

## What to Expect When You're Expecting

Week of Pregnancy	Tasks to be completed	Education
Find out your pregnant	<ul style="list-style-type: none"> <li>• Pregnancy test by the nurse in the clinic</li> <li>• Early Ultrasound booked</li> </ul>	
10 – 12 weeks First prenatal visit	<ul style="list-style-type: none"> <li>• 30-minute education/history session with nurse Sanaya</li> <li>• Complete medical by a physician (PAP if you haven't done one in 3 years and you are over 25 years old)</li> <li>• Initial lab work</li> <li>• Initial Edinburgh Depression Scale</li> <li>• Optional genetic testing: nuchal translucency (tests for spine Bifida, Downs Syndrome, Patau Syndrome and Edwards Syndrome). Done at 11-weeks 2days – 13 weeks 6 days. This is covered by Alberta Health Services</li> <li>• Optional genetic testing: Invitae (NIPS) test for specific chromosomal abnormalities and optional sex of the baby. Done as early as 10 weeks. Costs \$99 US dollars <b>Sanaya: 780-723-3366</b> <b>Health link: 811</b> <b>APL Labs: 1-833-572-0577</b></li> </ul>	<ul style="list-style-type: none"> <li>• 1<sup>st</sup> Trimester Pregnancy Discomforts (pg. 96-101)</li> <li>• Nutrition, Exercise and Weight (pg. 26-48)</li> <li>• Kegel Exercises (pg. 49-50)</li> <li>• Dental Care in Pregnancy (pg. 53)</li> <li>• Being Healthy and Preventing Injuries (pg. 75-84)</li> <li>• Medications and Herbal Supplements (pg. 72-73)</li> <li>• Smoking, Alcohol and Drug Use (pg. 67-74)</li> <li>• Routine Bloodwork and Urine Samples (pg. 103-106)</li> <li>• Genetic Screening (pg. 106-107)</li> <li>• <b>WARNING SIGNS TO SEEK HELP (pg. 108-110)</b></li> <li>• Mental Health Concerns (pg. 244-250)</li> <li>• AHS Prenatal Classes- Tentatively starting back up in September. Call 780-791-6247 to sign up for zoom Prenatal classes</li> </ul>
12-28 weeks Book an appointment every 4 weeks	<ul style="list-style-type: none"> <li>• Come 10-15 minutes early before your appointment to see Sanaya. Weight, blood pressure, and urine dipped for glucose and protein.</li> <li>• The physician will check the fetal heart rate</li> <li>• The physician will check the fundal height at around 20 weeks and on</li> <li>• 18-20 weeks routine anatomy ultrasound done</li> <li>• Optional maternal serum screen for genetic testing if missed in the first trimester (15 W- 20 W+ 6 days)</li> <li>• Edinburgh Depression Scale</li> <li>• 28 weeks Diabetic screen is done and CBC</li> <li>• 28 weeks Rhogam injection if RH-</li> <li>• 27-32 weeks Dtap vaccine for whooping cough prevention</li> <li>• Flu Vaccine (if flu season)</li> <li>• Covid Vaccine (if needed)</li> </ul>	<ul style="list-style-type: none"> <li>• 2nd Trimester Pregnancy Discomforts (pg. 118-121)</li> <li>• <b>WARNING SIGNS TO SEEK HELP (pg. 137-142)</b></li> <li>• Gestational Diabetic Screen (pg. 124)</li> <li>• 3rd Trimester Pregnancy Discomforts (pg. 150-151)</li> <li>• Kick Count Record (pg. 155)</li> <li>• *If negative blood type, Rhogam injection (pg. 104)</li> </ul>

<p><b>28-36 weeks</b> <b>Book an appointment every 2 weeks</b></p>	<ul style="list-style-type: none"> <li>• 35-36 weeks GBS swab</li> <li>• At 36 weeks come 30 minutes before your appointment to see Sanaya for labour and postpartum education session</li> </ul>	<ul style="list-style-type: none"> <li>• Breastfeeding (pg. 85, 135, 274-320) and 2nd Book Early Years (pg. 146-186)</li> <li>• Formula Feeding 2nd Book Early Years (pg. 187-204)</li> <li>• Group Strep B (pg. 154)</li> </ul>
<p><b>36-40 weeks</b> <b>Book an appointment every week</b></p>		<ul style="list-style-type: none"> <li>• <b>WHEN TO GO TO THE HOSPITAL (pg. 145)</b></li> <li>• Discuss Labor and Delivery (pg. 164-204)</li> <li>• Public Health Visit (pg. 225)</li> <li>• Postpartum blues and postpartum depression/anxiety (pg. 244-250)</li> <li>• Optional Circumcision (pg. 129) To book you talk to your doctor or call 780-725-6291</li> </ul>

\*This is a general guideline and is subject to change based on your personal needs \*