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# broadway

## OBSTETRICS & GYNECOLOGY



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### **The First Visit**

At the first prenatal visit we will interview and examine you to collect all your information for the prenatal record, which is the medical record in your pregnancy. You will be given a copy of the record in the third trimester and anytime it is required for testing or travel. It contains all the important information that might be required by anyone caring for you during your pregnancy. You should have this record with you when you go to the hospital.

### **Nonurgent Concerns**

In between your appointments if you have nonurgent concerns you can call the office and ask to speak with the medical office assistant (306-808-0340, extension 5). If she cannot answer your questions, or if she is concerned, she will ask you to come to the office to see your doctor or one of the clinic doctors if yours is not available.

### **Hospital Information**

Jim Pattison Children's Hospital (JPCH) is the only hospital in Saskatoon for deliveries and complications in pregnancy. It is a teaching hospital, which means there are medical and nursing students who may take part in your care. All Obstetricians in this office and the call group are committed to teaching future doctors and nurses.

You will also meet Obstetrical Residents (doctors who are studying to become specialists in Obstetrics) who will take part in your hospital care. They are usually your first contact doctor in the hospital.

We are part of a citywide Obstetrics and Gynecology call group. There is an on-call Obstetrician in the hospital 24 hours per day. If you are admitted to the hospital the Obstetrical Resident and on call Obstetrician will be caring for you.

### **Subsequent Visits**

- every 4 weeks until 32 weeks
- every 2 weeks until 36 weeks
- every week until your delivery

\*You may book your doctor visits in advance and online if you wish

\*We have a multidisciplinary team and Dr. R. Morissette is a family physician who may also see you for some of your prenatal appointments.

### **Urgent Concerns**

If you have an urgent problem you should go immediately to the Jim Pattison Children's Hospital

Urgent concerns include:

- Vaginal bleeding
- Pain
- Regular painful contractions
- Passing fluid from the vagina
- Baby's movements less or absent after 24 weeks
- Any symptoms that are worrisome to you

## Useful websites and contacts:

- Our office website: [www.broadwayobgyn.ca](http://www.broadwayobgyn.ca)
- General pregnancy information: <https://www.pregnancyinfo.ca>
- Saskatchewan Health authority prenatal education: [https://www.saskatoonhealthregion.ca/locations\\_services/Services/Prenatal-Education](https://www.saskatoonhealthregion.ca/locations_services/Services/Prenatal-Education)

## Prenatal Classes

The Saskatchewan Health Authority offers prenatal classes: evenings, weekends, and on line. These classes are a good source of information and may be helpful to you during your pregnancy as well as labour and birth. There are also virtual hospital tours to help with orientation. Resources to help with postpartum support and breastfeeding can also be assessed. For more information contact: 306-655-4820 or [https://www.saskatoonhealthregion.ca/locations\\_services/Services/Prenatal-Education](https://www.saskatoonhealthregion.ca/locations_services/Services/Prenatal-Education)

## Stressed out? Feeling Down?

Pregnancy is time of added stress and worry. If you are feeling low, sad, having anxiety or signs of depression, please ask for help. There is support available. Talk to your doctor about how you are feeling or call: SK Health Line Phone: 811, or online: [healthlineonline.ca](http://healthlineonline.ca)

Postpartum depression support group: 306-221-6806

## Medications

- It is recommended that you take a prenatal vitamin everyday
- Some women will need higher doses of Folic acid, you should ask your doctor if this is required
- Nausea, vomiting, heartburn, and constipation are common in pregnancy. There are safe and effective treatments available, so talk to your doctor
- This website has reliable information about what you can take safely in pregnancy: <https://www.pregnancyinfo.ca>
- Flu Shot: The flu shot is recommended for all women who will be pregnant during the flu season. It is safe for mother and baby. It decreases the risk and severity of the flu. It protects the new born
- Tdap: is recommended for all pregnant women and will be offered between 28-32 weeks. Family and friends who are going to be around the baby should make sure their Tdap is up to date.

## Tests

1. **Routine Prenatal Tests:** urine and blood testing for certain infections eg. HIV, hepatitis, as well as other testing eg. blood group, hemoglobin level, thyroid function testing - all of which can impact your pregnancy outcome
2. There are tests available to screen for **Down Syndrome** and other conditions. These tests are optional. Talk to your doctor about them. Printed information about the tests is available to help you decided
3. **Ultrasound examinations:** The first ultrasound is a dating ultrasound done between 8 and 14 weeks. The next ultrasound is done at 18-22 weeks, when the baby is big enough to look at the anatomy. Fetal gender may be determined at this time, if you wish to know it. Ultrasound examinations may also be ordered at other times if they are required for evaluation of the baby's size or placenta, or in the case of complications in the pregnancy. Your doctor will decide if and when these will be done.
4. **Diabetes Screening:** All women are offered testing for diabetes in pregnancy between 24-28 weeks. This test requires you to drink an orange drink, stay the laboratory for one hour and then have a blood sample drawn. Some women require a second test or will need to have test done more than once in the pregnancy
5. **Blood Group:** If your blood group is Rh negative, you will receive an injection of WinRho at 28 weeks and anytime you have bleeding or abdominal trauma. WinRho is an injection that helps protect you and your future children from certain blood group reactions.

