

## Healthcare Provider

Find healthcare providers to give you and your baby the care you need. Healthcare providers can be doctors, midwives, or nurse practitioners.

### What is a midwife?

Midwives are available in some Saskatchewan health regions. Midwives are experts in normal pregnancy, birth, and newborn care. They can provide support, monitoring, and assessment throughout your pregnancy, labour, and delivery, including performing invasive procedures and prescribing medications. For low risk pregnancies, midwives are trained to help women deliver their babies at the hospital and at home.

### What is a doula?

Doulas can support you as well. They can provide physical and emotional support, as well as information throughout your pregnancy. However, doulas are not healthcare providers. If you have a doula, you also need to see a healthcare provider.



## What can you expect from your healthcare provider?

During your first visit, your healthcare provider will:

- ask about your health
- ask about your lifestyle
- talk about having a healthy baby
- offer to do medical tests
- find out your due date

A healthcare provider can also answer your questions. Before you visit a healthcare provider, write down your questions. This will help you remember what questions you want to ask during your visit. Take your time and ask as many questions as you need to.

## What are some questions I can ask my healthcare provider?

- Do you provide care for pregnant women?
- Will I be able to be your patient through my whole pregnancy?
- Will you be available for the birth of my baby?
- Where can I give birth to my baby?
- Can I visit the place I will be giving birth before my due date?
- What support can you give to me during my pregnancy?
- How can I make sure I am getting the right foods for me and my baby?
- Can I still exercise while pregnant?
- Should I change any of my medications?
- Will any illnesses I have now affect my pregnancy or baby?
- Why should I take prenatal vitamins? Where can I get them?
- How much weight should I gain during pregnancy?
- How can I find support to stop smoking?
- How can I find support to stop drinking?
- How can I find support to stop using street drugs?