

We hope you find the following resources helpful to support you in early pregnancy.

Finding a Maternity Care Provider:

In Victoria, pregnancy care is given by family doctors who specialize in obstetrics or midwives.

- Both are paid for by BC MSP.
- Midwives provide both home and hospital births.
- Both options are safe for most people.

How to Find a Provider:

You can try one or more of these options:

1. Fill out the [Centralized Referral Form](#) to find a family doctor. This system is used by most family doctors providing maternity care in Victoria.
2. Use the *Find a Maternity Provider* search tool on the [Pathways Medical Care Directory](#)
 - Contact all midwifery clinics listed.
 - Fill out each clinic's intake form, this puts you on their waitlists

Need Help?

If you do not have a maternity provider by 10 weeks pregnant (10 weeks since your last period), please call: 250-727-4187, option #1. We can help connect you with care.

Early pregnancy tests are important, including laboratory tests and ultrasounds. This is why it is best to find a maternity care provider early.

Extra Support and Resources:

1. **Pregnancy Choices:** if you are pregnant and do not want to be, you can talk to someone about your options. Contact the [Vancouver Island Choice Clinic](#). They can talk with you about: continuing the pregnancy, parenting or ending a pregnancy.
2. **Bleeding During Pregnancy:** Bleeding during pregnancy needs medical care.
 - Go to the emergency room right away if you soak more than one pad an hour and this happens for more than two consecutive hours.
3. If you are experiencing bleeding or cramping and are worried about a miscarriage, search online for an Early Pregnancy Assessment Clinic in your area. Contact the clinic for information and next steps.
4. **Nausea and Vomiting:**
 - BC Women's Hospital has tips to help with nausea and vomiting. Please visit this link: [Coping with Nausea and Vomiting](#). If these tips do not help, a doctor

Island Health

Perinatal Services at Victoria General Hospital

can prescribe Diclectin, which is a medicine that helps with nausea and vomiting and safe to take during pregnancy.

- Get medical help right away if:
 - You cannot keep food or drinks down for 48 hours consecutive hours.
- 5. Staying Healthy in Pregnancy:
 - [Baby's Best Chance](#) is free and available in multiple languages online. This resource has helpful information about pregnancy, birth, breastfeeding and newborn care. Baby's Best Chance is available from [HealthLinkBC](#).
 - [Pregnancy and Parent Learning Center](#) is available from Perinatal Services BC (PSBC). This learning center is free and online prenatal education platform to support pregnant people and new parents in British Columbia.
- 6. Prenatal Vitamins: Free prenatal vitamins are available through the [Baby Be Healthy Program](#). Visit their website for more information.
- 7. Health Eating and Food Safety: [HealthLinkBC](#) has easy-to-follow guides on healthy eating and food safety during pregnancy.
- 8. Crisis Line: If you are ever worried about your safety, call the [Victoria Women's Transition House Crisis Line](#). Their website also has helpful information about violence at home and how to get help.

Thank you,

Victoria General Hospital Perinatal Team.