



## Welcome to Plum Midwifery

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### **Midwives Care for You and Your Baby**

Choosing a midwife gives you access to personalized care for both you and your baby. Midwives are primary caregivers and have been fully-funded through BC Medical (MSP) since 1998. They can order necessary tests and ultrasounds and will provide all of your care throughout pregnancy, labour, birth and for the first six weeks postpartum. Clients have the option of a home or hospital birth.

### **Informed Choice**

“Informed choice is a fundamental principle of midwifery care in British Columbia. Women have the right to receive information and be involved in the decision-making process throughout their midwifery care.” In the College of Midwives of British Columbia’s Philosophy of Care document, the childbearing woman is recognized as the primary decision-maker.

### **How Our Practice Works**

We are four midwives who work as a team. Clients will have the opportunity to meet with all our midwives throughout their pregnancy. For bios of our midwives and office staff, please visit our website at [www.plummidwifery.com/about-us/](http://www.plummidwifery.com/about-us/). We are also preceptors for the Midwifery program at UBC, and on occasion, will have UBC Student Midwives, NIC Nursing students or UBC Medical Residents working within our practice. Their participation in our practice can offer an enriched experience for our clients.

### **Clinic Visits at Plum**

We schedule 3 clinic days per week; 2 days at our main clinic in Comox, and 1 day in Cumberland at the Dunsmuir Medical Clinic. Please refer to our website for clinic days and locations. [www.plummidwifery.com/our-clinic/](http://www.plummidwifery.com/our-clinic/). Appointments are every 4 to 5 weeks until your 28th week of pregnancy, then every 2-3 weeks until 37 weeks and then weekly until you have your baby. You can expect to spend 15- 45 minutes per visit, depending on the stage of your pregnancy. If you are planning a home birth, you will have a home visit at approximately 37 weeks. We also offer an optional series of Group Prenatal Care appointments. [www.plummidwifery.com/group-prenatal-care/](http://www.plummidwifery.com/group-prenatal-care/)

The midwife-on-call will be with you once you are in active labour, “catch” your baby, and stay with you a few hours after the baby is born. For hospital births, a midwife will see you daily in hospital until you are discharged home. If you live locally, we will see you every other day at home for the first week and then in clinic at 2-3 weeks, 4-5 weeks and 6-7 weeks postpartum. Clinic postpartum appointments may be scheduled during our Babytime Postpartum drop-ins.

### **Clinic Etiquette**

To ensure everyone gets ample time to connect with their midwives, it is imperative to be on time for your appointments. If you are more than 15 minutes late, we may need to reschedule your appointment. If you are unwell, please reschedule your appointment.

### **How to Contact Us**

Our midwives are available 24 hours-a-day, 7 days-a-week. For urgent calls, please page us. Please refer to our “When to Call Your Midwife” handout for more information. For non-urgent clinical concerns, please call or email our office. We encourage you to email us with appointment requests or confirmations.

*Please note:* The midwives at Plum will call, rather than communicate by email, when a response concerning your care is of a confidential or sensitive nature.

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