

## **Appointments**

Prenatal care usually begins at about 8-10 weeks into pregnancy. As there are some tests and screens offered in pregnancy that are time-sensitive the earlier in your pregnancy that care begins more options you will have.

Prenatal visits are scheduled every 4-5 weeks in pregnancy from 8 to 30 weeks, every 2-3 weeks from 30 to 36 weeks, then every week from 36 until the baby is born.

Postpartum visits are frequent in the first week after delivery, then scheduled for 2 weeks after the birth, 4 weeks, and the final visit is at 6 weeks postpartum. After this, care is transferred to your family physician.

If you do not have a family physician check the College of Physicians and Surgeons of BC website for physicians accepting new patients in your area.

[https://www.cpsbc.ca/physician\\_search](https://www.cpsbc.ca/physician_search)

## **Appointment Cancellations**

Please expect that we may need to reschedule your appointments from time to time due to the unpredictable nature of midwives' schedules. Please ensure that you have provided all your contact numbers.

Caroline and Aleka work as a team of two. You will meet both of us in the course of your care. Occasionally one of us will take time off; during these times we will be practicing essentially as a solo midwife. This means that the midwife on call may need to re-arrange your appointment date and time if she is attending someone in labour or with a patient with a medically urgent need.

During these times we will strive to let all our clients know as soon as possible if we need to cancel clinic in order to attend a labour or a medically urgent need. As issues can arise unexpectedly in pregnancy, please be aware that there may be a time when we cannot give you notice that we won't be able to attend your appointment. Or we may contact you after the set time is past. This may or may not happen in the course of your care.

With this in mind please know that if something medically urgent arises in your pregnancy we will give you priority and reschedule our day as needed.

Please check your phone for messages before your appointment time.