



PRE-NATAL OPEN HOUSE

June 3, 2026

WELCOME!



Welcome & Introductions

- TORONTO WESTERN FAMILY HEALTH TEAM
- Obstetrical Care Program
- Bathurst and Garrison Creek Sites

Toronto Western Family Medicine OB Team



Amita Singwi



Azadeh Moaveni



Jennifer Sy



Anna Mackenzie



Shira Strauss



Natasha
Mirchandani



Rebecca Halls



Lauren Payne



Jeff Bloom



Onella Charles

Retired
WE MISS YOU





**Mount Sinai
Hospital**

Sinai Health System
Joseph & Wolf Lebovic
Health Complex



Toronto Western
Family Health Team
*Garrison Creek
Bathurst*

WCHI
WOMEN'S COLLEGE HOSPITAL
Healthcare | **REVOLUTIONIZED**

Your Family Medicine Delivery Team



Luke Bearss
Mount Sinai Hospital



Amita Singwi
Toronto Western Hospital



Daniela Keren
Mount Sinai Hospital



Batya Grundland
Women's College Hospital



Betty Chen
Women's College Hospital



Carrie Schram
Women's College Hospital



Charissa Chen
Women's College Hospital



Diana Hsiang
Women's College Hospital



Yoel Abells
Mount Sinai Hospital



Onella Charles
Toronto Western Hospital



Jenn Sy
Toronto Western Hospital



Jonah Schermbrucker
Women's College Hospital



Zoe Hutchison
Women's College Hospital



Karen Wong
Women's College Hospital



Lauren Payne
Toronto Western Hospital



Anna Mackenzie
Toronto Western Hospital



Valerie Anderson
Mount Sinai Hospital



Kristina Powles
Mount Sinai Hospital



Nat Morson
Mount Sinai Hospital



Rebecca Hall
Toronto Western Hospital



Akshay Verma
Mount Sinai Hospital



Sabrina Kolker
Mount Sinai Hospital



Sakina Walji
Mount Sinai Hospital



Shira Strauss
Toronto Western Hospital



Susie Kim
Women's College Hospital



Tuhina Biswas
Women's College Hospital

Phone Numbers



- Mount Sinai Hospital Tour is now ONLINE:
<https://www.mountsinai.on.ca/patients/having-a-baby-at-mount-sinai>
- Family Medicine Resident On-Call
 - ▣ **416 586 4800 x 5133 (after 5pm)**
- For Mount Sinai Hospital Labour Floor
 - ▣ **416 586 4800 x 3210 (Triage)**
 - ▣ **416 586 4800 x 4511**

Parking

- **Murray Street**
- **\$22/day**



When To Come To Hospital



Labour “4-1-1”

- Contractions are
 - ▣ **STRONG**
 - ▣ Every 4 minutes
 - ▣ Each last 1 minute
 - ▣ ... for 1 hour



“GBS” Status

- Group B Streptococcus
- A very common bacteria
 - ▣ If present during vaginal birth → risk to baby
- If **POSITIVE** = antibiotics should be started at the **beginning of labour**



Water Breaks



Clear fluid –
looks like clear
soup



Meconium-stained
fluid – looks like
pea soup



Take
**UNIVERSITY
AVE.**
Elevators –
Not Murray
St. Elevators



Mount Sinai Labour & Delivery – TRIAGE UNIT

Triage - 15th Floor

Admitting

- Right on Labour & Delivery Floor – 15th floor





Mount Sinai Labour & Delivery – TRIAGE UNIT

Triage - 15th Floor



Mount Sinai Labour & Delivery

Labour Rooms - 15th Floor



Pain Management

At home...

- Walking
- Positions
- Shower
- Warm bath (if waters intact)
- Massage
- Ice
- Breathing



In hospital...

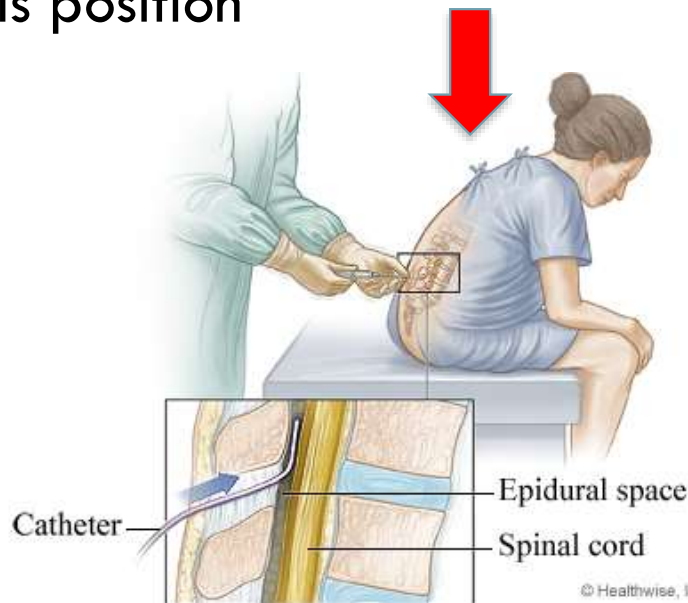
- Early labour – **morphine** to take the edge off
- During delivery – **nitrous oxide** – “laughing gas”



In hospital...

□ Epidural anesthesia

- ▣ Takes 15-30 min. for Anesthesiologist to arrive *
- ▣ Another 15 min. to work – 85-90% work 1st time
- ▣ Only “too late” for epidural if **delivery within minutes** or can't hold this position



Epidural Anesthesia

- 85% of women in Ontario deliver with an epidural
 - MINOR risks = COMMON
 - Low blood pressure
 - Baby heart rate drops briefly
 - Temporary motor paralysis
 - Still feel pain at the end stage of labour
 - The first epidural doesn't work; 10-15% need an adjustment



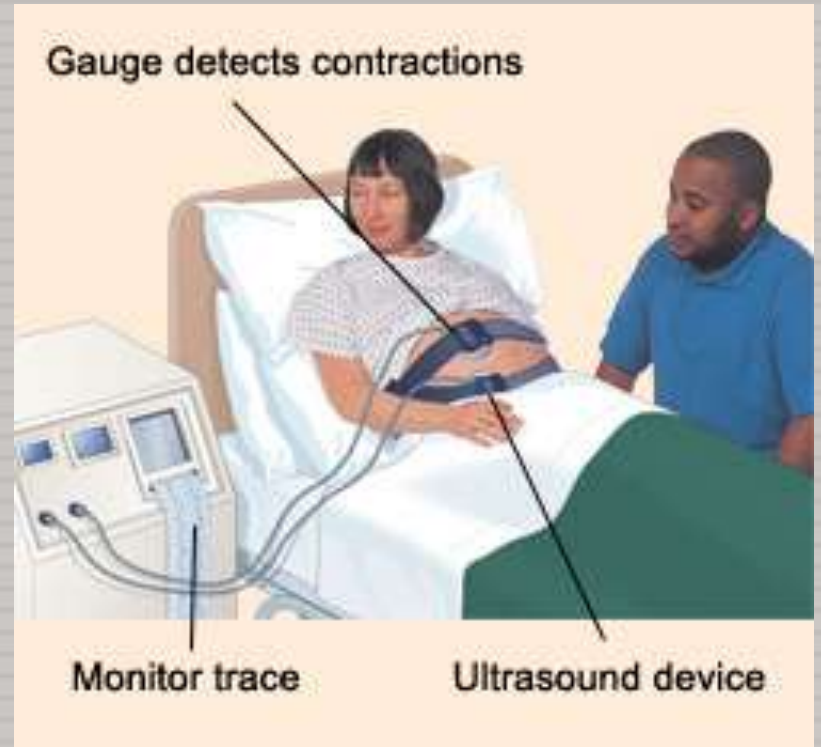
Epidural Anesthesia: Headache

- MINOR Risk: “Post Dural Puncture Headache”
 - Dural Puncture **1/200** → 75% will get a headache
 - Approximately **1/400 risk**
 - Severe headache within 2-3 days of epidural
 - 50% will be treated with rest, lying down, fluids and simple meds
 - May need special treatments by Anesthesiologist

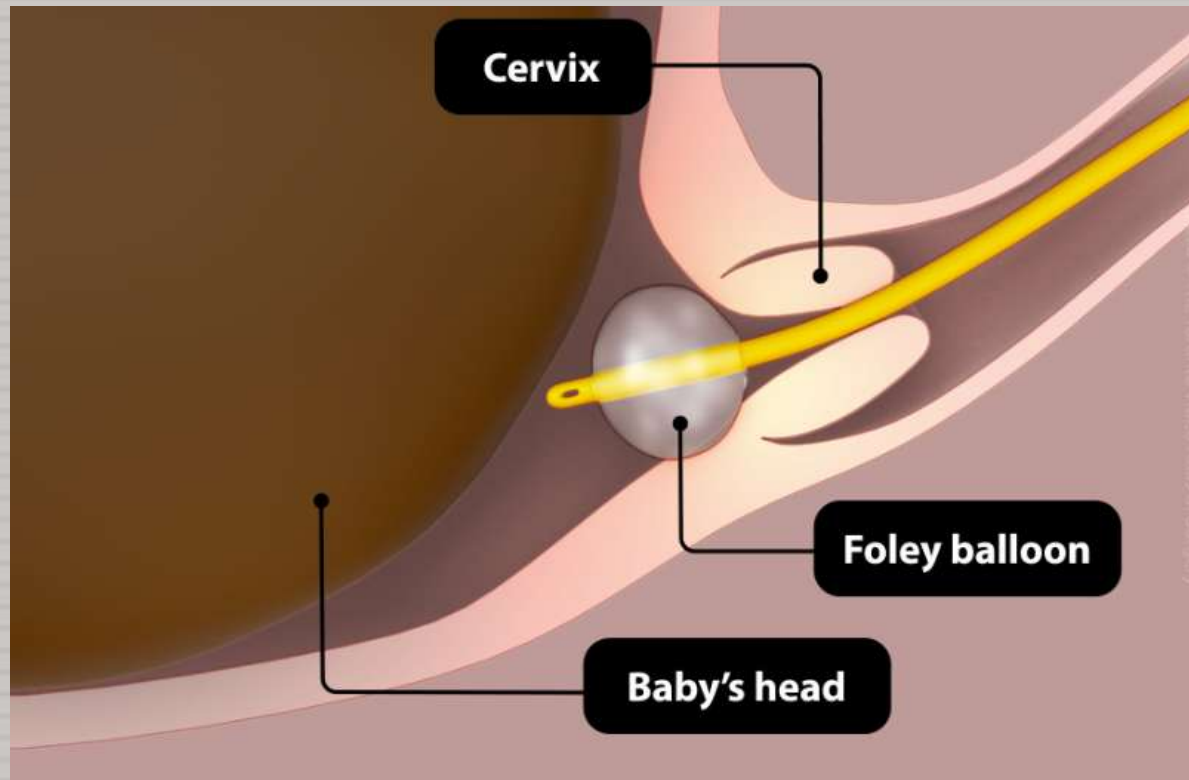




Potential Interventions



External Fetal Monitoring



Induction of Labour: Usually after 41 weeks

Starts with cervical ripening:

Foley Catheter

Augmentation of Labour



Oxytocin



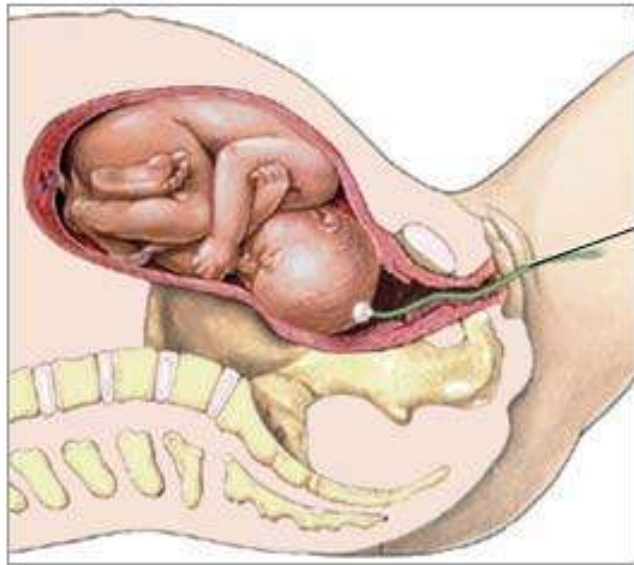
Misoprostol

Augmentation of Labour



Artificial Rupture of Membranes

i.e. Breaking your water



Electrode

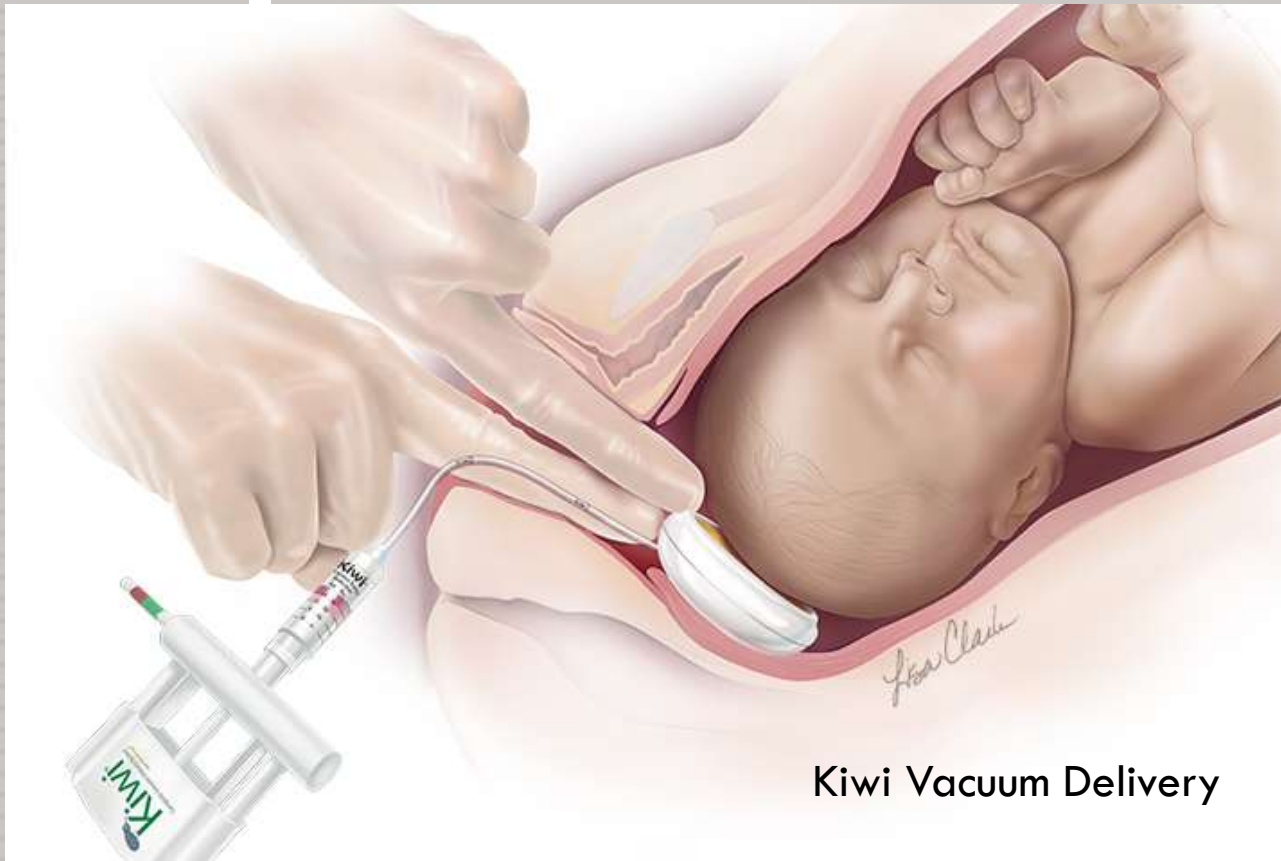
Internal fetal monitoring



Fetal Scalp Clip



Assisted Delivery



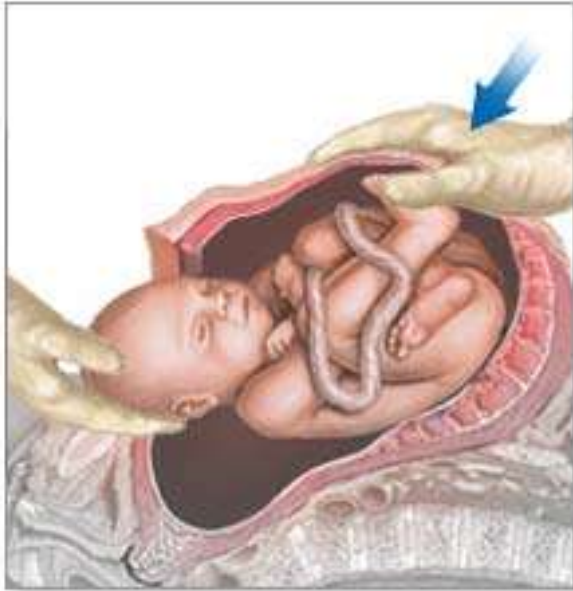
Kiwi Vacuum Delivery



Forceps Delivery

Vacuum & Forceps Delivery

Cesarean section



The surgeon reaches into the abdominal incision and lifts the baby's head as an assistant pushes down on the upper uterus

1 day after



1 year after



ADAM.

ADAM.

Cesarean Section - - - “C-Section”



Obstetricians



**Respiratory
Therapists**



Pediatricians



Nurses

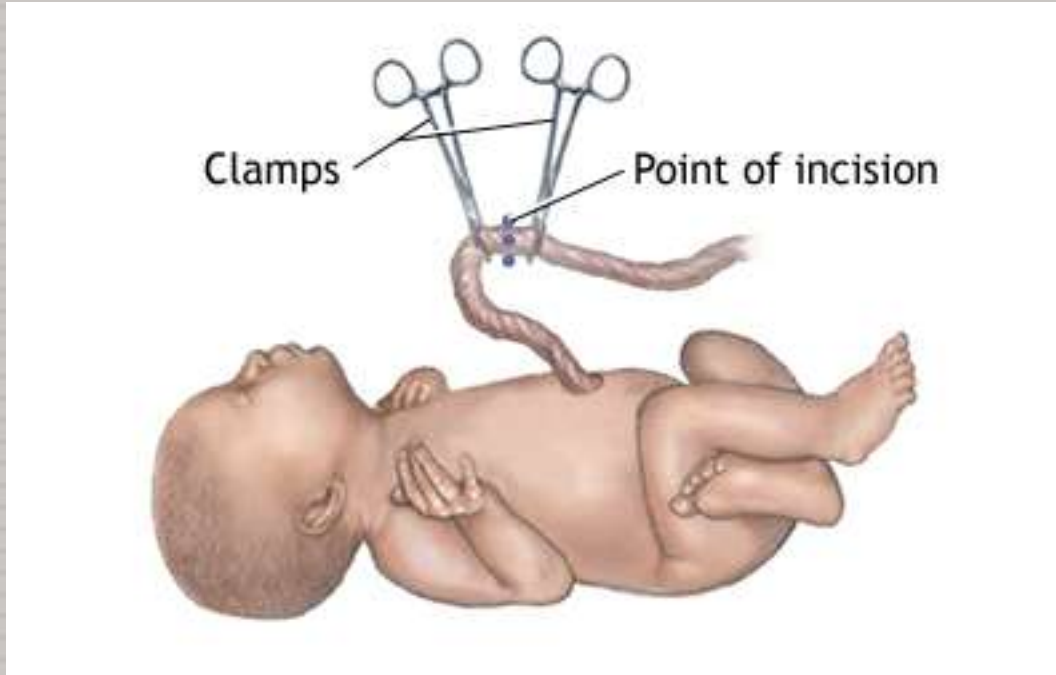


Anesthesiologists

Consultants & Colleagues + Trainees



Baby Care



Delayed Cord Clamping



Skin-To-Skin



Vitamin K Injection



ERYTHROMYCIN



Breastfeeding

... Within minutes of birth

Breastfeeding

- Breastfeeding Classes daily
- Lactation Consultants
- Follow-up Appointments at MSH



Baby's First Blood Tests

- Heel prick test
- 1st 24 hours
 - ▣ Jaundice testing
 - ▣ 28 other rare genetic, metabolic, and infectious conditions



Your Stay In Hospital

- **24 hours** if you had a **normal vaginal delivery** (or *the next a.m. if 24 hours ends up being at night*)
- **48 hours** if you had a **C-section**
- Any reasons to stay longer (i.e. feeding challenges, complications) will be reviewed by your doctors and plans will be made accordingly
- Baby needs a **CAR SEAT** before leaving hospital
- **HEARING TEST** done in hospital Mon-Fri. Those born on weekend will be given a referral to a community test centre

Circumcision

- Personal decision
- \$450 if done at Mount Sinai Hospital (before discharge)
- \$425 if done in office by Dr. Leah Haykin (within 1 month)

THANK YOU

Questions?

