

INTRODUCTION TO MATERNITY CARE

Hospital

- Our doctors perform deliveries at South Health Campus (SHC)
- If you are unable to see your doctor and have a concern:
 - Less than 12 weeks' pregnant – call Health Link at 811 or go to the nearest emergency room
 - More than 12 weeks' pregnant – call Health Link at 811 or go to Unit 76 located on the 7th floor at SHC

Doctors providing care

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|---------------------|-------------------|
| • Dr. J. Brandon | • Dr. S. Premji |
| • Dr. K. Cerny | • Dr. M. Spengler |
| • Dr. A. Cullingham | • Dr. S. Stokes |
| • Dr. D. Hitchcock | • Dr. A. Tadros |
| • Dr. M. Kidd | • Dr. A. Tarazona |
| • Dr. N. Logsetty | • Dr. I. Wiens |

Please be aware that we have male and female doctors in our clinic and at the hospital, who may be in charge of your care. We are also a teaching facility, so residents and medical students could be present during examinations and delivery.

Ultrasounds

- Optional nuchal translucency at 11–14 weeks
- Routine detailed ultrasound at 18–20 weeks. Unless clinically indicated, there are usually no additional ultrasounds required after 18 weeks.

Office visits

- 10–28 weeks: appointments every 4 weeks
- 28–36 weeks: appointments every 2 weeks
- More than 36 weeks: weekly appointments

Our policies

- We respect that everyone's time is valuable. To assist us in providing timely care, please try to come to your scheduled appointments on time.

- If you are more than 20 minutes late, you will be asked to rebook your appointment. We ask that you please provide at least 24 hours' notice if you are unable to attend your appointment. You will be charged for missed appointments.
- After you have your baby, please call the clinic to cancel any further prenatal visits that may have been booked. Please book an appointment at the PCN Wellness Centre for 7–10 days after birth for both you and your baby.
- If you have a family doctor, your baby will be discharged from our care after his or her 7–10 day postpartum appointment. If you do not have a family doctor, we will continue to care for your baby up to 6 weeks' postpartum. We encourage you to look for a family doctor during your pregnancy. For a list of doctors accepting patients, please ask the administrative staff at the front desk.
- Please remember to update your address, phone numbers, email address and name changes, as they occur.

Additional services

Registered Social Worker (RSW) – An RSW can offer support, navigation, referrals and community resources, including those for parenting, postpartum peer support, special needs, employment, financial, food and emergency housing.

Registered Dietitian (RD) – An RD can provide education and strategies on topics, including appropriate weight gain, healthy food selections, nutrition while breastfeeding, and postpartum weight loss.

Lactation Consultant (LC) – An LC can provide general breastfeeding advice, treatment and education.



South Calgary PCN Maternity Care

South Calgary Primary Care Network Maternity Care

PCN Wellness Centre

4000, 1800 – 194 Ave S.E.

Calgary, AB T2X 0R3

Phone: 403.668.8600 | Fax: 403.668.8610