DR. LIISA HONEY Obstetrics and Gynecology DR. DOUGLAS COCHEN

CONGRATULATIONS ON YOUR PREGNANCY!

ONLINE REGISTRATION FOR QUEENSWAY CARLETON HOSPITAL:
www.qch.on.ca/childbirth-pre-registration

DURING YOUR PREGNANCY YOU CAN EXPECT:

- At **11** to **13** weeks gestation: offer eFTS genetic screen
- At **18** to **20** weeks gestation: a routine ultrasound to look at the baby's body
- At **24** to **28** weeks gestation: a screening test will be done for Gestational Diabetes.If you are RH negative you will be given Anti-D immunization at the hospital.
- At **35** to **37** weeks gestation: a swab will be done to screen for Group B Strep.
- After **36** weeks gestation: you should report to the Childbirth Center when your contractions are 5 minutes apart or your membranes rupture.

COMMON AILMENTS IN PREGNANCY:

- Cold, fever or headache: **TYLENOL 325 mg (acetaminophen) 2 tabs every 4 hours**
- Heartburn: try eating frequent, small meals, wear loose clothing around your abdomen, avoid lying down flat for 1 to 2 hours after meals
  you may take: **TUMS, MYLANTA, MAALOX, GAVISCON**
- Constipation: Eat food rich in fiber such as fruit, raw vegetables, whole grain cereals, drink 8 glasses of water daily and get regular exercise.
  you may take: **METAMUCIL 1 Tbsp. Daily or COLACE 100 mg once or twice daily**

IF YOU ARE UNABLE TO REACH US PLEASE CALL

- The Queensway-Carleton Hospital Childbirth Center: 613-721-2000 ext 2127.

For concerns related to safety of drugs or household products in pregnancy:
Please contact MOTHERISK at www.motherisk.org or **1-877-439-2744**

Dr. Cochen and Dr. Honey share **"ON CALL"** with the following group of obstetricians at the Queensway Carleton Hospital:

Dr. Farrell, Dr. Legault, Dr. Thorne, Dr. Anderson, Dr. Shepherd, Dr. Lal, Dr. Beshara, Dr. Doris, Dr. McKinnon

PRENATAL CLASSES: https://biblioottawalibrary.ca/en/program?text=prenatal

RECOMMENDED WEBSITE AND APP: http://www.Omama.com Pregnancyinfo.ca
RECOMMENDED READING:

- Complete Book of Mother and Baby Care
- What to Expect when You're Expecting
- Healthy Beginnings: Giving Your Baby the Best Start, from Preconception to Birth, 5th Edition

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