



Welcome to The Alex Prenatal Program

You're pregnant! This can be a very exciting, busy, and challenging time. The Alex is here to help every step of the way!

Here's your team:



Dr. Angie

Dr. Diana

Dr. Giselle

Mandy
(nurse practitioner)

Emily

Emily and Erin

We are the Pre/Post Natal Specialists at the Alex. We love working with pregnant moms, dads, and babies! We work together with the nurses and doctors to help you have a healthy pregnancy and healthy baby.

We can help you with:

- Getting ready to be a mom/dad through our weekly Parenting Group
- Housing, collecting baby items (like clothes and diapers), and possibly financial supports
- Accessing resources and connecting with other professionals if needed
- Booking ultrasound and specialist appointments
- Arranging dental work, medication coverage, eye glasses, recreation passes, taxes, ID & more!
- Help you register for prenatal classes to prepare you for giving birth
- Drive you to appointments and visit you at your house or wherever works for you

We're also doulas, so we can even support you in the hospital when you give birth!

The Alex Primary Care Providers

We are family doctors and nurse practitioners who take care of all kinds of medical needs, including pregnancy, mental health, baby and child check-ups, birth control, and more. We will see you regularly during your pregnancy, and both you and baby after delivery.

Being pregnant and having a baby are healthy, natural processes, but sometimes medical problems can come up. We will watch for these and help you to get through them. Some of us are part of delivery groups, delivering babies at hospitals around Calgary. One of us might even be with you at your delivery!

Here's a general idea of what to expect at your clinic visits during your pregnancy:

First trimester (up to 12 weeks):

- Usually visits every 2-4 weeks, depending on how you are doing
- Getting to know your health history
- Ultrasound, blood tests, urine tests, and swabs
- Complete physical
- Optional First Trimester Screening test (your provider will discuss this with you in more detail)

Second trimester (12-28 weeks):

- Usually visits every 2-4 weeks, depending on how you are doing
- Ultrasound around 19 weeks to look at the baby's anatomy (you might be able to find out the baby's sex at this ultrasound)
- Blood work around 26 weeks for gestational diabetes
- Possible injection (Rhogam) at 28 weeks if your blood type is negative

Third trimester (28 weeks to delivery):

- Visits every 1-2 weeks
- A vaccine for pertussis (whooping cough)
- Vaginal swabs at 36 weeks
- The closer you get to your due date the more likely you will go into labour. We will suggest inducing your labour by 1 week past your due date if you have not already had your baby.

Most women are happiest when they have consistent care in their pregnancy with the same provider(s) at the same clinic. We can provide this at The Alex Youth Health Centre. We can see you throughout your pregnancy and after baby is born, until you are 25 years old.

We recommend you deliver your baby at the hospital closest to where you live, but can discuss alternatives with you if you like. We communicate regularly with your hospital so that the doctors and nurses you see there have all the information they need about your pregnancy (eg results of blood tests and ultrasounds) when you go in to have your baby.

Your due date (40 weeks pregnant) is an estimated date of baby's arrival, but babies come when they want to! Any time between 37 weeks (three weeks before your due date) and 42 weeks (two weeks after your due date) is full-term.