

Access Midwifery & Family Care

Serving Esquimalt, Western Communities and Victoria

March 23, 2020

Clinic Visits

Thank you for your understanding during this Covid 19 Pandemic as we evolve our clinic visits to continue to give you excellent care and reduce transmission of COVID 19 to zero.

We ask that you do not arrive early for you appointment as we try to reduce the amount of time people are spending within the clinic.

When you arrive for your appointment, you will be taken right into the clinic room where your physical assessment portion of the appointment will take place. If you have driven here, we will then ask you to go down to your vehicle where we will call you to finish your appointment. We acknowledge the drastic change to our regular practice but we all must do our part to ensure social distancing is being followed based on the recommendations from the BC CDC.

Prenatal Visits:

The schedule of in person visits may vary according to your particular needs. However, the general in person schedule, as recommended by the World Health Organization, will be the following:

Visit #1 - up to 12 weeks. This first visit will be done on the phone.

Visit #2 - 16 wks

Visit #3 - 22 wks

Visit #4 - 28 wks

Visit #5 - 32 wks

Visit #6 - 35 wks

Visit #7 - 37 wks

Visit #8 - 39 wks

Visit #9 - 40 wks (then weekly or more frequent as needed)

Postpartum Visits:

Urgent medical concerns for you or baby: Use the pager numbers as previously directed.

For postpartum care, our schedule will approximately be:

Visit #1 & #2 - in Week 1

Visit #3 - in Week 2

Visit #4 - Week 4

Visit #5 - Week 6

This will be adjusted if more visits are needed. We can provide visits over the phone as well. We will be minimizing visits to the clinic during the first couple of weeks postpartum in order to protect everyone.