

IMPORTANT INFORMATION



Services offered by the CIUSSS de la Capitale-Nationale

www.ciusss-capitalnationale.gouv.qc.ca/services/famille-enfants-parents/grossesse-accouchement [Services in French]

www.ciusss-capitalnationale.gouv.qc.ca/jhsb/en/services/scla/family/0-5 [Services in English]



Questions or concerns: [811 Info-Santé and Info-Social](tel:811)

Nurse and/or social worker service available 24h/7.

Getting a medical consultation with a health professional :

www.quebec.ca/en/health/health-system-and-services/service-organization/primary-care-health-and-social-services/how-get-medical-consultation-with-health-professional



Make an appointment for :

- Screening for trisomy 21, second blood test (14 to 16^{6/7} weeks)
- Routine 2 (26 to 28^{6/7} weeks) or with WinRho (28 to 28^{6/7} weeks)
- Vaccination against whooping cough (26 to 32^{6/7} weeks)
- Oral glucose tolerance test (26 to 28^{6/7} weeks)

Jeffery Hale Community Services in English: 418-684-5333 ext 11805

Length of hospital stay

The length of a stay in the hospital can vary from pregnancy to pregnancy, however, it is generally between 24 and 36 hours for a vaginal delivery and between 36 to 72 hours for a caesarean section (C-section). For more information consult the section "Accouchement" of CHU de Québec www.chudequebec.ca/patient/me-preparer-a-accoucher.aspx [French website]

Postnatal monitoring by the CLSC

- Phone call 24 hours after you leave the hospital.
- Postnatal consult in your CLSC or at your home (1st baby) within 72 hours after you leave the hospital and following the nurse's clinical evaluation.

Communicate with your CLSC if you have not received a call within 24 hours of leaving the hospital.

N.B.: Please make sure we can reach you at all times

REFER TO GUIDE: « FROM TINY TOT TO TODDLER »

www.inspq.qc.ca/en/tiny-tot/

WHEN SHOULD YOU CONSULT?

To learn about warning signs, consult the guide in the section Pregnancy/Health during pregnancy/Warning signs.

PREGNANCY SECTION (TURQUOISE SECTION)

Preventing food-borne infections (listeriosis, toxoplasmosis, salmonellosis), Discomforts of pregnancy, What to bring to the hospital or birth centre.

DELIVERY SECTION (PINK SECTION)

The start of labour, The stages of childbirth, Possible interventions during labour, The first few days.

FEEDING YOUR BABY

[Preparing to breastfeed](#) (TURQUOISE SECTION)

[Feeding your child](#) (GREEN SECTION)



IMPORTANT WEBSITES

- Prenatal meetings www.ciusss-capitalnationale.gouv.qc.ca/jhsb/en/services/scla/family/prenatal-meetings
- Naître et Grandir www.naitreetgrandir.com/en/
- Les Accompagnantes www.accompagnantes.quebec/ [French Website]
- Active for Two www.education.gouv.qc.ca/fileadmin/site_web/documents/loisir-sport/BrochureActivePourLaVie2012_a.pdf
- Whooping cough vaccination for pregnant women <https://publications.msss.gouv.qc.ca/msss/fichiers/2018/18-278-21A.pdf>
- Smoke Free Family <https://famillesansfume.ca/who-is-at-risk>
- Pregnant? Alcohol and Drugs <https://publications.msss.gouv.qc.ca/msss/fichiers/2009/09-804-01A.pdf>
- During pregnancy we go alcohol free <https://fasd-alcoholfreepregnancy.ca/>
- For a peaceful pregnancy, break the silence <https://publications.msss.gouv.qc.ca/msss/fichiers/2022/22-847-03A.pdf>
- Pregnancy and Breastfeeding Pocket Guide <https://www.chusj.org/CORPO/files/46/46cf2737-6ad9-40a2-959c-cfeb86da187b.pdf>
- Community organisation for breastfeeding www.cocogren.com/ [French website]
- Becoming a parent <https://www.quebec.ca/en/family-and-support-for-individuals/pregnancy-and-parenthood/parent>
- Gateway to recognized daycare spaces in Québec www.laplace0-5.com/
- Québec Parental Insurance Plan(QPIP) www.rqap.gouv.qc.ca/en
- Community Resources www.211quebecregions.ca/en/



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