



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

## Finding a Maternity Care Provider

In Victoria, pregnant people receive care from family doctors who specialize in obstetrics, or midwives. Both family doctors and midwives are covered by BC MSP. Midwives provide both home and hospital births. Either option is suitable for most people. You can get connected to one of these providers through the following:

1. Complete the **Centralized Referral Form** for [Coastal maternity](#) (for a physician) ,
2. Contacting all of the [Midwifery Clinics](#) on the page and completing their online intake forms found on their website, to add yourself to their individual waitlists.

## Ultrasound and Lab Work

It is important to be connected with a maternity care provider early in your pregnancy so that important early pregnancy tests are done.

**If you have not been able to find a maternity care provider by about 10 weeks of pregnancy (10 weeks since your last period), please call and we can help you get connected to a maternity care provider: [250-727-4187 option #1](#)**

## Additional Resources

1. **Pregnancy options:** If you are pregnant and do not want to be, you can talk to someone about your options. You can contact the [Vancouver Island Choice Clinic](#) to discuss options including pregnancy, parenting, or ending a pregnancy.
2. **Bleeding in pregnancy:** If you are experiencing bleeding or cramping and are worried you might be miscarrying, you can contact [Full Circle Perinatal Care](#), where they have an early pregnancy assessment and loss service. They can support you with early ultrasound assessment and blood work to determine if your pregnancy is continuing or miscarrying **only if you are having bleeding**. If you are soaking more than a pad an hour for more than 2 hours, please go to the emergency room for a more urgent assessment.



3. **Nausea and Vomiting:** Here is a link for some suggestions on what to do if you are having [nausea and vomiting](#). If you have tried these things and they are not working for you, we suggest you visit a medical clinic to get a prescription for Diclectin which is a medicine that helps with nausea and vomiting in pregnancy and is safe for you to take. If you are not able to keep anything down for 2 or more days in a row, please see a doctor or go to the emergency department.
4. **Staying Healthy in Pregnancy:** We highly encourage you to get a copy of [Baby's Best Chance](#) which is available in multiple languages online. This is an excellent resource, full of information that will help you stay healthy, learn about what to expect during your pregnancy, labour and birth, and lots of information on breastfeeding and newborn care as well. It's a very valuable resource for your entire pregnancy journey and is free to download from [HealthLinkBC](#).
5. **Free prenatal vitamins:** [Baby Be Healthy program](#)
6. **Healthy Eating and Food Safety:** Click here to learn more about the recommended [healthy eating and food safety guidelines](#).
7. **Crisis Line:** If, at any time in your pregnancy, you are concerned about your safety, please contact the [crisis line at the Victoria Women's Transition House](#). Their website also has lots of other helpful information about domestic violence and how to get help.

Thank you,

**Victoria General Hospital – Perinatal Services team.**