come back to the maternity clinic with baby for a check-up at 1 week postpartum. Thereafter, you will be discharged back to your family doctor. If you do not have a family doctor, please search www.findadoctormapleridge.ca for physicians currently accepting patients.