

# Fetal Diagnosis Service

Jim Pattison Outpatient Care and Surgical Centre

We help pregnant people and their families when their ultrasound shows something unusual. We provide support and the information you need to understand the ultrasound result and decide what to do next.

## What can I expect at my first appointment?

- You will be asked to complete a form with questions about your health, your partner's health, and both families' health. If you are not sure what the question means, please ask one of our team members.
- You will have an ultrasound. If needed, it might include more details such as a fetal echocardiogram so we can look more closely at your baby's heart.

After your ultrasound is finished you might be able to go home. Sometimes we might ask you and your support person to come back in the afternoon. In that case, you will have a break after your ultrasound and before the afternoon part of your appointment.

When we meet with you, you can expect us to do the following:

- talk to you about what we saw on the ultrasound and what this means for your pregnancy
- explain all options and plans for follow-up
- answer any questions you have
- help you make a care plan for the rest of your pregnancy and the delivery of your baby

Note: Some of our specialists might meet with you virtually, either in the afternoon or on a different day.

## How long is my appointment?

You might be finished your appointment after your ultrasound or we might ask you to come back in the afternoon.

Be prepared to be in the clinic until the late afternoon.

The clinic sometimes has unexpected delays.

## Who do I see at the clinic?

You might talk to any of the following people, depending on what is needed.

### **Perinatologist or maternal fetal medicine doctor**

They might do the ultrasound. After it is done, they talk with you more about the ultrasound and your pregnancy.

**Genetic counsellor** - They review your health, your partner's health, and both families' health.

**Geneticist** (a doctor with special training in genetic problems) They talk with you about the ultrasound results and possible causes. They will also let you know of options for further testing if needed to get a diagnosis.

**Maternal fetal medicine nurse** - They help develop a care plan for your pregnancy and your delivery.

Our goal is to make sure you get as much information as you need.

We will answer all of your questions as completely as possible.

## Can I bring someone with me?

Yes. We encourage you to bring your partner or a support person with you.

While our team believes in family-centred care, due to the sensitive medical nature of your appointment it is not a suitable environment for children. If your child must attend, a caregiver must accompany you and they might be asked to wait in the waiting room if needed.

## What do I bring to the clinic?

Please bring your BC Services Card or BC CareCard and photo ID.

You might want to bring snacks and an activity or reading materials. There is a coffee shop in the same building as the clinic.

We are a scent-free clinic. Please do not wear perfume, scented deodorant, soap, lotions, or aftershave.

Please come to your appointment 15 minutes early so you have time to find a parking spot and complete the forms.

## How do I prepare for the ultrasound?

Stay well hydrated. Drink 3 cups (750 mL or 24 oz) of water one hour before your appointment. You can go pee before your scan. You do not need a full bladder for the appointment. We want you to feel comfortable.

## Is there parking?

Yes. You can pay for parking by credit card or the [Hangtag](#) app. You can also pay in cash using coins. The machine does not give change.

You can update your parking after your ultrasound is completed if we ask you to return in the afternoon.

## What if I have questions after my appointment?

If you have any questions, you can call the clinic at **604-582-4558**, extension **763995**. Ask to speak to the maternal fetal medicine nurse.