

WHAT TO EXPECT WHEN YOU'RE EXPECTING AT THE GLEN

2023



YOUR PREGNANCY & BIRTH GUIDE

This document was developed and written by:

Lan-Vi Truong, RN, BScN, MUHC
Laurence Laurin, RN, BScN, MUHC
Malorie Pierre-Fécu, RN, BScN, MUHC

Consultants:

Dr. Richard Brown, Chief of Obstetrics, MUHC
Dr. Srinivasan Krishnamurthy, Obstetrics & Gynecology, MUHC
Jennifer Pepin, Head Nurse, Birthing Centre, MUHC
Magdalena Arciszewska, RN, Lactation Consultant, MUHC
Marie-Christine Rodrigue, RN, BScN, MUHC
Rina Fusco, Assistant Nurse Manager, OBS Clinic, MUHC
Ruth-Lynn Fortuné, NDPE, Perinatal care, MUHC
Sarah St-Georges, Assistant Nurse Manager, Postpartum, MUHC
Sophia Kapellas, Advanced Practice Nurse, Obstetrics, MUHC

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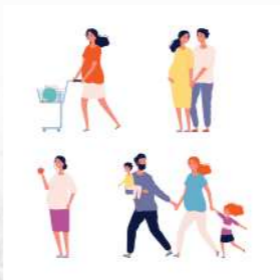
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WHAT TO EXPECT WHEN YOU'RE EXPECTING AT THE GLEN

Congratulations on your pregnancy!

The Women's health team is pleased to be accompanying you through this wonderful life event. In this booklet, you will find useful information to guide you through these next few months with us, from your first appointment in the clinic to your departure from the hospital with your baby. Please feel free to ask a member of the healthcare team if some of your questions remain unanswered after reading this booklet.



OBS CLINIC

From your very first visit to the end of your pregnancy, most of your prenatal follow-up appointments will be at the OBS clinic of the Glen depending on which doctor is following you. Our team is made up of secretaries, nurses and medical staff. Even with a booked appointment, we thank you in advance for your patience and understanding as waiting times for visits are unpredictable, and depend on the clinic volumes, availability of nursing and medical staff, type of clinic and patient complications.



What to expect during your visit?

FIRST PRENATAL VISIT (USUALLY BETWEEN 10-12 WEEKS)

- A nurse will take your medical and family history, do a social assessment and a physical exam (vital signs).
- Your doctor will complete the medical assessment, do a gynecological exam (if necessary), may perform a quick ultrasound to determine how far along you are (dating scan), order blood tests, medications if needed and an ultrasound, and answer any questions and concerns you may have.
- The OBS clinic secretary will book your blood test and follow up appointments and the ultrasound secretary will book your first ultrasound (Nuchal translucency between 12-13 6/7 weeks) as requested by your doctor.

FOLLOW-UP VISITS WITH YOUR DOCTOR

- 2nd trimester: Every 4-6 weeks until 28 weeks
- 3rd trimester: Every 2-4 weeks until 35 weeks then every week until you deliver
- Depending on how your pregnancy is progressing, your doctor may see you more often

AT EVERY VISIT

- A nurse will take your vital signs, your weight and do a clinical assessment
- Your doctor will listen to your baby's heart rate and do a medical assessment
- You can discuss any discomfort or concerns with your doctor or nurse



Contact Information

Glen site- Royal Victoria Hospital
Block C South, 6th Floor, Room 5218
Hours: Monday-Friday 08:00-16:00 (excluding holidays)
Phone: 514-843-1603

EPRAC

If you are less than 18 weeks pregnant and are experiencing vaginal bleeding or abdominal pain, you may present to the EPRAC (Early Pregnancy Rapid Access Clinic). Most of the time, experiencing mild pain or cramping early in pregnancy, with or without vaginal bleeding can be normal but it can also signal other complications. If it is urgent, go to the Emergency room (CSt1.3300).

What to expect during your visit?



ASSESSMENTS

✓ A nurse will take your medical history and arrange for blood test (if necessary)



✓ A doctor will perform a transvaginal ultrasound (if necessary) and a pelvic exam



✓ Based on the results of these exams, the doctor will make a diagnosis and arrange a treatment plan with you



As this is a walk-in clinic, wait times are unpredictable.



Contact Information

Glen site- Royal Victoria Hospital
Block C South, 6th Floor, Room 4152
Hours: Monday-Friday 08:00-11:00 am (excluding holidays)
Phone: 514-934-1934 ext 34719

Outside the listed hours, you must present to the Emergency Department (Block C, S1 level, Room 3300).

TRIAGE

FROM 18 WEEKS TO 6 WEEKS POSTPARTUM

Once you are 18 weeks pregnant, you can come to triage located at the birthing centre for a variety of reasons. Learn more about these reasons here (<https://muhc.ca/obstetrics-and-gynecology/about>)



What to expect during your visit?

IN TRIAGE YOU WILL BE SEEN BY:

✓ A nurse will evaluate your well-being and your baby's (measure your blood pressure and other vital signs, monitor your baby, etc.)



✓ A medical student or a resident will take your detailed medical history



✓ An obstetrics resident or the obstetrician on call will complete the medical assessment and order blood tests or ultrasounds if necessary.



WAIT TIME



✓ Triage is not done on a "first come, first served" basis: it depends on each patient's reason for visiting.

Wait times are unpredictable, as they depend on the activity in the labour and delivery room, the availability of nursing and medical staff and the number of patients.

PLAN OF CARE

✓ After your triage visit, you may be admitted to the Birthing Centre or the Maternity ward, or you may go home with instructions and a follow-up plan. If you are admitted, a nurse will check on you and your baby regularly.

✓ At the Glen, all rooms are private and there is no need to "reserve" a private room.



Contact Information

Glen site- Royal Victoria Hospital
 Birthing Centre
 Block C South, 6th Floor, Room 2143
 Hours: 24 hours a day, 7 days a week
 Phone: : 514-843-1592

INDUCTION OF LABOUR

Once your doctor determines that you should be induced, your name is added to the induction waiting list for the requested date.

This list is prioritized each evening by the on-call obstetrician by degree of urgency.

There are 3 different tools that you can find on the [MUHC website](https://muhc.ca/obstetrics-and-gynecology/preparing-for-your-baby) providing information about induction of labour.

<https://muhc.ca/obstetrics-and-gynecology/preparing-for-your-baby>



1 Learn more about "What is an induction?"

A general information guide answering all the most frequently asked questions regarding the topic of induction.

2 Learn more about "What to expect the day of your induction"

This information sheet gives you an overview of what happens the day of your induction.

3 Learn more about "Going home with a balloon catheter"

This information sheet gives you instructions if you go home with a balloon catheter.

If you have any questions or concerns while you are waiting to be called for your induction, do not hesitate to call the birthing centre for assistance.



Contact Information

Glen site - Royal Victoria Hospital
Block C South, 6th Floor, Room 2143
Hours: 24 hours a day, 7 days a week
Phone: 514-843-1592

LABOUR AND DELIVERY

Once you are admitted to the birthing centre in labour, you will be able to discuss with the team your birth plan and wishes for your delivery. This is a good time to talk about the pain relief options you are interested in (labour support without pain medication, epidural analgesia, etc.)



ASSESSMENTS

What to expect during your stay?

Obstetrician and residents:

- ✓ With your consent, regular vaginal exams will be performed by the medical/nursing team to assess the progression of your labour. If this makes you uncomfortable, make sure to discuss it with your nurse or doctor.
- ✓ While you are in the birthing center, you will be under the care of one of our staff obstetricians. Our obstetrical team consists of both male and female physicians, one of whom will be present during your delivery based on the established processes.

Nurse:

- ✓ Your nurse will assess you often during labour (your contractions, how you are coping, and the heart rate of your baby), every 15-30 minutes or more frequently if needed.
- ✓ Depending on the situation (ex: if you are receiving oxytocin to stimulate your labour), you will need to keep the fetal heart monitor on at all times.
- ✓ Your nurse will also be there to offer you labour support, help you manage your pain, and will encourage your partner or support person to be involved in your labour experience.
- ✓ Once you start pushing, your nurse will stay with you continuously until after you deliver.
- ✓ A second nurse will come in closer to the time of delivery to assess your baby at birth.

Neonatologist:

- ✓ In certain cases, a neonatologist is called in to be present for the birth of a baby. You will be informed if we foresee needing to call the Neonatal Intensive Care Unit (NICU) team at birth.

Students:

- ✓ The MUHC is a teaching hospital. If you consent to their presence, medical and nursing students may also be involved in your care during your labour and delivery.



Sometimes emergencies arise, and quick decisions must be made to ensure the well-being of mom and baby. Having a healthy mom and a healthy baby is our goal for every one of our patients. Know that our wish is for each patient to have a delivery experience as close as possible to what they had envisioned. We encourage you to keep an open mind, ask questions, and rest assured that you will be consulted at every step.

BIRTH



- If all is going well at birth, we wait 60 seconds before clamping the cord. You or your partner will then be able to cut the cord if you wish.
- If you have a vaginal birth, the baby will then be placed skin to skin with you, ideally for at least 1 hour.
- While on your chest, the baby may start searching for your breast or even latch on.
- If your baby needs to be assessed by the neonatologist first, he will be brought to the infant warmer next to your bed.
- If your baby needs to be transferred to the neonatal intensive care for further monitoring or interventions, your partner will most likely be able to accompany your baby there.
- You can start breastfeeding soon after birth. Early breastfeeding is essential to help stimulate milk production.
- Maintaining skin to skin contact throughout your hospital stay will enhance your ability to respond to your baby's hunger cues, improve your bonding with your newborn, and helps your baby transition to life outside the womb.
- For about 2 hours after your delivery, you will stay in the birthing centre. Yours and your baby's vital signs will be monitored, as well as your bleeding. Afterwards, you will be transferred to D6 Maternity unit.

CESAREAN SECTION

- In most cases your partner or 1 support person will be allowed to accompany you during the procedure.
- Your partner will be allowed into the operating room right before the surgery starts and will leave a few minutes before the end of the surgery.
- On average, the procedure will take 60-90 minutes.
- Skin to skin will be started before you leave the operating room.
- You will then be brought to the recovery room with your baby (an area adjacent to the nursing station). You will stay there for about 2 hours: your vitals will be monitored, and we will wait for the anesthesia to wear off and help you with breastfeeding.
- No visitors are allowed in the recovery room, only your support person.

Learn more about
 what to expect the day of your cesarean birth
<https://muhcpatienteducation.ca/>
<https://muhc.ca/obstetrics-and-gynecology/preparing-for-your-baby>



MATERNITY

Once the baby is born and the obstetric team evaluates that you are medically stable, you will be transferred to the maternity ward.



What to expect during your stay?

- You will stay on the maternity unit about 24 hours for a vaginal birth, and about 48h if you've had a cesarean.
- When you arrive on the maternity unit, you will receive an education package. Educational videos will also be available on the TV in your room. We encourage you to read the package and watch the videos when you have a moment, as they contain valuable information and help you prepare for your return home with baby. Some of the information is available online. Learn more about the [pamphlet "Going home with baby"](#) (MUHC Patient education page).
- Your baby will be rooming in with you at all times, unless you need to be separated for a medical reason.
- There is a sofa in this room for your partner or support person to rest. Only one person can stay overnight.
- If you have other children, they can come visit you and meet their new sibling but cannot spend the night in the hospital with you.

NURSING AND MEDICAL CARE

- Just like in the birthing centre, a nurse will be assigned to care for you and your baby.
- You will notice once you arrive on this unit that the monitoring is much less frequent than in the birthing centre. Unless you call for assistance, a patient attendant (PAB) will attend to your needs as your nurse will come assess you every 4 hours at first, then every 8 hours.
- With support, teaching and guidance from your nurse, you and your partner will be providing the necessary care for your newborn (changing diapers or clothes, for instance). Prenatal classes are highly recommended in helping to support you in this learning process.
- Numerous videos are available in the rooms for breastfeeding support and basic baby care such as the first bath (baths are no longer recommended immediately after birth and will not be given by your nurse).
- If you need help getting out of bed (for example, if you've had a cesarean section), the patient attendant will be available to offer assistance.
- If you had a cesarean section, you will be seen by the obstetric resident on the maternity unit prior to going home.
- Your baby will be seen by the pediatrician at least once before you are discharged from the hospital. Your baby will also have some blood tests and a hearing test done.



Contact Information

Glen site- Royal Victoria Hospital
 Maternity Ward (D06)
 Block D South, 6th Floor
 Newborn Follow-up for 7 days after
 discharge
 Phone: : 514-934-1934 ext 34779

FOOD



Verify with your nurse first for food policy and recommendation. Some exceptions may apply. As a general rule:

- ✓ **In early labour or in the early phase of an induction**, you can usually eat and drink as you wish.
- ✓ **In active labour**, we recommend that patients only drink "clear fluids" (water and juices you can see through) and snacks like popsicles or jello.
- ✓ We do not recommend eating during the active phase of labour
- ✓ **Once in the maternity unit**, there is no food restrictions unless your doctor requests a specific diet (e.g. diabetic diet)
- ✓ You can bring snacks from home.

VISITATION POLICY

- ✓ In the birthing centre and maternity unit, 2 support persons or visitors maximum will be permitted (partner, family members, caregiver, doula) at all times.

For more information on family presence and visitor's guidelines, call the birthing centre or the maternity unit or visit the [MUHC page for more details on the latest update : https://muhc.ca/visit](https://muhc.ca/visit)

BREASTFEEDING

The MUHC respects the World Health Organization & Baby Friendly Hospital Initiative to implement practices that promote, protect and support breastfeeding.

✓ If you plan to breastfeed your baby, we strongly encourage you to take our free Breastfeeding Information Session before birth to help you get a really good start.

Please register for the free 90-minute class by emailing allaitement@muhc.mcgill.ca

- ✓ When your baby is born your nurses will be available to help you and your baby learn this new skill. We encourage you to call at the beginning of a feeding to receive proper support.
- ✓ If you encounter problems, and your nurse is unable to help you further she will contact a lactation consultant to assist you.
- ✓ If you choose to formula feed your baby or if you need to give your baby formula at the hospital, it will be provided on the unit. Your nurse will teach you how to give formula safely.
- ✓ Breastfeeding is natural for your newborn, but it will take time for both of you to learn and become familiar with it. Be PATIENT and TRUST each other.



DISCHARGE HOME

Once you and your baby have been cleared for discharge by the medical team, you will be allowed to go home.

- ✓ You must bring a car seat with you, and we will verify that the baby is properly strapped in before you leave the unit.



10 am to 8 pm

- ✓ Discharges start at 10 am and end by 8 PM: the times vary depending on the hour your baby was born.

- ✓ When you leave the hospital, your **CLSC** will be informed of your delivery. If this is your first baby or if there are concerns about your health or your baby's health, the CLSC should contact you within **24-48 hours of your discharge**.

FOLLOW-UP

- ✓ For the **6 weeks** following your delivery, you can present to the **birthing centre triage** for pregnancy/delivery related concerns (mastitis, infection, postpartum depression...)

- ✓ If you are concerned about your baby's weight, or baby is showing signs of jaundice, you can call the maternity unit (up to seven days after your delivery) to speak with a nurse. She will assess you over the phone and arrange appropriate follow-up care based on the needs of your newborn.

Call 514-934-1934 extension 36081.

The Newborn follow up clinic on the maternity unit can see your baby up to 7 days after baby is discharged. For other issues, or after those 7 days, you must go to the Montreal Children's Hospital emergency department with your baby.

- ✓ For your **POSTPARTUM FOLLOW-UP**, call the **OBS clinic** at **514-843-1603** to schedule an appointment with your doctor **8-10 weeks after your delivery**. Your doctor may adjust your visit depending on your specific situation.