



Prenatal care at North York General Hospital

23rd EDITION SEPTEMBER 2020

North York General Hospital Obstetrical care.

- ▶ Average 5000 deliveries per annum
- ▶ 30% C section (19% Primary 11% Repeat 9% Forceps)
- ▶ Birthing suites with Jacuzzi
- ▶ Good Anesthetic department 24 hours service
- ▶ SPOE Monitoring system
- ▶ First days program 24 hour discharge
- ▶ Advanced Level I1c (30 weeks) Nursery at NYGH

First Prenatal visit

- ▶ History
- ▶ Examination
- ▶ Tests
- ▶ Discussion
- ▶ Planning a healthy pregnancy

Prenatal screening 2020

- ▶ Many more considerations for screening today, as more genetic diseases can be picked up
- ▶ Personal and Family history carefully reviewed
- ▶ Tests for screening
 - ▶ NIPT from 9 to 10 weeks Mothers blood (DNA) (aneuploidy,sex, and or micro deletion)
 - ▶ CVS Sampling 10 to 12 weeks
 - ▶ Enhanced First trimester screening at 12 weeks
 - ▶ Amniocentesis (invasive) 15 to 19 weeks
 - ▶ Detailed Ultrasound at 18/19 weeks

The approach to Screening testing : Testing of probability

- ▶ Graduated screening testing looking for a condition non invasive tests
 - ▶ Available testing
 - ▶ 10 weeks NIPT testing (with or without OHIP pay)
 - ▶ 12 weeks Core testing eFTS (blood tests and USS)
 - ▶ 10-12 weeks CVS sampling
 - ▶ Can review on an ongoing basis
 - ▶ No need to make decision today unless pregnancy very advanced beyond 10, 12, 16 weeks and 19 weeks)

What do you want to do ?

- ▶ No testing
- ▶ Core testing (eFTS blood tests and Ultrasound) 12 weeks
- ▶ Extended testing (which may or may not be paid by the government) with CVS and or Amniocentesis etc.
- ▶ Understand that the core tests are NOT JUST for Downs syndrome but for other chromosome, heart and kidney issues, but also pregnancy outcome and placental issues
- ▶ Core Testing can be escalated if screen + . Note this is only screening ..This is NOT a diagnostic test.

Prenatal diagnosis

- ▶ Ultrasound at 12 weeks or later
- ▶ CVS sampling
- ▶ Amniocentesis invasive test (15 + weeks)
- ▶ Micro array testing of amniocytes
- ▶ Focused testing

Prenatal Screening

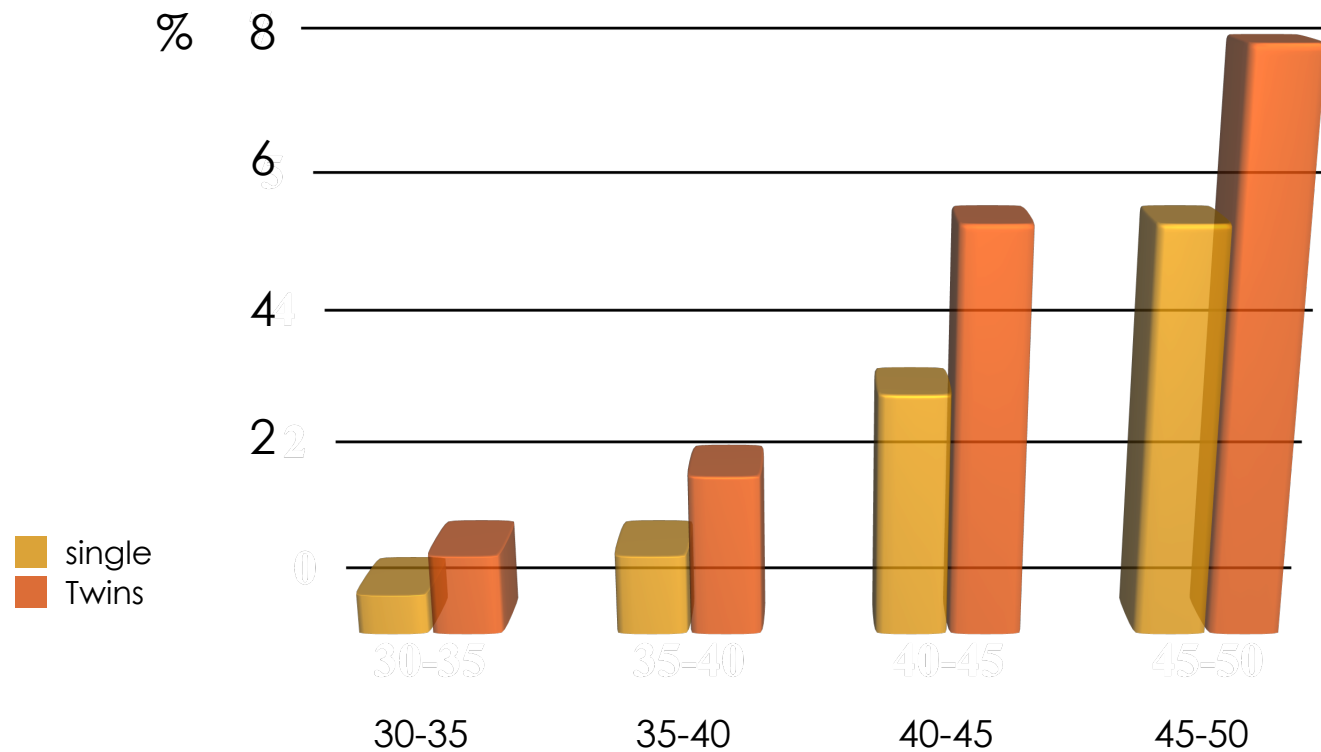
Enhanced First Trimester Screen (eFTS)

CORE TESTING

- ▶ Enhanced FTS at 12 weeks
 - ▶ 12 weeks FTS enhanced (First Trimester Screen) = tests (NT ultrasound, blood tests, PAPP-A, beta HCG ,PIGF, AFP) – results 1 week later)
 - ▶ 16 weeks maybe blood tests
 - ▶ 19 weeks Detailed Ultrasound

Core testing includes what ?

Core testing includes Blood tests and Ultrasound at 12 weeks.
The tests are for baby, placenta and outcomes.



Chromosome % abnormalities against age

How to organize tests

- ▶ Take the New Prenatal form to the front desk to get dates for the tests .
- ▶ Time sensitive
- ▶ When?
- ▶ Where?
- ▶ Always check with office if in doubt
- ▶ If you cancel REBOOK immediately

At 16 weeks

- ▶ Registration at NYGH
- ▶ Blood tests are done NOW not at 18 weeks (same day HIV etc)
- ▶ Prenatal classes considered
- ▶ Make sure that you have 18 week ultrasound booked

Prenatal Testing 2020

- ▶ Any Questions ?
- ▶ We can contact NYGH Genetics department
- ▶ Keep in contact between 12 -18 weeks
- ▶ If in doubt Please contact us

Other Issues

- ▶ Smoking , drugs and cannabis
- ▶ Diet and nutrition
- ▶ Exercise
- ▶ Prenatal classes
- ▶ Breast feeding
- ▶ Next appointment

Smoking and alcohol is bad for you and your baby.

- ▶ Carbon monoxide poisoning
- ▶ Nicotine effects
- ▶ Stunted babies
- ▶ Poorer eyesight
- ▶ More congenital abnormalities

Cannabis 2020

- ▶ Now legal
- ▶ Been around 3 to 4 thousand years
- ▶ Great for pain and nausea and vomiting
- ▶ Is a neuro transmitter in the brain
- ▶ NO real studies ? Safe in pregnancy
- ▶ Official line to avoid in pregnancy until studies show it is safe

Diet and Nutrition

- ▶ Regular well balanced diet - Healthy food
- ▶ Nutritional and safe
- ▶ Flexible on weight gain
- ▶ Folic acid 1 mg. daily
- ▶ Do not Over Dose on any one food
- ▶ Special diets for vegetarians

Vitamins and Dairy Products

- ▶ Vitamins Are they necessary? Good Diet
- ▶ Vitamins have side effects
- ▶ Calcium and the Dairy industry
- ▶ Is cow's milk a good source of calcium?

Exercise

- ▶ Keep to what you normally do
- ▶ Low impact exercises
- ▶ DO not overdo it.
- ▶ In high risk pregnancies lots of rest
- ▶ Speak to me if there are concerns

Prenatal classes

- ▶ More for new moms and dads
- ▶ Held at hospital and other clinics
- ▶ Info can be gained from reading etc
- ▶ Good to meet other “new parents”
- ▶ I encourage using the internet
- ▶ If not comfortable with baby “life with baby” classes

Breast Feeding

- ▶ Encouraged in all patients
- ▶ Can do things both antenatal and intrapartum
- ▶ Breast review and nipple review at first visit
- ▶ Always worth a try

Next appointments

- ▶ The Special Tests
- ▶ The office
- ▶ Ultrasound
- ▶ Blood tests
- ▶ Genetics
- ▶ Special focused tests
- ▶ Please aware tests are important and take time if you are moving ask your next doctor to arrange

Next appointments

- ▶ The prenatal testing if appropriate
- ▶ Next Ultrasound appointment
- ▶ Next visit to the office 1,2 or 4 weeks depending on needs
- ▶ Make sure you know how to contact office

How to contact Dr. Pairaudeau

- ▶ The office is open Mon-Fri 9am to 5.30pm
- ▶ Some Weekends for emergency
 - ▶ Saturday 8.20am to 9.45am
 - ▶ Sunday 8.15am to 9.15am
 - ▶ ALL other times at night or weekend to L and D @NYGH Triage 2nd floor. No call necessary

In Emergency

- ▶ Please call Dr. Pairaudeau
 - ▶ click here for [web site](#) (check the [FAQ](#) section)
 - ▶ 416 417 9200
 - ▶ if unavailable then call labour and delivery 416 756 6275

Emergency Considerations

- ▶ DO NOT PANIC
- ▶ Try to locate Dr. Pairaudeau or office
- ▶ Remember office is open seven days
- ▶ Please do not use TELE HEALTH
- ▶ Use emergency only if appropriate
- ▶ Avoid walk-in clinic unless advised
- ▶ Use family doctor as back-up

Emergency Conditions

- ▶ When you have bad pains or contractions
- ▶ Waters break
- ▶ Bleeding more than a period
- ▶ Fever 38.5 C (fever over 39 C are serious, needs attention)
- ▶ Bad problems that cannot wait
- ▶ What to expect

Labour and Delivery

- ▶ 2nd Floor NYGH Leslie Street site
- ▶ Go into room and call for the Nurse.
- ▶ The Nurse will see you.
- ▶ Please make sure if you are less than 20 weeks and they send down to emergency.

Who delivers You

- ▶ We have an on call person 24hrs in Hospital

Stay and discharge in Hospital

- ▶ If normal delivery 24 hours + -
- ▶ If complicated delivery till well enough
- ▶ If C\section 72 hours.
- ▶ Public Health Nurse Program

Final Round up

- ▶ See the person at desk
- ▶ Make appointments
- ▶ Questions ???
- ▶ My patients will see Dr. Cici Zhu for review

Your Baby

