

# Your delivery hospital and you.

10 things to consider when  
selecting your obstetrics team.



ST. MICHAEL'S  
UNITY HEALTH TORONTO

# INTRODUCTION

---

The journey of pregnancy is an exciting time for an expecting mother and the entire family. But aside from the excitement of this new step also comes the anticipation of embarking on a journey that will be completely unique to your experience and context. This journey will be personal, occasionally challenging, but rewarding and infused with personal growth.

There is a saying that states “it takes a village to raise a child...” and many expecting mothers begin to experience this through the support they receive from the hospital where their baby is delivered. Through your hospital of choice, it is likely that you will interact with many qualified professionals, each with the health of you and your family in mind.

Naturally, the hospital you select and team you work with will have a significant impact on your journey, that’s why we’ve created this list of considerations for when you select where to deliver your baby.

*Obstetrics Team*

# CONTENTS

Location	01
Depth of Services	02
Tour of Facilities	03
Your Health History	04
Additional Support	05
Appointment Schedule	06
Communication	07
Expertise	08
Health and Safety Protocols	09
Partner Involvement	10

01

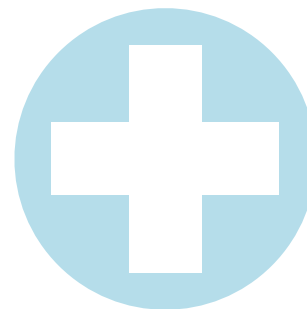
# LOCATION

---

Is the hospital or clinic you've selected conveniently located for you and your support network?

Take into consideration the time it takes to travel to the hospital, but also that you will be attending a number of appointments from throughout your pregnancy and postpartum.

Also consider whether your care provider has the ability to accommodate your appointments in one location and within the same day to eliminate any unnecessary stress or travel.



# DEPTH OF SERVICES

---



As an expecting parent you will have a variety of diverse needs. Your delivery hospital has a number of services available to support expecting parents, but most importantly, take into consideration the type of support you may require.

This can include breastfeeding, mental health, and nutrition support, all the way to highly specialized services like onsite ultrasound and fetal echocardiography.

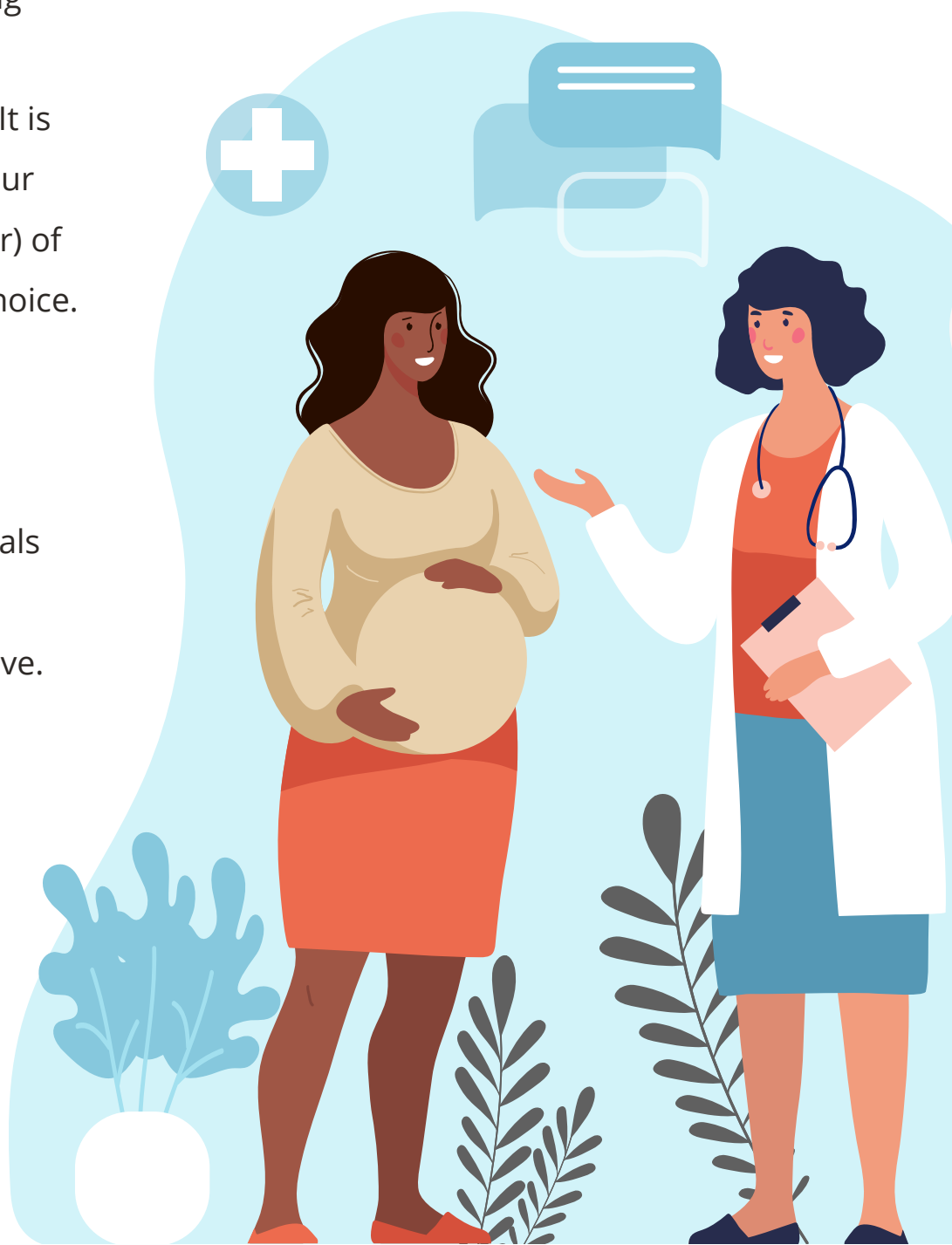
When doing your research, inquire about what special services will be important to your patient journey, and whether your hospital provider has access to those services onsite.

# TOUR OF FACILITIES

---

As you will be spending a lot of your time with your obstetrics team. It is advisable to book a tour (or watch a virtual tour) of the hospital of your choice.

Take this opportunity to interact with the healthcare professionals and ask them any questions you may have.



# YOUR HEALTH HISTORY

---

Knowing your personal and family health history is also helpful in determining what type of support you may require.

For example, it is important to ask your doctor about what impact your pre-existing health conditions may have on your pregnancy. If you are diabetic, will you need specific support?

Will you need a special medication for your high blood pressure?

If there are factors that can be known to complicate your pregnancy make sure your obstetrical team and delivery hospital have resources to accommodate these conditions.



# ADDITIONAL SUPPORT

---

Besides medical support, some hospitals also provide educational opportunities such as prenatal classes, breastfeeding consultations, and parenting classes.

In certain instances, these classes can be provided virtually for better convenience and learning opportunities.





06

# APPOINTMENT SCHEDULE

As you begin your journey, this is a great opportunity to understand the frequency and types of appointments you will be scheduled for throughout your pregnancy. For a healthy, uncomplicated pregnancy, you can expect an appointment schedule as listed below:

- From 12-28 weeks, your visits can be every 4 weeks.
- From 28-36 weeks, your visits can be every 2 weeks.
- From 36 weeks until you deliver, your visits are weekly.

At certain points in pregnancy, you may require an ultrasound or bloodwork in addition to your clinic visit. If you have a busy schedule or do not want to spend too much time traveling, inquire whether you can have your prenatal care in a hospital where these appointments are completed in one place and in one location.



# COMMUNICATION



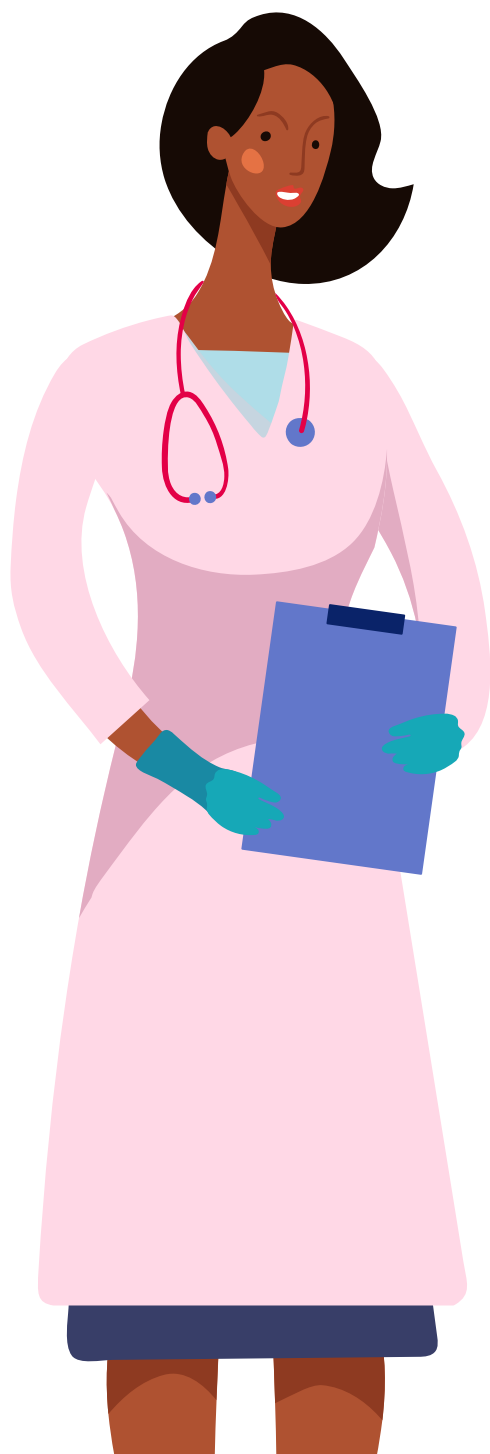
---

Like our patients, our healthcare providers come from various backgrounds.

If you are more comfortable speaking in another language, it is possible to find an Obstetrician that is multilingual, and may speak the language of your choice.

# EXPERTISE

---



The healthcare professionals you will be working with have many years of training and experience within their fields.

Certain practitioners may have a special area of interest that could be relevant to your particular situation. You can find out more about a care provider's areas of expertise by reading their biographies.



# HEALTH & SAFETY PROTOCOLS

---

In an ever changing world, health and safety protocols should also keep pace with the latest changes in government safety measures.

Make sure you are comfortable with the health and safety practices at the provider of your choice.

Feel free to ask questions about the changing standards, and check to see if information is frequently updated on their website and resource page.



# PARTNER INVOLVEMENT



---

## Planning for Visits

Having a partner or significant other present during labour is important for expecting mothers.

As you speak with your obstetrician, ask about the policy for visitors, and overnight stays.

During periods where Public Health Policies are changing frequently it is advisable to stay up to date on visitor policies to ensure that public health directives are followed.

If you have any further questions, or would like to find out how St. Michael's supports expecting parents in their pregnancy journey please contact us at:

**416-867-7421**

or visit our website at

<http://www.stmichaelshospital.com/programs/obstetrics/about-us.php>

---

## Referrals

If you would like to have your baby with an Obstetrician at St. Michael's Hospital, please choose one of the following two options once you find out you are pregnant:

1. If you do not have a family doctor, you can contact the prenatal clinic at 416-867-7421 to book an appointment with an obstetrician at St. Michael's Hospital.
2. If you have a family doctor, please ask them to refer you to an Obstetrician at St. Michael's hospital. They may fax a referral to 416-867-3742 or fill out the referral form on the next page.