



My pregnancy booklet



To keep close to you

This tool allows you to take note of your appointments, questions and comments.

Parents' information

_____	_____	
First name	Last name	
_____	_____	
Health insurance card number	Birth date	Age
_____	_____	
Address	Phone number	

_____	_____
Partner's first name	Last name
_____	_____
	Age

My current pregnancy

Date of the first day of my last menstrual period (LMP) : _____

Estimated date of delivery (EDD) : _____

My doctor's name : _____

My nurse's name : _____

Medical clinic : _____

Place of birth : _____

Number of pregnancies including current one : _____

Number of full-term births : _____

Number of preterm births (20-37 weeks) : _____

Number of spontaneous, medical or personal pregnancy terminations : _____

Previous Cesarean Birth

Previous Cesarean Birth Date : _____ Reason : _____

My pregnancy ultrasounds

1st trimester ultrasound (Nuchal translucency)

Second trimester ultrasound

Number of weeks of pregnancy : _____

Number of weeks of pregnancy : _____

My pregnancy ultrasounds

Number of weeks of pregnancy : _____

Number of weeks of pregnancy : _____

Useful resources

Info-Santé / Info-Social 811

Place of birth (obstetrical reception)

Quebec Region

- CHUL - Centre mère-enfant 418-525-4444, poste 72055
- Hôpital Saint-François-d'Assise 418-525-4444, poste 54111
- Hôpital Hôtel-Dieu de Lévis 418-835-7164

Montreal Region

- Hôpital régional St-Jérôme 450-432-2777, poste 28440
- Hôpital St-Eustache 450-473-6811, poste 42180
- Hôpital Cité de la Santé 450-668-1010, poste 23569
- Hôpital Notre-Dame 514-413-8777, poste 120836
- Hôpital Maisonneuve-Rosemont 514-252-3447
- Hôpital Charles-Lemoyne 450-466-5000, poste 2510

My CLSC _____

Other _____

Your first trimester

From 0 to 10 weeks, section A

Your next services	Weeks of pregnancy	Date and time Appt	Comments and questions	
Pregnancy follow-up				Medical care
Pregnancy follow-up				
Pregnancy follow-up				
Quantitative blood pregnancy test				*Additional services
Viability/dating ultrasound				
Prenatal Screening				

*To make an appointment or request information 1 877-362-8602 or visit prenato.ca

Your first trimester

From 10 to 14 weeks, section B

Your next services	Weeks of pregnancy	Date and time Appt	Comments and questions	*Additional services
Nuchal translucency ultrasound				
Preclampsia Screening				
Pregnancy check-up 1 (Routine 1)				

*To make an appointment or request information 1 877-362-8602 or visit prenato.ca

Your second trimester

From 15 to 28 weeks

Your next services	Weeks of pregnancy	Date and time Appt	Comments and questions	
Pregnancy follow-up				Medical care
Pregnancy follow-up				
Pregnancy follow-up				
Pregnancy follow-up				
2 nd trimester morphology ultrasound				*Additional services
Pregnancy check-up 2 (Routine 2)				
Oral glucose tolerance test (OGTT)				
Whooping cough vaccine				
Recreational 3D Ultrasound				
WinRho administration if HR -				

*To make an appointment or request information 1 877-362-8602 or visit prenato.ca

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Your third trimester

From 29 weeks to birth

Your next services	Weeks of pregnancy	Date and time Appt	Comments and questions	
Pregnancy follow-up				Medical care
Pregnancy follow-up				
Pregnancy follow-up				
Pregnancy follow-up				
3 rd trimester morphology ultrasound				*Additional services
Oral glucose tolerance test (OGTT)				
Whooping cough vaccine				
Recreational 3D Ultrasound				

*To make an appointment or request information 1 877-362-8602 or visit prenato.ca

Our support

From the preparation of the pregnancy to 3 months post-delivery

Your next services	Weeks of pregnancy	Date and time Appt	Comments and questions	*Additional services
1 st trimester Webinar				
Support during pregnancy				
Online prenatal classes				
Private prenatal classes				

*To make an appointment or request information 1 877-362-8602 or visit prenato.ca

Webinars,
prenatal classes,
videos and
articles



Our educational
platform is here to
support you!
prenato.ca/magrossesse

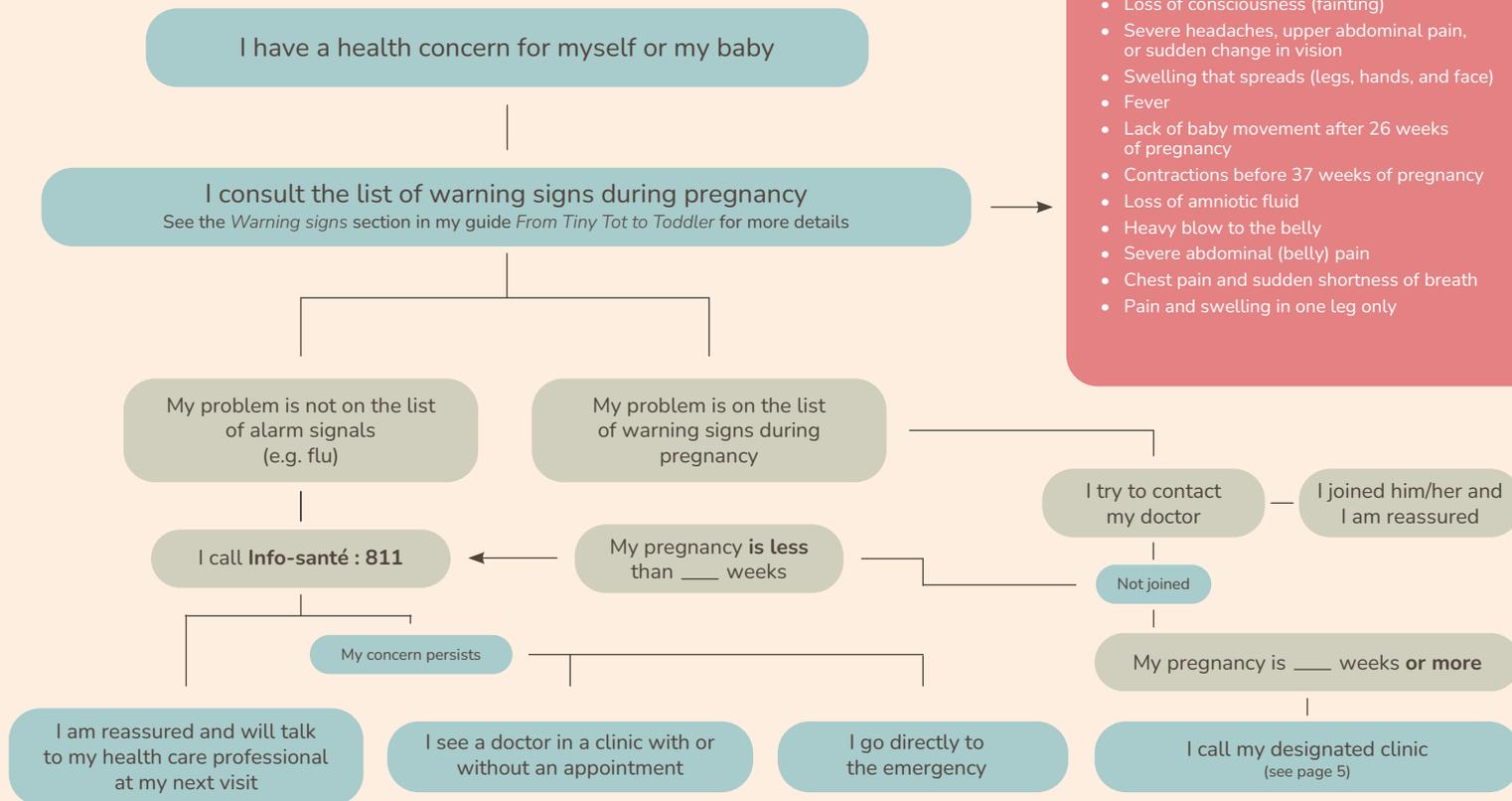


When and where should I consult?

Warning signs during pregnancy

Some problems require you to see a health care professional :

- Vaginal bleeding
- Loss of consciousness (fainting)
- Severe headaches, upper abdominal pain, or sudden change in vision
- Swelling that spreads (legs, hands, and face)
- Fever
- Lack of baby movement after 26 weeks of pregnancy
- Contractions before 37 weeks of pregnancy
- Loss of amniotic fluid
- Heavy blow to the belly
- Severe abdominal (belly) pain
- Chest pain and sudden shortness of breath
- Pain and swelling in one leg only





One day
I will be an
astronaut

Nathan Légaré
6 weeks

Breastfeeding Resources

Your doctor or nurse who will follow up with you after the birth

Last name, First name

Phone number

Breastfeeding Resources

View our blog article here :

prenato.ca/en/available-breastfeeding-resources/
to know more about available breastfeeding resources



The guide *From Tiny Tot to Toddler, Preparing to breastfeed* and *Breastfeeding your baby* sections

Breastfeeding support volunteer

Last name, First name

Phone number

Contacts with other professionals

Professionals	Name	Phone number

For more services



Prenatal screening



Obstetrical & gynecological ultrasounds



Pre and post-natal support



Women's health and contraception



Genetic counselling service



Complementary services



Notes

Subject	Comments	✓