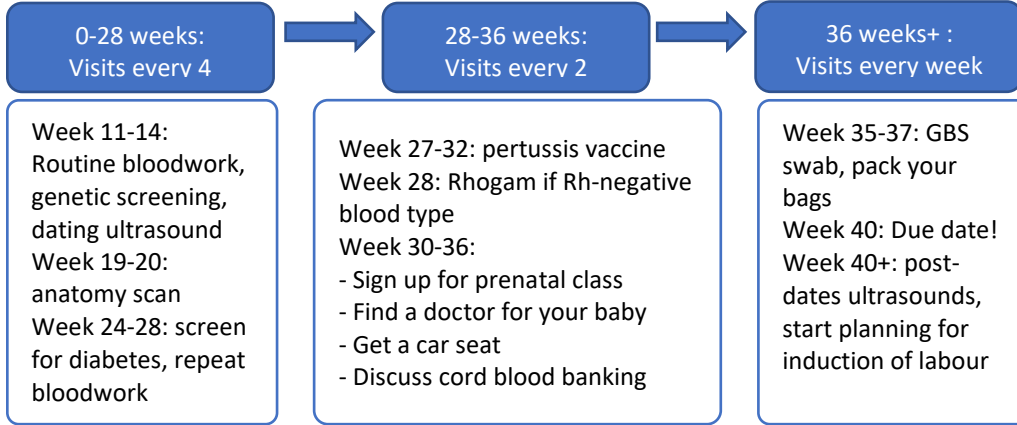


Pre-natal Counselling Patient Handout

Pregnancy Timeline (**this is a general guide and may be altered by your provider)



What to expect at visits?

- Ask about symptoms
- measure weight
- Take blood pressure
- Listen to fetal heart rate (after 12 weeks)
- Measure size of uterus (after 20 weeks)
- Assess fetal position after 30 weeks

Choosing a Care Provider

In Ontario, there are three types of maternity care providers (all covered by OHIP): midwives, family physicians, obstetricians
 At the South East Toronto Family Health Team, there is a dedicated Family Practice Obstetrics Group that offers family-centered, low-risk pregnancy care. Prenatal care is provided at the Family Practice clinic and deliveries are at Michael Garron Hospital.

Folic Acid Supplementation

- Reduces the risk of open neural tube defect
- For low-risk pregnancies, folic acid supplement 0.4 mg/day, starting 2-3 months before conception (if you can)
- Take folic acid throughout pregnancy + breastfeeding
- If you are at higher risk for open neural tube defect, your doctor may recommend a higher dose

Genetic Screening – offered to patients to screen for certain genetic conditions

Enhanced First Trimester Screening (eFTS)	Maternal Serum Quadruple Screen (MSS)	Non-invasive prenatal testing (NIPT)
Covered by OHIP Completed at 11-14 weeks (detection rate higher than MSS)	Covered by OHIP Completed if screening in first trimester was missed Completed at 15-21 weeks	Only covered by OHIP if certain criteria are met Highest detection rate Completed after 10 weeks
See handout “Prenatal Screening Information for Genetic Conditions” or visit www.prenatalscreeningontario.ca		

Exercise During Pregnancy

- 150 minutes of low-moderate intensity activity per week
- Activities include aerobic exercise, resistance training, yoga or stretching
- **Some patients may have health conditions which contradict them from exercising

Food to Avoid in Pregnancy:



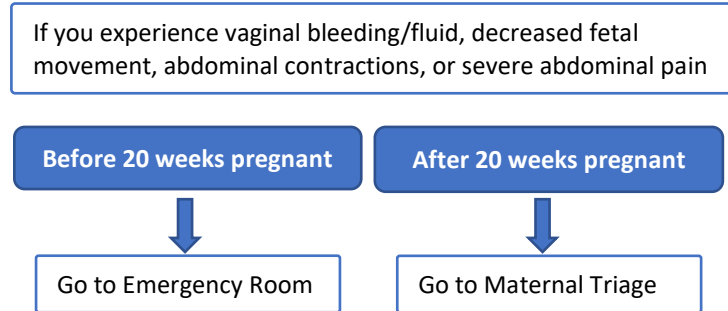
- Uncooked hot dogs
- Non-dried deli meats
- Raw or lightly cooked eggs or products that contain raw eggs
- Raw or undercooked meat
- Raw seafood, oysters, clams, and mussels
- Smoked salmon
- Raw or unpasteurized dairy products
- Unpasteurized and pasteurized soft and semi-soft cheeses, blue-veined cheese
- Raw sprouts
- Unpasteurized fruit juice and cider

For more information, visit www.canada.ca

Healthy Weight Gain in Pregnancy

Pre-Pregnancy BMI	Rate of Weight Gain in 2 nd & 3 rd Trimester (lb/week)	Recommended Total Weight Gain (lbs)
< 18.5	1.0	28-40
18.5 – 24.9	1.0	25-35
25.0-29.9	0.6	15-25
> 30.0	0.5	11-20

Reasons to seek Urgent Care



Substance Use in Pregnancy

NO safe amount of substance use (ex. alcohol, cigarette smoking, marijuana) during pregnancy
 Limit caffeine to 300mg/day (approx. two 8-oz cups)
 Herbal teas to avoid in pregnancy – aloe, buckthorn bark, chamomile, coltsfoot, comfrey, duck roots, juniper berries, Labrador tea, lobelia, pennyroyal, sassafras, senna leaves

Risk of Infection During Pregnancy

Influenza	Transmitted from people, not harmful to the fetus, pregnant women at increased risk of hospitalization and serious complications
Toxoplasmosis	Transmitted by eating raw meat and contact with cat feces. Symptoms are non-specific flu-like symptoms. Don't change cat litter and avoid raw meat
Parvovirus B19 (Fifths Disease, "slapped cheek")	Daycare workers and teachers at high risk. Infection during pregnancy can result in spontaneous abortion, fetal cardiac failure, or fetal death
Cytomegalovirus (CMV)	Most common in daycares, most infections are asymptomatic. Infants may have low birth weight, low hemoglobin and neurological complications
Herpes Simplex Virus (genital herpes)	Many risks associated with having an active flare during pregnancy or time of delivery. Advise OB provider if you have had genital herpes at any point
COVID-19	Compared to non-pregnant women with COVID-19, pregnant women are at increased risk of hospital admission, critical care and invasive ventilation

Immunizations in Pregnancy

Flu Vaccine

Indicated anytime during pregnancy. Getting the vaccine during pregnancy offers protection to your baby after birth. Babies < 6 months old cannot get vaccinated against the flu yet)

Pertussis Vaccine (Tdap)

Received between 27-32 weeks in pregnancy. Provides antibodies to baby for first few months of life for whooping cough

COVID 19 Vaccine

Recommended during pregnancy in any trimester and while breastfeeding by the Society of Obstetricians and Gynecologists of Canada

Common Symptoms in Pregnancy & Helpful Tips

1st Trimester

2nd and 3rd Trimester

Nausea & Vomiting

- Separate solids and liquids, eat small frequent meals of bland foods; avoid fatty foods, sweet beverages & strong odours
- Try eating or taking ginger supplements
- Talk to your OB provider about medications that can help with nausea/vomiting

Pelvic & Lower Back Pain, recommend:

1. Ice/heat application
2. Massage
3. Physiotherapy
4. Brace/girdle that provides pelvic stability

Resources for More Information

For general pregnancy information:

www.pregnancyinfo.ca
www.ontarioprenataleducation.ca
Your Guide to Healthy Pregnancy at www.canada.ca

Medications during pregnancy:

www.mothersbaby.org

Talk with your OB Provider if you have any questions or concerns.

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