

Welcome to the Ottercreek Prenatal Clinic

About us:

We are a group of family physicians who practice low risk obstetrics fully affiliated with the Sunnybrook Academic Family Health Team. Thank you for choosing us for your obstetrical care and congratulations!

Location and Contact:

-Your office visits outlined below will be at the Wilson Medical Group clinic at the corner of Bathurst and Wilson. The contact information to book your appointments is:

Wilson Medical Group

343 Wilson Avenue, Suite 303, North York, Ontario M3H 1T1

| Tel (416) 785-8412 | Fax (416) 785-8324

-Your delivery will be at:

Sunnybrook Health Sciences Centre

2075 Bayview Ave, Toronto, ON M4N 3M5

Phone for the doctor on call: Call 416-480-6100, press "0" and ask for the family practice resident on-call for obstetrics.

Website: <https://sunnybrook.ca/content/?page=family-medicine-obstetrics>

Email: family4birth@sunnybrook.ca

Timeline:

6-12wk ***Appointments are every 4 weeks**

- Lots of Prenatal bloodwork and STI testing!
- Physical exam including pap if needed
- Genetic testing discussion (eFTS or NIPT- blood tests/ultrasound)
- Dating Ultrasound- **Memorize your due date!**
- Diet and Exercise/ Healthy Pregnancy discussion:
<https://www.chusj.org/CORPO/files/46/46cf2737-6ad9-40a2-959c-cfeb86da187b.pdf>
- Registration paperwork for Sunnybrook Health Sciences Centre

16wk

- Anatomy Ultrasound (+/- sex of the baby!)
- Discuss cord blood
- Discuss prenatal classes, meet the doctors night and tours at Sunnybrook
- Late genetic screen MSS if needed (15+1 - 20wk)
- Discuss Winrho if needed for negative blood type

20wk

- Review anatomy ultrasound and answer all your questions
- Discuss triage

24wk-28wk

- Repeat blood work and glucose test for diabetes of pregnancy

28wk- ***Appointments are now every 2 weeks after 28wks**

- Pertussis Tdap vaccine
- WinRho injection if negative blood type

30wk

- Arrange third trimester Ultrasound for growth and wellbeing of the baby

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- May require extra US if you want a vaginal delivery after C-section or placental issues come up etc.

32-36wk ***Appointments are now every week after 36 weeks**

- Discuss labour
- Group B Strep swab (35-37wk)

38wk

- Discuss stretch and sweep

40wk-41wk

- Post dates Ultrasound
- We may need to book an induction of labour 10 days post your due date