

Feedback on the Pregnancy Passport

The Pregnancy Passport is new for pregnant women in BC. Please tell us what you found helpful or not helpful about the Pregnancy Passport and suggestions you have for improving it. Your feedback may be returned by mail or given on-line at www.bcphp.ca.

My age:

- 21 years or less
- 22 – 25
- 26 – 35
- 36+

This is my 1st, 2nd, 3rd + pregnancy

I received the passport:

- Before pregnancy
- 0 -14 weeks
- 15 – 27 weeks
- 28 weeks – birth
- When giving birth
- After my baby's birth

I received the passport from:

- Family doctor
- Obstetrician
- Midwife
- Health Unit
- Other _____

Please specify

Name of my city/ town: _____

What was helpful in the Pregnancy Passport?

Changes suggested for improving the Pregnancy Passport:

Would you recommend the Pregnancy Passport to your friends? Yes No

Comment:



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Women's Health

.....

Pregnancy Passport

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Thank you!
BC Perinatal Health Program

Name
Name and phone number of care providers: (doctor, midwife, nurse practitioner)
Public Health Unit:
Public Health Nurse:
Place where I will give birth:
Emergency numbers in my area:
Other numbers:

Introduction

The Women's Health Pregnancy Passport is published by the BC Perinatal Health Program in partnership with the Ministry of Healthy Living and Sport and your Health Authority for you to have your own health record for pregnancy, birth and the early newborn period. This passport will help you understand what to expect with your pregnancy care and help you think about how to care for yourself and your baby. It is also a place for you to keep your own record of check-ups and tests and how to find more information (see back page). This passport is a companion to information in the book *Baby's Best Chance***

** *Baby's Best Chance: Parents' Handbook of Pregnancy and Baby Care*, is a resource for planning for and having a healthy pregnancy and childbirth, and a resource for caring for your baby in the weeks following birth and adapting to parenthood. Contact your local health unit or ask your doctor or midwife to get your copy. The *Baby's Best Chance* DVD is also available at your health unit.

We wish to acknowledge the work produced by the UK National Institute for Health and Clinical Excellence (NICE) which assisted in the development of this passport.

Website Resources

Baby's Best Chance online (also available at your local health unit)	www.health.gov.bc.ca/library/publications/year/2005/babybestchance.pdf
Family Resources for BC	www.bcphp.ca
BC College of Family Physicians (find a family doctor)	www.bccfp.bc.ca
College of Physicians and Surgeons (find a family doctor or obstetrician)	www.cpsbc.ca/node/216
Midwives Association of BC (find a midwife)	www.bcmidwives.com
Doula Support (find a doula)	www.bcdoulas.org
ActNow BC	www.ActNowBC.ca
Breastfeeding – Best Start	www.beststart.org/resources
Breastfeeding- La Leche League	http://groups.lllc.ca/groups.php?prov=BC
BC Association of Family Resource Programs	www.frpbc.ca
BC Early Hearing Program	www.phsa.ca/AgenciesServices/Services/BCEarlyHearingPrgrs/default.htm
BC Health Files	www.healthlinkbc.ca/kbaltindex.asp
Canada's Physical Activity Guide to Healthy Active Living	www.phac-aspc.gc.ca/pau-uap/paguide
Eating Well with Canada's Food Guide and My Food Guide	www.healthcanada.gc.ca/foodguide
Healthy Choices in Pregnancy	www.hcip-bc.org/index/htm
Health Canada's Body Mass Index (BMI) calculator	www.hc-sc.gc.ca/fn-an/nutrition/weights-poids/guide-ld-adult/bmi_chart_java-graph_ime_java-eng.php
Healthy Eating, Healthy Exercise and Healthy Weights	www.healthypregnancybc.ca
Healthy Pregnancy	www.motherisk.org ; http://www.hcip-bc.org/index.htm
Infant Crying	www.purplecrying.info
Intimate Partner Violence/ Safe Houses	www.cd.gov.bc.ca/women/contacts/th.htm
Newborn Blood Screening Tests	www.newbornscreeningbc.ca
Stop Smoking	www.quitnow.ca
You and Your Health: A Woman's Guide	www.hls.gov.bc.ca/publications/year/2009/You_Your_Health_Woman's_Guide_Final.pdf

BC Perinatal Health Program
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About Your Prenatal Care

Pregnancy is a normal, life changing and healthy event. All health care practitioners should treat you with kindness, respect, and dignity. Your care should be explained simply and clearly so that you can make decisions about your pregnancy and birth in partnership with your health care practitioners. Your care will take into account your personal needs such as: your values and beliefs, your culture, any difficulties with language, and if you have a disability.

You should receive information about the different types of care provided by family doctors, midwives, and obstetricians; the services available in your community; and whether or not home birth is an option. You have the right to choose your health care practitioner. You may choose how, where, and with whom you give birth in consultation with your health care practitioner. This decision depends on your community services and your particular health needs.

Health care practitioners should give you information that you can understand. You should ask questions until you are sure you understand. Before any test or treatment is done you should understand the reason for the test and what the test means for you and your baby. You should make sure that you have had enough time to decide whether you want to have the test or not. These decisions are up to you. Your doctor or midwife should support your decision as best they can. Special tests about prenatal genetic screening are complicated and may need extra time for you and your partner to understand and decide what to do.

You should have care from the same person or team of health care practitioners. Ideally you should have a chance to meet the other members of the team before labour and birth. If you need to see a specialist, your doctor or midwife and the specialist should share information about you and your baby. All your health care practitioners should work together as a team to care for you and your baby. You should understand what role each team member has.

Your care should promote normal birth and help you have confidence in your own abilities. Your pregnancy care is centred on you, in order to help you have a healthy pregnancy and give your baby a good start in life.

Early Pregnancy (0 - 14 weeks)

Things to think about and discuss

- Choosing a care provider
- Finding services in my community such as prenatal education
- Taking folic acid and vitamin D
- Eating a healthy diet
- Being physically active
- Avoiding tobacco, alcohol and drugs
- Taking prescription medication: checking with my doctor
- Having a safe place to live
- Taking care of my teeth; seeing the dentist
- Breastfeeding my baby
- Having a doula at the birth
- Finding the support or services I need for my pregnancy
- Being aware of my mental and emotional health
- Protecting myself from infections: flu, food born infections, sexually transmitted infections
- Getting the flu vaccine
- Driving and seat belt use
- Having sex during pregnancy
- Contacting my doctor/midwife in an emergency

At visits with my doctor or midwife

I will have discussion about:

- Adjustment to being pregnant (i.e. mood, work, stress, family)
- Due date
- Lifestyle and any changes that are recommended
 - Healthy weight gain for me
 - Use of alcohol, tobacco and other drugs
 - Use of over the counter medications
 - Healthy diet and food safety
 - Physical activity
- Health history
- My family health history
- Folic acid and vitamin use
- Discomforts of early pregnancy
- Emergency contact information
- Test results
- Personal safety
- Prenatal genetic screening options
- Health benefits from breastfeeding for me and my baby
- Chance of pregnancy loss and what to do

I will be checked or examined for:

- Height, weight and Body Mass Index (BMI)
- Complete physical exam including pelvic exam
- Baby's heart rate if over 12 weeks

I will be offered:

- Blood tests
- Urine tests
- Sexually transmitted infection tests
- Pap smear for cervical cancer
- Early ultrasound to check my due date
- Prenatal genetic screening tests

Early Pregnancy (0 - 14 weeks)

My goals for a healthy pregnancy:

Weight gain:

Physical Activity:

Lifestyle:

Other:

Body and emotional changes I've noticed

Questions I need to ask

Decision Points

- Will I have genetic screening tests (between 10 - 13 weeks)?
- In my community, do I have a choice of a Registered Midwife, Family Physician or Obstetrician? Which would I prefer?
- What prenatal information would I like?
- Do I need special services?
- Where will I attend prenatal classes?
- What lifestyle changes can I make, such as healthy eating and physical activity?
- Where will I learn about breastfeeding my baby?
- Who is available as support during my pregnancy?
- What are my options for where to give birth?

Mid-Pregnancy (15 - 27 weeks)

Things to think about and discuss

- Eating a healthy diet
- Being physically active
- Avoiding tobacco, alcohol and drugs
- Maintaining a healthy weight
- Being aware of my mental and emotional health
- Adjusting to the pregnancy, for me and my family
- Being aware of my baby's movements and growth
- Having a doula at the birth
- Planning for a normal birth
- Understanding the signs of preterm (premature) labour
- Having a vaginal birth if I had a caesarian birth before
- Breastfeeding my baby, the benefits and how to get help
- Coming to pregnancy visits: how often?
- Contacting my doctor or midwife in an emergency or in labour
- Protecting myself from infections
- Getting the flu vaccine

At visits with my doctor or midwife

I will have discussion about:

- Adjustment to pregnancy
- Test results including genetic screening
- Options for further genetic screening tests
- Ways for me to know my baby and I are healthy (growth of baby, movements)
- Community resources about breastfeeding

I will be checked or examined for:

- Blood pressure
- Weight
- Measurement of baby's growth (top of the uterus on my belly)
- Baby's position
- Baby's heart rate (fetal heart)
- Urine testing

I will be offered:

- Blood test for diabetes of pregnancy if it applies to me
- Detailed ultrasound (18 - 20 weeks)

I will be offered treatments:

- Rhogam injection if my blood type is Rh negative (at 26 - 28 weeks)
- Flu vaccine if recommended for me

Mid-Pregnancy (15 - 27 weeks)

Review my goals for a healthy pregnancy

Body and emotional changes I've noticed

Questions I need to ask

Decision Points

- Where will I give birth and have I pre-registered?
- Will I have screening tests?
- How long will I breastfeed my baby?

28 Weeks to Birth

Things to think about and discuss

My Pregnancy:

- Eating a healthy diet
- Being physically active
- Avoiding tobacco, alcohol and drugs
- Maintaining a healthy weight
- Being aware of my emotional health
- Adjusting to the pregnancy, for me and my family
- Being aware of my baby's movements, growth, and position
- Understanding the signs of preterm (premature) labour
- Talking with my other children about the baby
- Going overdue by more than 1-2 weeks

Preparing for labour and birth

- Planning for labour and birth: my preferences
- Having a tour of the hospital
- Getting support in labour (partner, friends, family, doula)
- Knowing the signs of labour
- Contacting my doctor/midwife when in labour
- Getting comfort and coping with pain in labour
- Keeping labour normal
- Eating and drinking in labour
- Planning my hospital birth:
 - When do I go to the hospital?
 - How long do I stay in hospital?
 - What do I need to bring with me?
- Planning my home birth:
 - What do I need to have at home?
 - When will my midwife come?

Care for baby after birth:

- Getting support for breastfeeding: who, where, how?
- Giving: eye ointment, vitamin K, blood screening tests, hearing screening test
- Having an approved car seat and learning how to use it

At visits with my doctor or midwife

I will have discussion about:

- Adjustment to pregnancy
- Test results
- Wishes for labour and birth
- Plan for going 'overdue' more than 1-2 weeks
- Options for Group B Strep tests and treatment
- Baby's growth and movements
- Questions about breastfeeding

I will be offered treatments:

- Flu vaccine if recommended for me

I will be checked or examined for:

- Blood pressure
- Weight
- Measurement of baby's growth (top of the uterus on my belly)
- Baby's position
- Baby's heart rate

I will be offered:

- Urine testing
- Group B Strep test
- Questionnaire about depression
- More tests if my blood type is Rh negative
- Follow-up from earlier tests

28 Weeks to Birth

Review my goals for a healthy pregnancy

Body and emotional changes I've noticed

Questions I need to ask

Decision Points

- What to include in my birth plan wishes.
- Who will help me in labour?
- Where will I stay and who will support my family and me if I need to leave my community?
- Who will I ask to help me in the first weeks after birth?
- Who will look after my children when I am in the hospital?

Giving Birth

Things to think about and discuss

- Using and changing my birth plan/wishes as needed
- Getting support in labour (partner, doula)
- Getting comfort and coping with pain in labour
- Getting the injection to help decrease bleeding after birth
- Breastfeeding my baby
- Having skin-to-skin contact with my baby after birth
- Starting breastfeeding early

For Caesarean Births

- I will talk with an anesthesiologist about my anesthesia
- I will talk to my doctor/midwife about having a support person with me

After birth my baby will

- Be placed on my chest, skin-to-skin until after the first breastfeeding (usually within the first two hours)
- Be given eye ointment and Vitamin K with my permission
- Have a physical assessment after the first breastfeeding
- Be given identification (ID) bands if in the hospital

What to expect during labour and birth

- My baby and I will be checked frequently including listening to the baby's heartbeat using a hand held baby heartbeat monitor (Doppler)
- An electronic monitor to listen to baby's heartbeat will only be used if medically necessary.
- I will change positions and keep active
- I will drink fluids and eat lightly if I feel like it
- I will receive comfort and support for my labour
- I will push when I feel the need to push and my cervix is fully open
- I will choose comfortable positions when pushing and giving birth
- I may have an injection to decrease bleeding

After birth I will

- Have my blood pressure, pulse and temperature measured
- Have my fundus (top of the uterus) and the amount of vaginal bleeding checked

Review my goals for birth

Questions I need to ask about labour and birth

Other questions I need to ask

Decision Points

- Who else may be present at the birth?
- Comfort measures I prefer in labour
- Pain medications I prefer (if they are needed)
- Positions that I can choose for giving birth

The First Days Postpartum (after baby's birth)

Things to think about and discuss

- Staying in hospital considering the care needs for me and my baby
- Having someone stay with me
- Learning about changes to my body
- Learning how to deal with discomfort or pain
- Learning about my baby's behaviour and what it means
- Learning about my baby's crying and soothing methods
- Learning to know signs when my baby is hungry (feeding cues)
- Learning when my baby is getting enough breastmilk
- Sleeping safely for me and my baby
- Having help at home
- Getting health care for me and my baby after I go home

What to expect. I will...

- Be supported on how to care for myself
- Be shown how to check my fundus and flow
- Be supported on how to care for my baby
- Have help to position and latch my baby at the breast
- Feed my baby colostrum (first milk) for the first 2-3 days until my milk increases
- Be shown how to correctly place my baby in an approved car seat
- Receive information on registering my baby's birth
- Receive teaching information before discharge
- Receive information on public health nursing services

What to expect. My baby....

- Will stay with me in my room including when my baby receives the first bath and during tests
- May sleep for a few hours after the first breastfeeding
- Will feed often, 8 or more times in each 24 hours
- Will lose some weight in the first few days
- Will have newborn screening tests – blood tests and hearing screening if I agree

The First Days Postpartum

(after baby's birth)

Notes

Questions I need to ask

Decisions to Make

- Who will stay with me in the hospital?
- Who will provide follow-up health care for me and my baby?
- When do I go for an appointment to see my doctor or midwife?

Important Things to Know

- Emergency phone numbers for my doctor or midwife:
- Phone number for HealthLink BC: 8-1-1
- Supports such as public health nurses, breastfeeding support, Clinics, LaLeche League, Mom-to-Mom support

The First 6 - 8 Weeks Postpartum (after baby's birth)

Things to think about and discuss

- My birth experience:
 - What went well and what I wish were different
 - Questions I have about my labour and birth
- My physical health
- My sleep
- My emotional health including signs of 'baby blues' and postpartum depression and how to get help
- My feelings toward my baby
- My feelings about breastfeeding
- Signs that my baby is getting enough breastmilk
- Safety for my baby
- My baby's behaviour and crying
- Immunizations for my baby
- Changes in the family
- Sex and birth control methods
- Follow-up health care for me and my baby
- Community services for breastfeeding and parenting support

What to expect from the public health nurse/ doctor/midwife

Each care provider will talk with me about my birth story

Public Health Nurse

- Contact me in 1-2 days after going home and support me with:
 - Caring for myself and my baby
 - Breastfeeding help
 - Information on:
 - When and who to call for help
 - Crying and sleep behaviour for my baby
 - 'Tummy time' for my baby
 - Services in the community for breastfeeding and parenting support
 - Immunizations

Doctor or midwife

- Visit for me and my baby within 7 days
- Additional visits as needed up to 8 weeks
- Check for postpartum depression at 6-8 weeks

Public health nurse or doctor:

- Immunization appointment for my baby at 8 weeks

The First 6 - 8 Weeks Postpartum

(after baby's birth)

Notes

Questions I need to ask

Decisions to Make

- Who will I call when I have a concern about my baby or myself?
- How do I get help in an emergency? Important phone numbers:
 - My doctor/midwife:
 - My public health nurse:
 - HealthLink BC: 8-1-1
 - Poison Control: (604) 682-5050 or toll-free 1-800-567-8911
 - Police/ Fire/ Ambulance: 9-1-1

Questions I might like to ask my doctor or midwife

- Can I check that I've understood what you've said?
- I don't understand. Can you explain it again?
- Is there written information that I can take home?

Making Decisions

Some decisions you need to make are complicated or difficult. To help decide you might use your "BRAIN" and ask:

BENEFITS	What are the benefits of this test or plan?
RISKS	What are the risks of this test or plan?
ALTERNATIVES	What are the alternatives (other possibilities) to this advice?
INTUITION	How do I feel about this?
NOTHING	What might happen if I choose to do nothing?

Determining Weight Gain Goals for My Pregnancy

The following websites can help you determine your pre-pregnancy body mass index (BMI) and give weight gain recommendations for setting your weight gain goals for pregnancy.

BMI Calculator:

http://www.hc-sc.gc.ca/fn-an/nutrition/weights-poids/guide-ld-adult/bmi_chart_java-graph_imc_java-eng.php

Healthy Eating, Exercise and Healthy Weights:

www.healthypregnancybc.ca

Giving Birth

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Giving Birth

Review my goals for birth

Questions I need to ask about labour and birth

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- Pain medications I prefer (if they are needed)
- Positions that I can choose for giving birth

My Birth Story

Some key memories I have about giving birth

What was positive about the birth

What was not positive, if anything, about the birth

What I would change, if anything, about the birth

How I felt about the care I received

My breastfeeding experience

Other thoughts

My Baby's Information

Date of Birth

Time

Weight (gms)

Length (cms)

Hearing Test

Newborn Blood Screening

Bilirubin (jaundice) Test

Date

Date

Date