

### OFFICE HOURS

Office hours differ from clinic hours. Each midwife's schedule varies based on the needs of the clinic and community. The hours below are when an admin staff will be able to assist you:

#### Monday to Wednesday

9:00am to 4:30pm

(Closed between 1-2pm for lunch)

#### Thursdays

9:00am to 4:00pm

(Closed between 1-2pm for lunch)

These hours can vary as we often have meetings. Please call the office to confirm if we are available.

#### Friday to Sunday

The office and clinic is closed.

### PRENATAL APPOINTMENTS

Clinic appointments are available from Monday to Wednesday. Appointment times vary depending on who is in clinic, and what is needed out in the community. Typically, appointments are offered between 8am to 4pm. Times vary as your Midwives may be on call, attending deliveries, providing home visits and labour assessments outside of clinic hours.

Regular appointments following the intake are approximately 20-30 minutes in length.

### URGENT/PAGER #

1-866-775-8818

If your concern is urgent, you can page your Midwifery team by calling the number above. Remember to request your team number.

### ADDITIONAL RESOURCES & PRENATAL CLASSES

Prenatal classes are offered through our clinic. We suggest signing up as soon as possible as class sizes are limited. More information about our classes can be found on our website:

[www.durhammidwives.com](http://www.durhammidwives.com)



## Midwifery Services of Durham & Markham Stouffville Midwives

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Welcome to Midwifery Services of Durham and Markham Stouffville Midwives! In this brochure you will find information about our clinic, the hospital and the Alongside Midwifery Unit.

Additional resources and information can be found on our website.

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| Durham Midwives  | Markham Midwives   |
| 138 Old Kingston Rd., Ajax   | 6633 HWY 7 E, Unit 107., Markham                                     |
| <a href="http://www.durhammidwives.com">www.durhammidwives.com</a> | <a href="http://www.markhammidwives.com">www.markhammidwives.com</a> |
| P: 905-427-5407  | P: 905-209-0330  |

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For more information visit:  
[www.durhammidwives.com](http://www.durhammidwives.com)

## How often do you see us?

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Regular visits with one of your midwives are an important aspect of pregnancy. Each visit should be a time for you to ask questions and voice any concerns you may be having during your pregnancy. It is also when the Midwife will conduct an exam to ensure that you and your baby are well, initiate the appropriate tests, and referrals if any concerns.

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During COVID-19 appointments have been adapted to the guideline and recommendation of the World Health Organization.

We are now scheduling both in clinic and virtual appointments.

10 - 12 Weeks – Intake Visit

**15-16 Weeks - Virtual**

20 - 21 Weeks - In Clinic

**25 Weeks - Virtual**

28 Weeks- In Clinic

32 Weeks- In Clinic

36 Weeks- In Clinic

39 Weeks- In Clinic

40 Weeks- In Clinic

41 Weeks- In Clinic

Should your needs change in pregnancy, Midwives will work with you to make a schedule suited to your pregnancy.

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Markham Imaging Consultants  
110 Copper Creek Dr., Suite 202, Markham  
Tel: 905-471-6996

EXR Medical Imaging - Harwood Location  
601 Harwood St., S, Ajax  
Tel: 905-683-8877

True North Imaging  
39 Main St. N, Unit 1, Markham  
Tel: 905-472-2713

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Booking your FTS (NT) Ultrasound & Bloodwork

The window to complete eFTS (genetic screening) is between 11 to 13 weeks. It is important that these are completed on the **SAME DAY**.

Please complete your ultrasound **FIRST**, followed by the bloodwork. This will ensure there are no delays in getting your final eFTS results. The blood lab will need the Genetics form with the ultrasound portion completed.

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### Fetal Ultrasound for Keepsake Videos

Health Canada is recommending parents not to expose their unborn babies to fetal ultrasound for the purpose of making “keepsake” videos.

The procedure uses very short bursts of sound vibrations that travel as waves through the body in a series of focused beams. When the procedure is used to obtain images for medical purposes, it is called diagnostic fetal ultrasound.

Diagnostic fetal ultrasound provides important medical information, such as the size, age and state of health of the baby. The clinical use of fetal ultrasounds has grown rapidly and it has an excellent safety record.

When fetal ultrasound is done for a keepsake video, no medical information is provided to justify exposing the baby to ultrasound.

You can find more information:  
[canada.ca/en/health-canada/services/health-risks-safety/radiation/medical/ultrasound.html](https://canada.ca/en/health-canada/services/health-risks-safety/radiation/medical/ultrasound.html)

### Where we deliver

Midwifery Services of Durham and Markham  
Stouffville Midwives deliver at Markham Stouffville hospital.

Markham Stouffville Hospital is located near the corner of Ninth Line and Hwy 7 in Markham, Ontario.

In 2018 the Alongside Midwifery Unit opened its doors - the FIRST of its kind in Canada. This is a separate birthing area located beside the obstetrical unit with access to operating rooms and a NICU.

You can find out more information by visiting:  
<https://www.msh.on.ca/>

