



Congratulations and welcome to Full Circle! We are so excited you have chosen us to journey with you during your pregnancy!

We have a dedicated team of doctors at Full Circle who are passionate about maternity care. You will have one or two doctors that you will see for most of your appointments, but you will often meet several of us during your pregnancy. By working as a team, we can offer urgent appointments with any of our doctors for things like bleeding, sudden illness, or really bad nausea and vomiting. We also have a doctor on call 24/7 for women in labour and other emergencies.

In addition to our core group of doctors, we have a dedicated group of locum doctors who help provide care when we're away. A fabulous group of resident doctors also work with us to enhance your care as they fine-tune their skills in maternity care.

We encourage you to visit our website, where you will find much more information about our clinic and resources that will help you with your pregnancy.

We would like to highlight a few things about our clinic:

1. **Online Booking** - you can book both regular and urgent appointments at www.fullcirclefamilypractice.com.
2. **Doctor on Call** - The Full Circle doctor on call for emergencies and for women in labour can be reached at 778-440-3379.
3. **Clinic Flow** - Please try to be 5 minutes early to help us stay on time!
4. **Missed Appointments/Late Cancellations** - There is a charge for missed appointments and appointments canceled with less than 24 hour notice.
5. **Uninsured Services** - Some services such as forms and notes are not covered by MSP, so there will be a fee for these services.

6. **Phone Appointments** - Many of our doctors offer phone appointments when appropriate.

We'd also like to tell you about what to expect for appointments and testing during your pregnancy. If you have any questions or concerns about any of these we are more than happy to talk to you about these concerns and modify your care as needed.

1. **Visits** - Your first two visits are longer as we get to know you, gather information and organize testing. Then we will want to see you every 4 weeks until 28 weeks, then every 2 weeks from 28 weeks to 36 weeks, then weekly from 36 weeks until delivery.

Your first two appointments will need to be booked by our office staff. The rest of your appointments can be booked online or with our office staff by calling our office at 250-940-7844.

For Example:

16 weeks	30 weeks	37 weeks
20 weeks	32 weeks	38 weeks
24 weeks	34 weeks	39 weeks
28 weeks	36 weeks	40 weeks

We suggest once you get to 'every two week' appointments, booking at least a few appointments in advance.

2. **Genetic Screening** - Your doctor will discuss options with you at your first visit. Information can also be found at the following site, www.perinatalervicebc.ca.
3. **Ultrasounds** - We will order an ultrasound early in your pregnancy to confirm your dates and check on the baby. We will order another one around 19 weeks to ensure everything is going well. We will order additional ultrasounds if needed.
4. **Lab Work** - We will send you for prenatal blood work around the time of your first appointment and then again around 24-28 weeks to check for diabetes.
5. **Swabs** - We will do a swab for Group B Strep around 35-37 weeks to see if you will need antibiotics when in labour.
6. **Immunizations** - We recommend you have the whooping cough vaccine, which can be given at our office at 28-32 weeks. We also recommend that you have the flu shot and covid vaccines.

7. **Problems in Pregnancy** - You are welcome to book an extra appointment for any concerns that come up during your pregnancy. For emergencies you can call the doctor on call at 778-400-3379.

8. **After Birth** - We would like to see you and baby within a week of leaving the hospital, please book an appointment online or phone the office. We continue to follow you and your baby until 8 weeks postpartum.

Postpartum Appointment Schedule:

- 1st week after delivery (3-5 days after discharge)
- 2nd week after delivery
- 1 month after delivery
- 2 months after delivery

Again, we would like to extend our congratulations on your pregnancy and we look forward to following along as your baby grows!

Full Circle Team!

