

Healthcare Provider

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

Who is a midwife?

A midwife is a licensed and registered health professional. Midwives provide care and support during low-risk pregnancies, birth, and for six weeks after birth. They can provide support, monitoring, and assessment throughout your pregnancy, labour, and delivery, including performing medical procedures and prescribing medications. Midwives are trained to help women deliver their babies at the hospital and at home. Midwives are available in limited locations in Saskatchewan. For more information about midwives, visit: <http://www.saskmidwives.ca/>.

Who 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 and are not able to help you deliver your baby. 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
- recommend some medical tests
- find out your due date

Your healthcare provider can also answer your questions. Before you visit your 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?

Here are some example questions to ask your healthcare provider. This list does not include all of the questions you may have. You can ask any other questions that you are concerned about.

- 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 long should I take 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?