

Preparing for Your Labour

Register to have your baby



Early in your pregnancy, register for our Best Beginnings Program so you can be connected with supports and services. You can find the Prenatal

Registration online form at fraserhealth.ca/pregnancy

Fraser Health Virtual Care Team



Connect with a nurse who can provide health advice and make direct referrals to Fraser Health services.

Open 10:00 a.m. to 10:00 p.m.

Call 1-800-314-0999 or chat online.

Hospital Maternity Unit

If you call our maternity unit, the nurse will tell you how to find help for your concern. The nurse is not allowed to give medical advice over the phone. They help you find the best health care resource for your concern, as follows:

- **Emergency** – Call 9-1-1
- **Urgent** – Go to our emergency department or maternity unit to be checked
- **Non-urgent** – Call your doctor, midwife, our Virtual Care team, or 8-1-1

If you are more than 20 weeks pregnant, and you have concerns about your pregnancy that you believe cannot wait until your primary care provider can see you, you can come to the hospital maternity unit at any time.

Like our emergency department, our nurses will ask you questions about your pregnancy and the concern that brought you to the hospital. We will provide you with care and education.

Baby movements

Ask your care provider when you should start counting your baby's movement. Your care provider can tell you how to count the movements. As babies grow, their movements become easier to feel.

In the last 3 months of pregnancy, healthy babies have a normal pattern of moving that many mothers get to know.

Usually, healthy unborn babies have at least 6 movements that you can notice in 2 hours. Healthy unborn babies also sleep. It is normal for your baby to sleep for as long as 75 minutes without moving.

If you feel like your baby is not moving, or is moving less than what is normal, go to the maternity unit of your hospital to be checked.

Induction of labour

Induction is when we use medicine or a procedure to start labour for you. Induction normally happens over a few days. Your health care provider will tell you if you can go home while being induced or need to stay at the hospital.

There are several different ways to induce labour. Your health care provider will discuss the options for you, including:

- Prostaglandin gel
- Cervidil
- Oxytocin
- Rupture of membranes
- Foley catheter

For more information about induction of labour, go to patienteduc.fraserhealth.ca/permalink/343097



For more information:

Comfort in Early Labour

patienteduc.fraserhealth.ca/permalink/166145



Read this booklet for information on feeling more comfortable during early labour. Topics include:

- Rest and activity
- Food and drink
- Position changes
- Breathing techniques
- When to come to the hospital

Baby's Best Chance

healthlinkbc.ca/pregnancy-parenting/babys-best-chance



Use this handbook to help you during your pregnancy and preparing for the birth of your baby. It also gives information on the first six months of your baby's life. Listed below are some highlights.

- Eating well during pregnancy
- Activity during pregnancy
- Street drugs, smoking, and vaping
- Alcohol, cannabis
- Your emotional health
- Giving birth
- Breastfeeding your baby
- Safer sleeping
- Car seats

Having Your Baby – Your Hospital Stay

patienteduc.fraserhealth.ca/permalink/4648



Read this booklet carefully. It will help you get ready for your baby's birth and know what to expect when you come to the hospital to have your baby. The booklet also tells you how to get a virtual tour of your maternity hospital.

Patient Education Catalogue

patienteduc.fraserhealth.ca



Search this Fraser Health online resource catalogue to find information on pregnancy and birth. The catalogue includes information on multiple health topics.