

Congratulations you are pregnant

- See your Family Doctor/walk-in clinic to book routine lab work and ultrasounds
- Ask for a referral to an Obstetrician at Avivo Health Alliance

First appointment

- After your referral is accepted, your initial appointment will be scheduled based on your OB's assessment

Listen to baby's heartbeat

* Your mental health during pregnancy and postpartum is important. Speak to our team anytime

Weeks 20 – 30

Monthly appointments with your Avivo OB team

Weeks 28 – 32

- An appointment with an Avivo Infant Feeding Doctor is recommended to prepare for feeding your infant
- Speak with your OB team about getting your TDAP vaccination

Your baby should be moving reliably now, start daily kick counting

Weeks 26 – 28

Complete Gestational Diabetes Screen

Weeks 30 – 32

- Bi-weekly appointments with your Avivo OB team
- A prenatal assessment with Avivo's Pelvic Floor
- Physiotherapist is recommended to help prepare you for labour and delivery

Weeks 35 – 36

- Complete Group B Strep swab at appointment
- Weekly Avivo OB team appointments from 36 weeks until delivery

Weeks 37 – 40

- You could go into labour at any time during this period
- If you do, go to Unit 51 at the Foothills Medical Centre

Review signs of labour with your OB team

Congratulations on the birth of your baby(ies)!

- Please contact Avivo promptly following your delivery to ensure timely booking of your postpartum care.
- Follow up with an Avivo Infant Feeding Doctor to address any concerns about feeding your infant
- If planning a circumcision, book an appointment with Avivo's circumcision Specialist, Dr. Zwiers*

6+ weeks after delivery

A postpartum assessment with an Avivo Pelvic Floor Physiotherapist is recommended to help in post-pregnancy and childbirth recovery*