

# Prenatal Information

## Parent's Guide

MAJ : 2024-01-25

Québec 

## Welcome !

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Welcome to the CIUSSS de la Capitale-Nationale prenatal information meetings! The content of the capsules, borrowed from the CISSS de la Côte-Nord, contains a lot of relevant and current information to help you to experience a healthy pregnancy, prepare yourself well for childbirth, as well as, for the arrival of your baby.

In this present document, complementary to the video capsules, you will find information specific to the Capitale-Nationale region and additional resources that can make your pregnancy more pleasant.

To speak with a perinatal nurse in English, contact Jeffery Hale Community Services at the following numbers:

**418-684-5333, ext. 11805**



A collection of baby items including knitted socks, a star, a giraffe, and wooden toys. The items are arranged on a light-colored surface with a yellow starburst graphic. The background is a light beige color with a white diagonal stripe.

# Everyday life During Pregnancy

## To learn more about pregnancy

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Below is a list of links to reliable reference sites to inform you about your everyday pregnancy and health needs.

[From Tiny Tot to Toddler](#) – Sections :

- [Prenatal care | From Tiny Tot to Toddler](#)
- [Everyday life during pregnancy | From Tiny Tot to Toddler](#)
- [Health during pregnancy | From Tiny Tot to Toddler](#)
- [Nutrition during pregnancy | From Tiny Tot to Toddler](#)
- [Becoming a parent: Government programs and services | From Tiny Tot to Toddler](#)

[Pregnancy and Birth | JHSB](#)

[Pregnancy and Parenthood | Quebec.ca](#)

[Pregnancy | Canada.ca](#)

- [Your Guide to a Healthy Pregnancy | Canada.ca](#)

[Pregnancy | Naître et grandir](#)

## Capsule 1: Professionals and services and discomforts

First of all, if you have not registered for the Ma grossesse support service, now is the time to do so. Go to the website [Ma Grossesse | Gouvernement du Québec](#). This service allows you to receive quick, free and confidential access to information and services suited to your needs during your pregnancy.

This service also allows eligible families to access various CLSC programs such as the [Olo](#) or [SIPPE programs](#). Note that in Capsule 1: Professionals and services, it is mentioned that the Olo program offers coupons for 1L of milk/day. According to the latest standards of practice, coupons for 500 ml of milk/day will be given out. These programs are accessible from the 12th week of pregnancy.

To make an appointment for vaccination, go to [Portal Clic Santé](#).

### To learn more

[Early childhood \(0–5 years\) | JHSB](#)

[Dépistage et diagnostic prénatal | CHU de Québec-Université Laval](#) [French website]

[For a Safe Maternity Experience Program | CNESST](#)

[Québec Parental Insurance Plan](#)

[Oral health for pregnant women \(Prevention and hygiene\) | ODQ](#)

[Oral health tips for pregnant women | Canada.ca](#)

[Oral health and pregnancy | Canada.ca](#)

### Some possible infections during pregnancy

Infection	Description	Prevention	What to do?
<b>Cold</b>	<ul style="list-style-type: none"> <li>☆ Viral infection of the upper respiratory tract (nose and throat irritation, congestion, and cough).</li> <li>☆ <b>NOT associated to fetal or maternal complications.</b></li> </ul>	<ul style="list-style-type: none"> <li>☆ Wash your hands regularly.</li> <li>☆ Sneeze and cough into the crook of your elbow.</li> </ul>	<ul style="list-style-type: none"> <li>☆ Rest.</li> <li>☆ Drink plenty of fluids.</li> <li>☆ Avoid smoking or being exposed to tobacco smoke.</li> <li>☆ Take acetaminophen and a saline solution if necessary.</li> </ul>
<b>Flu</b>	<ul style="list-style-type: none"> <li>☆ Caused by the influenza virus (shivers, muscle pain, fatigue, high fever).</li> <li>☆ The pregnant woman is not more at risk of getting the flu, but she is more vulnerable to the complications of this infection, which may eventually lead to miscarriages, <b>premature deliveries and fetal deaths</b>. The risk of complications for the pregnant woman is mainly present toward the end of the pregnancy.</li> </ul>	<ul style="list-style-type: none"> <li>☆ Wash your hands regularly.</li> <li>☆ Sneeze and cough into the crook of your elbow.</li> <li>☆ Seasonal influenza vaccine: Indicated for pregnant women in their 2nd and 3rd trimester during the flu season.</li> </ul>	<ul style="list-style-type: none"> <li>☆ Rest.</li> <li>☆ Drink plenty of fluids.</li> <li>☆ Avoid smoking or being exposed to tobacco smoke.</li> <li>☆ Take acetaminophen and a saline solution if necessary.</li> <li>☆ Consult a physician.</li> </ul>

Infection	Description	Prevention	What to do?
	<ul style="list-style-type: none"> <li>☆ Flu season : generally from December to April.</li> </ul>		
<b>Toxoplasmosis</b>	<ul style="list-style-type: none"> <li>☆ Secondary to exposure to a parasite in cat feces (litter, soil, etc.).</li> <li>☆ <b>Possible consequences on the fetus.</b></li> </ul>	<ul style="list-style-type: none"> <li>☆ Wash your hands after gardening.</li> <li>☆ Avoid cleaning the litter.</li> <li>☆ Properly wash fruits, vegetables and utensils.</li> <li>☆ Cook meat thoroughly.</li> </ul>	<ul style="list-style-type: none"> <li>☆ Consult a physician.</li> </ul>
<b>Urinary tract infection</b>	<ul style="list-style-type: none"> <li>☆ Often caused by bacteria in urine.</li> <li>☆ Commonly asymptomatic.</li> <li>☆ <b>Possible consequences on the pregnancy.</b></li> </ul>	<ul style="list-style-type: none"> <li>☆ Wipe from front to back.</li> <li>☆ Urinate after sexual intercourse.</li> <li>☆ Wash your genitals daily and after sexual intercourse.</li> <li>☆ Drink cranberry juice.</li> </ul>	<ul style="list-style-type: none"> <li>☆ Consult a physician.</li> </ul>
<b>Group B Streptococcus</b>	<ul style="list-style-type: none"> <li>☆ Bacteria part of several women's normal vaginal flora, without causing symptoms.</li> <li>☆ <b>Possible consequences for the baby</b>, in certain circumstances (blood, brain, lungs, spinal cord).</li> </ul>	<ul style="list-style-type: none"> <li>☆ Routine screening toward the end of pregnancy.</li> </ul>	<ul style="list-style-type: none"> <li>☆ Preventive treatment during the delivery in positive women..</li> </ul>
<b>Sexually transmitted and blood-borne infections (STBBI)</b>	<ul style="list-style-type: none"> <li>☆ Several types of STBBIs (gonorrhea, chlamydia, syphilis, hepatitis B, HIV, herpes).</li> <li>☆ <b>Possible consequences on the fetus and/or the pregnancy and/or the baby.</b></li> </ul>	<ul style="list-style-type: none"> <li>☆ Safe sexual behaviours.</li> </ul>	<ul style="list-style-type: none"> <li>☆ Consult a physician.</li> </ul>

## Capsule 2: Healthy diet during your pregnancy

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In Capsule 2: Healthy diet during your pregnancy, the sound is absent for a short period towards the middle of the video. The information on the slide contains most of the information. For more information on fish consumption, consult the following section of the guide “From Tiny Tot to Toddler” [On the menu: variety, colours, and flavours](#).

### To learn more

[Canada's Food Guide](#)

[Prenatal nutrition | Quebec.ca](#)

[Weight gain during pregnancy | Naître et grandir](#)

[Pregnancy Weight Gain Calculator - Nutrition and Healthy Eating | Health Canada](#)

[Food safety for pregnant women | Canada.ca](#)

[Food labelling for consumers | Canadian Food Inspection Agency](#)

### Recipes

#### Healthy Chips and Fun Dip

**Serving :** 4 servings of chips  
6 to 8 servings of dip

**Préparation :** Chips : 10 minutes  
Dip : 10 minutes

#### Ingredients

##### Healthy Chips

- 1 bag of 12 mini pita breads
- 30 ml of olive oil
- Salt and pepper

##### Fun dip (one recipe, three versions)

- 350 g of silken tofu (like Mori-Nu)
- 15 ml of Dijon mustard
- Juice of 1 lemon
- 60 ml of vegetable oil

##### Indian-style version

- 5 ml of curry
- 5 ml of fresh ginger, grated
- 2,5 ml of curcuma
- Salt and pepper

##### Mexican-style version

- 15 ml of fresh cilantro, finely chopped
- 1 clove garlic, finely chopped
- 2,5 ml to 5 ml of chipotle puree (like Tabasco Chipotle) – to taste
- Salt and pepper

##### Spanish-style version

- 1 green onion, finely chopped (green and white parts)
- 5 ml of smoked paprika, mild or hot – to taste
- Salt and pepper





## Preparation

### Healty Chips

- Preheat oven to 200 °C (400 °F). Place the rack in the middle position.
- Using kitchen shears, cut the pita breads in half, lengthwise.
- Place pita chips on two baking sheets, outside up.
- Brush pita chips with oil.
- Sprinkle with Cajun seasoning.
- Add pepper and a pinch of salt.
- Bake for 7 to 8 minutes, or until the pita chips are golden brown. Monitor toward the end of cooking. Healthy chips can be stored in an airtight container, away from moisture, for up to one week.

### Fun dip

- Mix all ingredients in a food processor, except oil, for one minute.
- Scrape the side of the processor with a rubber spatula and process again.
- Keep processing while you add the oil in a thin stream through the opening on the lid of the food processor, in order to form an emulsion.
- Transfer to a bowl, season based on the chosen version, mix, and serve with vegetables or healthy chips.
- Can be kept in the refrigerator for up to three days.

## Ginger Root Tea

### Ingredients

- 5 ml of fresh ginger, grated
- 250 ml of water

### Preparation

- Combine all ingredients in a saucepan and bring to a boil.
- Simmer for about 3 minutes.
- Strain and serve.



You can add citrus peels to the ginger to add flavours. You can add some orange juice, lemon juice or honey before serving. Can be served hot or cold, as you prefer.

Ginger can be frozen.



## Capsule 3: Physically active lifestyle

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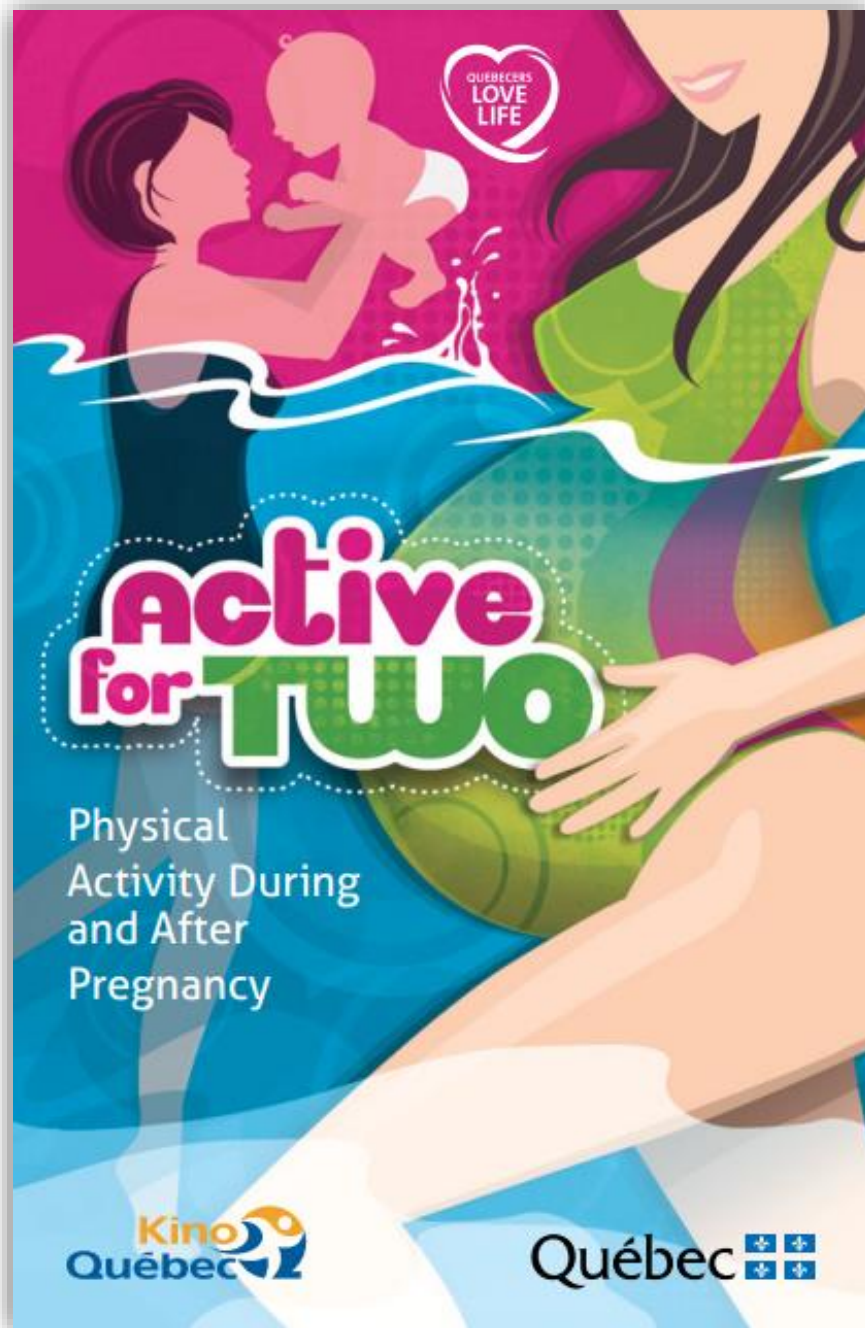
### To learn more

[Active for Two | Gouvernement du Québec](#)

[Perineal \(Kegel\), thigh, and ab exercises | Naître et grandir](#)

[Sex during pregnancy: Q&A | Naître et grandir](#)

[Sex and pregnancy – Pregnancy Info | SOGC](#)



## Capsule 4: Safe life habits for a healthy pregnancy

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### To learn more

[Make Your Home and Car Smoke-free | Canada.ca](#)

[Famille Sans Fumée - Who is at risk?](#)

[I Quit Now - Tobacco-Free Quebec](#)

[Quit Smoking - Canada.ca](#)

[Alcool et grossesse | CIUSSSCN](#) [French website]

[Alcohol or drug use during pregnancy and breastfeeding | Quebec.ca](#)

[Pregnant? Alcohol and drugs Be proactive | MSSS](#)

[Alcohol-free pregnancy | fetal alcohol spectrum disorder \(FASD\)](#)

[Pregnancy and drinking: your questions answered | Éduc'alcool](#)

[Drugs: Help and referral](#)

[Pregnant and Properly Buckled In | SAAQ](#)



### Am I at risk?

Have you already tried to reduce your alcohol or drug consumption?	Yes	No
Has your alcohol or drug consumption already made people around you react?	Yes	No
Have you already told yourself that you were consuming too much alcohol or drugs?	Yes	No
On the morning following a day that you consumed a lot, did you notice any reaction from your body (e.g., need to drink water, shaking hands)?	Yes	No
In the past year, have you hidden or tried to hide your gambling habits from others?	Yes	No
In the past year, during a gambling session, have you played longer than initially planned?	Yes	No

If you answered “yes” to at least one of these questions, you may be at risk of developing an alcohol, drug or gambling problem. Your situation can be examined closely. Consult your territory’s CLSC or 811, a professional will be able to answer your questions and refer you to the appropriate service.

[Self-assessment questionnaire | Drugs: Help and referral](#)

[Toxquébec](#) [French website]

### Services offered in addiction

Tobacco/vaping : [Centres d'abandon du tabagisme \(CAT\) | CIUSSSCN](#) [French website]

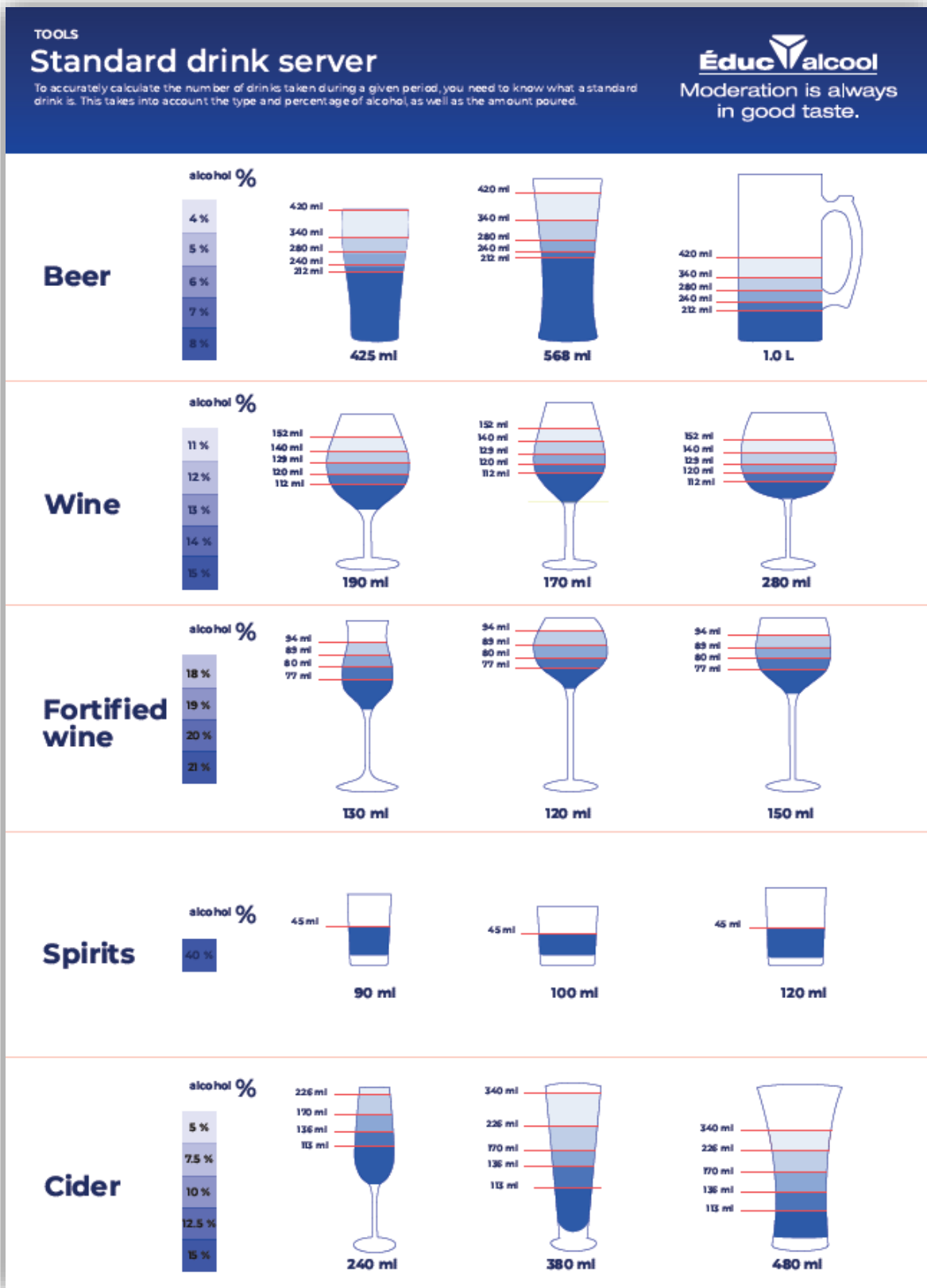
Alcohol/drugs : [Programme Alcochoix+ / Mes Choix | CIUSSSCN](#) [French website]

Regional specialized assessment program, parenting component (CRDQ): Contact your CLSC

[Répertoire des ressources en dépendances - Région de la Capitale-Nationale](#) [French website]

# A standard drink, that's it

Standard Drink Server | Éduc'alcool



## Mocktail recipes

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### Mojito

Ingredients for one person

21 ml mojito syrup  
30 ml Caribbean syrup (rum flavour)  
1 lime wedge  
2 mint leaves  
99 ml sparkling water

Directly in the glass

- Muddle the lime wedge
- Add the fresh mint and muddle it without crushing the leaves
- Add the rum flavoured syrup and the mojito syrup, as well as a few ice cubes or crushed ice
- Mix and top with sparkling water



### Bora bora

Ingredients for one person

99 ml pineapple juice  
60 ml passion fruit juice  
21 ml grenadine  
9 ml lemon juice

- Combine all ingredients in a shaker
- Shake with ice
- Serve in a glass with ice and a straw, and garnish with a strawberry or an orange wheel



### Strawberry Sweetness

Ingredients for 4 persons

2 L light lemonade  
50 cl orange juice  
5 cl strawberry syrup  
500 g strawberries

- Combine halved strawberries, the syrup and orange juice in a bowl
- Let marinate in the refrigerator for two hours
- Add a few ice cubes and the lemonade just before serving



## Products for personal and domestic use

Identify the risk level of using the following products during pregnancy, as long as, the instructions for use are respected.

Personal hygiene and household products	Safe	To avoid
Furniture paint	X	
Essential oil		X
Facial moisturizing cream	X	
Bubble bath	X	
Hair spray	X	
Household cleaning products (Lestoil, Vim, Hertel, Mr. Clean, etc.)	X	
Suntan lotion	X	
DEET mosquito repellent	X in small quantities and containing a maximum of 30% DEET	
Epilation, electrolysis, laser		X
Tanning salon		X
Spas and saunas		X
Paint stripper		X
Hair dye	X	
Permanent	X	
Lemongrass or lavender-based mosquito repellent		X
Deodorants	X	
Acne products containing retinoids		X
Natural health products		X unless otherwise recommended by the physician

[Personal care | From Tiny Tot to Toddler](#)

[Pregnancy: what you need to know about chemicals | Naître et grandir](#)

## Capsule 5: Development of the Fetus

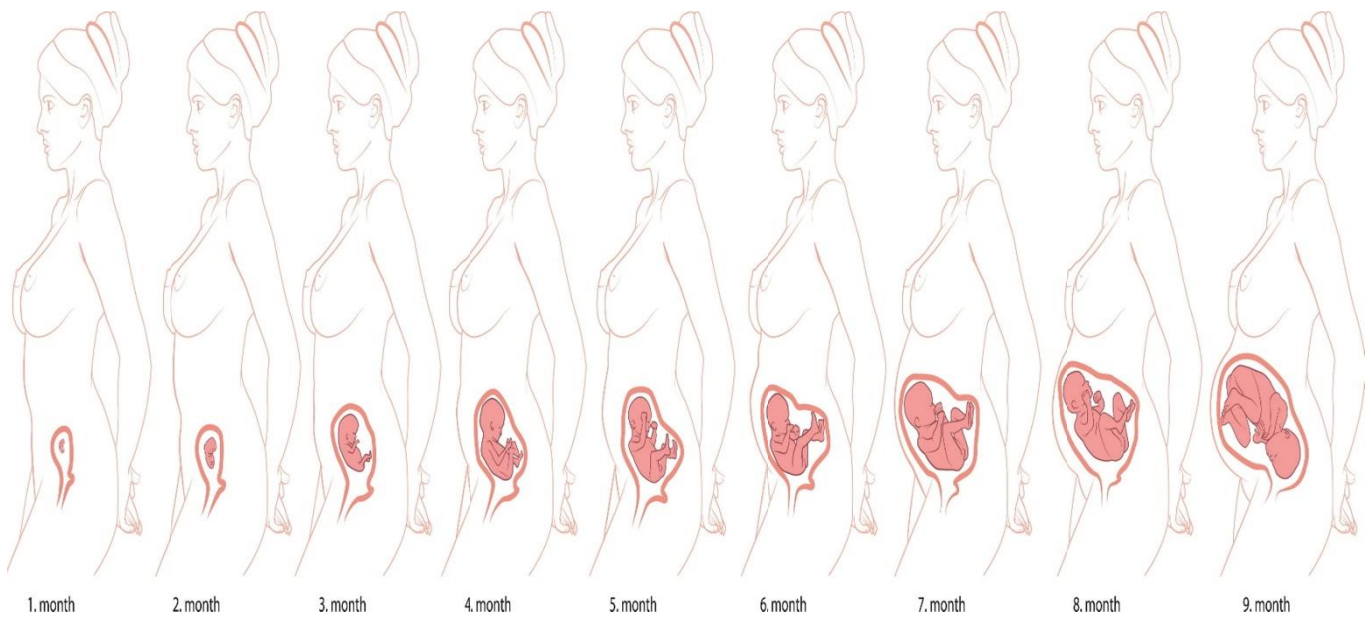
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### To learn more

[The stages of fetal development in pictures | Naître et grandir](#)

- [Fetal and embryo development: The first trimester](#)
- [Fetal development in the second trimester](#)
- [Fetal development in the third trimester](#)

### Growth of the baby in the uterus



## Capsule 6: Prematurity

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### To learn more

[Préma-Québec](#) [French website]

[Premature babies | Naître et grandir](#)

### Contact details for birth centers in the Capitale-Nationale region

[CHUL - Centre mère-enfant Soleil](#)

2705, boulevard Laurier, Québec (Québec) G1V 4G2

Where to report for delivery : A-2821

418-525-4444

[Hôpital Saint-François d'Assise](#)

10, Rue de l'Espinay, Québec (Québec) G1L 3L5

Where to report for delivery : 4<sup>th</sup> floor (In the evening and at night, please enter through the emergency door)

Make an appointment : 418-525-4444 Ext #54111

[Hôpital de La Malbaie](#)

303, rue Saint-Étienne, La Malbaie (Québec) G5A 1T1

418-665-1700

## Abnormal Signs and Symptoms of Pregnancy

During your pregnancy, you have to be vigilant and on the lookout for signs of possible complications. Do not hesitate to contact the physician or the maternity ward as soon as a symptom appears or seems concerning. These symptoms do not necessarily equate to a serious complication. Over 90% of women do not encounter any problem during their pregnancy, but forewarned is forearmed!

Symptoms	Possibles complications
<ul style="list-style-type: none"> <li>• Pressure or pain (continuous or pulsating) felt in the lower back, stomach or pelvis. This pain or pressure is different from the one felt since the start of the pregnancy.</li> <li>• Contractions. Be careful, they can be totally non-painful. <i>If you have contractions every 10 minutes for one hour, or contractions that do not stop with rest, you better call or consult a physician, nurse or midwife for advice.</i></li> <li>• Blood losses, even light, or increased vaginal discharge.</li> <li>• Cramps similar to menstrual cramps.</li> <li>• Intestinal cramps and/or diarrhea.</li> </ul>	<p>In the early stages of pregnancy: risk of miscarriage or ectopic pregnancy</p> <p>During pregnancy (between the 23rd and 36th week): risk of premature labour and delivery</p>
<ul style="list-style-type: none"> <li>• Fluid loss by the vagina, very liquid secretions. Bland odour. Not urine.</li> </ul>	Risk of premature rupture of membranes and premature delivery
<ul style="list-style-type: none"> <li>• Rapid weight gain (over 400 g per week).</li> <li>• Swollen feet, face and hands. Persistent headaches.</li> <li>• Blurred vision, feeling of a flash in front of the eyes.</li> <li>• Cramping in the lower stomach, difficulty urinating.</li> </ul>	Risk of pregnancy hypertension, eclampsia and premature delivery
<ul style="list-style-type: none"> <li>• Frequent urination and burning sensation when urinating. Stomach and kidney pain. Possible fever.</li> </ul>	Risk of urinary tract infection
<ul style="list-style-type: none"> <li>• Fever. Lymph nodes can be felt in the neck area.</li> <li>• Rash in a given area of the body.</li> </ul>	Risk of infectious disease

Inspired by the summary table prepared by the Association des parents d'enfants prématurés du Québec (APEP)

Adapted from Harrison (1983) and Pernoud (1990)

Programme cadre de rencontres prénatales de la région de Québec, 2002.



