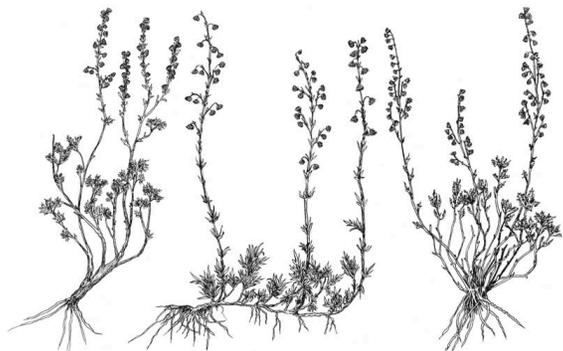


Useful websites and books

- * Yukon baby app: yukonbaby.ca, download from itunes or Play Store
- * Motherrisk: Nausea treatment, medications in pregnancy and breastfeeding: <http://www.mothersrisk.org>
- * Fit to deliver: <http://www.fittodeliver.com>
- * Pregnancy and birth information: www.sogc.org/health/pregnancy_e.asp
- * Genetic screening information: <http://www.perinatalervicesbc.ca/>
- * Harmony (NIPT) <http://www.perinatalervicesbc.ca/ScreeningPrograms/PrenatalGeneticScreening/family-resources/provincially-funded-vs-privately-paid.htm>
- * Baby's Best Chance in French and English
- * <https://www.healthyfamiliesbc.ca/>
- * Caring for kids: <http://www.caringforkids.cps.ca>
- * La Leche League: Mother to Mother breastfeeding: <http://www.lllc.ca>
email Kari.Joly@me.com, call 334-5052, facebook: LLLC-Whitehorse
Call 334-5052 for Whitehorse information
- * Pregnancy, Childbirth and the Newborn: The complete pregnancy guide (2010) Penny Simkin
- * The Birth Partner: A complete guide to childbirth for Dads, Doulas and All other Labor Companions (2013) Penny Simkin



Pasture Sage

Artemisia Frigida

fragrant herb of southern slopes

Sage Maternity



Dr. S. Alton

Drs. R. Barnes & S. Buchanan

Drs. S. Biss & J. Rockenstein

Dr. S. Himmelsbach

Dr. C. Breitreutz

Whitehorse Medical Clinic

406 Lambert St.
Whitehorse, YT.

Call: (867) 393-6600, Press 3

Fax: (867) 393-6601

www.wmsl.net

Shared Care Philosophy

Pregnancy is a special time for every woman and her family. Our maternity group provides personal care by enthusiastic and committed physicians. You can make an appointment directly or have your family doctor or community health centre nurse refer you.

You will usually be seen by one practise and have visits with the other physicians if you want to.

Hospital care is provided by the Sage maternity physician who is on call for the day. We will see you after delivery for up to 6 weeks and then refer you back to your family doctor or health centre.

Check our our website for the call schedule, occasional changes might occur.

We look forward to caring for you during your pregnancy.



Maternity Visits

We like to see you as soon as you know you are pregnant, ideally by 8 weeks.

The next visit is at 10–12 wks is to fill out your prenatal history form and do a physical exam.

We then like to see you monthly until 30 wks, then every 2 wks until 36 wks and then weekly until delivery.

There are a number of tests that need to be done by a certain time.

- 1) Prenatal genetic screening options start at 10 wks. Women over the age of 35yrs have extra options.
- 2) Routine blood tests
- 3) Early dating Ultrasound by 12 weeks
- 4) Ultrasound at 19–20 wks
- 5) Group B Strep swab at 36–37 wks

Other Resources

1) Whitehorse Health Centre Prenatal program, in Whitehorse call 667–8864, in the communities contact the Health Centres

2) Prenatal Nutrition Program, Healthy Mom Healthy Baby, available from

* Victoria Faulkner Women's Centre call 667–4134

* Association Franco-Yukonnaise call 668–2663 Ext 810

www.lesessentielles.ca

* Skookum Jim Friendship Centre call 633–7682

www.skookumjim.com/programs/prenatal-nutrition/

* Teen Parent Centre call 677–3421,

www.teenparentcentreyukon.ca