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The Ottawa Hospital

Department of Obstetrics, Gynecology and Newborn Care

Attending Physician Policy Statement

Policy Statement:

The Department of Obstetrics, Gynecology and Newborn Care is dedicated to providing patient-centered care and ensuring a supportive partnership between you and the health care team throughout your pregnancy and birth.

While your primary physician will oversee your prenatal care, please note that due to the nature of physician on-call schedules, your doctor may not be present at the time of your delivery. During your hospital stay, you will be cared for by a skilled team of physicians and nurses.

We are unable to accommodate requests based on the gender, race, or religious background of the healthcare providers involved in your care. Please be assured that every member of the team is qualified and committed to providing high-quality care to you and your baby.

My signature confirms that I have read and fully understand the policy statement above and that I agree to receive care from the on-call team when indicated. I acknowledge that my questions have been answered to my satisfaction.

Patient's Signature: _____

Date: _____

Congratulations on your pregnancy and welcome to our practice!

We would like to take this opportunity to thank you for choosing our practice for your obstetrical care. Pregnancy is an exciting experience and we are pleased to be part of this excitement!

In this package, you will find some useful information regarding your pregnancy, Antenatal care and delivery.

We wish you a very enjoyable pregnancy and delivery!

Kind regards,
Dr. Nika Alavi MD FRCSC
Dept Obstetrics, Gynecology and Newborn Care - The Ottawa Hospital
Director Undergraduate Medical Education- University of Ottawa

Obstetrical Visits in Pregnancy:

Obstetrical visits are started very early in pregnancy, Obstetrical visits are schedules:

- Every 4 weeks until 28 weeks of pregnancy.
- Every 2 weeks, 28- 36 weeks.
- Every week after 36 weeks until delivery.

Timing of prenatal assessments:

- **Dating ultrasound:** Ideally, every pregnant woman should be offered a first trimester dating ultrasound as early as 7 weeks for confirmation of gestational age. However, if the availability of obstetrical ultrasound is limited, it is reasonable to use a second trimester scan to assess gestational age.
- **Enhanced First Trimester Screening (eFTS):** This is a type of routine testing that is available to all pregnant patients in Ontario. It is a non-invasive way to determine the chance to have a pregnancy with Down syndrome and trisomy 18, which are two common chromosome differences. It is offered at 11+2 - 13+3 weeks.
- **Morphology scan:** At 18-22 weeks, a morphology scan will be ordered, to screen for visible anatomical abnormalities.
- **Gestational Diabetes Screening test:** At 24-28 weeks, a glucose tolerance test will be ordered to screen for gestational diabetes.
- **Need for Rhogam Injection:** If your blood type is Rh negative, Rhogam injection should be considered.
- **Growth Ultrasound:** At 32-34 weeks an ultrasound is considered to assess your baby's growth.
- **Group B Streptococcus Screening:** At 35-36 weeks a rectal-vaginal swab will be collected to test for Group B streptococcus (GBS).
- **Membrane Sweep:** After 38 weeks, a cervical examination is offered to check for cervical dilation and a possible stretch and sweep of the cervix. studies show a decrease of the number of pregnancies passing 41 weeks, when sweeping of the membranes is started at 38 weeks. (SOGC Guideline No. 214, September 2008) .
- **Induction of labour:** If spontaneous delivery does not occur, induction of labour is offered at 41+3 weeks for uncomplicated pregnancies , however, this can vary case by case.

Emergencies:

Dr. Alavi undertakes deliveries at the **Ottawa Hospital General Campus**. The Obstetrical group at the Ottawa General hospital consist of 13 obstetricians, and one of our obstetricians is always physically present at the hospital at all times.

Reasons to Present to Medical Attention:

If you notice any of the following signs you may contact our office: 613 721-2907 OR the Ottawa General Hospital Obstetrical Triage: 613 737-8012 (when you are **20 weeks and more**).

1. Decreased fetal movement (less than 6 movements in 2 hours after 24 weeks)
2. Sudden gush of fluid
3. Ongoing cramps, contractions, pelvic pressure, sudden severe pain
4. Bleeding
5. Severe headaches, visual changes(e.g. flashes of light), nausea, vomiting, and/or abdominal pain
6. Fever/chills, severe vomiting or any serious health concerns

If you are **under 20 weeks**, please present to the emergency department for any emergency concerns.

At the current time, parents or their designated care provider* with a baby in the NICU/SCN may continue to visit anytime. However, we are limiting visitors to 1 parent or designated care provider at a time, remaining at the baby's bedside for the duration of the visit.

Please visit: <https://www.ottawahospital.on.ca/en/clinical-services/deptpgmcs/departments/obstetrics-gynecology-and-newborn-care/patient-and-visitor-restrictions/>

Other COVID 19 Resources in Pregnancy:

Instagram- PANDEMICPREGNANCYGUIDE

Youtube- <https://www.youtube.com/watch?v=E-EAiX1g21Y>

Stem Cells for Life

When I found out that umbilical cord blood could save someone's life, **donating my cord blood to a public bank was an easy decision.**

– Nathaly, two-time cord blood donor
with Canadian Blood Services' Cord Blood Bank



Did you know that after a baby is born, the blood left in the umbilical cord and placenta is rich in lifesaving stem cells?

Cord blood can treat over 80 diseases and disorders including leukemia, yet it is often discarded as medical waste.

Canadian Blood Services' Cord Blood Bank collects and stores donated cord blood for future use by patients in need of an unrelated stem cell transplant.

Half of all stem cell transplant patients in Canada are unable to find a stem cell donor.



Fewer than 25% of patients find a matching donor within their own family
The other ~75% must rely on unrelated donors to save their lives

A diverse national public cord blood bank means a better chance of finding a match for a patient in need.

Donating cord blood is free, easy and poses no risk to the mother or baby.

Cord blood can be donated at four locations:

The Ottawa Hospital General Campus
Ottawa Ontario

William Osler Health System at Brampton Civic Hospital
Brampton Ontario

Alberta Health Services' Lois Hole Hospital for Women
Edmonton Alberta

BC Women's Hospital and Health Centre
Vancouver British Columbia

Visit our website to learn more about translation and interpretation services in other languages.


You could be the donor who saves someone's life.
Registering is easy, visit blood.ca/donatecord



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Blood
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