

Appointment date: _____
Appointment time: _____

WHAT IF I CANNOT ATTEND AT THE SCHEDULED TIME?

- If it is necessary to change your appointment, please call the prebirth clinic at least 24 hours before your appointment.

PATIENT NOTES/QUESTIONS

For more information on the prebirth clinic and the services offered in the childbirth program, you may visit our website at www.grandriverhospital.on.ca

Prebirth clinic is a partnership between Grand River Hospital and the Region of Waterloo Public Health Department.



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**A
Guide for
PREBIRTH CLINIC**



Pre-registering and preparing for a healthy pregnancy, your birthing experience and community support.

Call to book your appointment now:

**749-4300 ext.
2793
Between 8 am and 6 pm**

WHAT IS THE PREBIRTH CLINIC?

- The prebirth clinic is available to prepare you and your family for a healthy pregnancy, the birth of your baby and your postpartum experience. By attending the prebirth clinic, you will have the opportunity to meet with a hospital nurse and a public health nurse to obtain information. You may ask questions about your pregnancy, the upcoming birth of your baby, and what community supports are available to you.

IS IT NECESSARY TO ATTEND THE PREBIRTH CLINIC?

- Yes, even if this is not your first pregnancy. You will be pre-registered with the childbirth program and the information you provide will become a part of your hospital record. This assists us in providing you with the best care.

WHEN DO I NEED TO BOOK AN APPOINTMENT?

- The ideal time for your appointment is before you are 20 weeks into your pregnancy and preferably not later than 32 weeks. It is best if you call as early as possible.

HOW DO I BOOK MY APPOINTMENT?

- When you receive the enclosed papers, please complete all of the forms and call 749-4300, ext. 2793, to arrange an appointment. You will need to allow approximately one hour for your visit.

The enclosed forms are also available on our website; www.grandriverhospital.on.ca.

DO I NEED TO DO ANYTHING SPECIAL ON THE DAY OF MY VISIT?

- If you have children, we recommend that you make alternate care arrangements on the day of your appointment.
- Arrive at the childbirth registration desk on Floor 4, D-Wing. If you are more than ten minutes late, your appointment may be rescheduled.

PLEASE BRING:

- A completed standard pre-admission record
- A completed initial maternal/fetal assessment
- A completed pre-anaesthetic patient questionnaire
- The medications you are currently taking in their original containers
- Your provincial health card (if you have one)
- Your extended health coverage information and policy numbers
- Other papers given to you by your doctor
- Questions about pregnancy, your birth experience, your hospital stay and community supports.