

Dr. Aurelia Valiulis + Dr. Alison Wright

Central London Family Medicine Obstetrics

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Congratulations on your pregnancy, and welcome to our practice! We are excited to be part of your life-changing journey.

We are both family doctors with additional training in low-risk obstetrics, meaning we are qualified to care for healthy pregnant patients like yourself throughout your entire pregnancy, labour and delivery, and for up to 6 weeks after your baby is born. We will also care for your newborn while you are still in hospital.

If any complications arise during your pregnancy or labour, we will involve the expertise of our Obstetrician/Gynaecologist colleagues, who are easily accessible to us, as needed. For example, if you require a caesarean section or operative vaginal delivery (e.g. forceps), this would be performed by an Obstetrician/Gynaecologist, but we will continue to be involved in your care.

Prenatal Clinic Visits

During your pregnancy, we will typically see you in our clinic for appointments every 4 weeks until 28 weeks of pregnancy, every 2 weeks from 28 weeks to 36 weeks, and every week from 36 weeks until you give birth. We will then see you for a check-up at approximately 6 weeks postpartum, or you may call to book an appointment sooner if any concerns arise.

Although your first visit will be with one of us who will be designated as “your doctor”, we work as a team and see each other’s patients as needed, based on our on-call schedules, and based on your availability. If your assigned doctor is called to the hospital for a delivery, or an urgent situation, the other doctor will typically step in to see you at your regularly scheduled time, so you will not need to reschedule your visit.

Emergencies or Urgent Concerns

After 20 weeks of pregnancy, if you have any urgent concerns, please go directly to Obstetrical Triage at Victoria Hospital, 800 Commissioners Road East, in London, located in the B tower, on the 4th floor, immediately off the elevators. This includes:

- Regular contractions/labour
- Vaginal bleeding
- Thinking your water has broken
- Fever >38.0 degrees Celsius
- Trauma including fall onto your abdomen, motor vehicle accident

- Decreased or absent movement of your baby
- Severe headache, changes in your vision
- Any other concerns that would typically bring you to the emergency department

Before 20 weeks of the pregnancy, if you have any urgent concerns, please go to the emergency room at Victoria Hospital.

On Call Coverage/Delivery Coverage

We work out of London Health Sciences Centre's Victoria Hospital, located at 800 Commissioners Road East, in London. Though your regular prenatal appointments will be at our clinic, the hospital is where you will give birth to your baby. We partner with the physicians at Old South Maternity Care to provide coverage at the hospital, which means that either one of us, or one of the five doctors in their group, would be available to care for you 24/7.

Newborn Care After Delivery

Your baby will need a doctor too! If you have a family doctor, please confirm with them that they can look after your baby after birth. The baby will need to be seen within 2-3 days after being discharged from hospital. If you do not have a family doctor, then please start looking for one! Unfortunately, family doctors can be difficult to find at this time. We recommend asking friends/family if they have a doctor who might be willing to take you and your newest family member on. Another option is to try calling clinics in your area to see if the doctor(s) there are willing to take on a newborn. There are numerous walk-in clinics throughout the city which are another option if you are not able to secure a family doctor before your baby is born.

Please contact our office with any concerns you might have in between appointments, but remember, if there is anything urgent, please don't hesitate to go into the hospital for assessment.

We look forward to getting to know you and to providing excellent care to you and your baby.

Sincerely,



Dr. Aurelia Valiulis, MD CCFP



Dr. Alison Wright, MD CCFP