

FDS Clinic at BC Women's Hospital + Health Centre

Why am I being sent to this clinic?

We assist women and their families when a prenatal ultrasound exam shows something unusual with the pregnancy. We provide the support and information you need to understand the anomaly with your baby, and how best to manage the situation.

Please note: We are not sure how long your visit to the FDS clinic will be. Please be prepared to be in the hospital until the late afternoon.

The FDS team works together to provide:

- Fast and accurate diagnosis of fetal abnormalities
- Additional consultations and diagnostic procedures as needed
- Discussion of possible treatments, and risks and benefits of all treatment options
- Development of a care plan for the rest of your pregnancy, including possible treatments, and a care plan for the delivery
- Counselling and emotional support

Important information

- The best place to park and enter the building is at the BC Women's Hospital Main Entrance (Entrance #93 off Oak Street)
- Please come 15 minutes early to find parking and complete paperwork
- Please remember to bring your BC Services Health card and photo ID

What will happen at my appointment?

- You may have another detailed ultrasound exam. This may include a fetal echocardiogram to look at your baby's heart.
- You will be asked to complete a questionnaire about your and the father of the baby's family histories. Please answer these questions as best you can. If you are unsure about what is being asked, you will have a chance to ask one of the FDS team members.
- You may have time after your ultrasound is complete and before you are scheduled to return to the registration desk in the afternoon (please refer to your itinerary).
- In the afternoon, you (and your support person) will meet with one or more members of the FDS team to review information about the ultrasound and to talk about what this means for your pregnancy. There may be additional tests or consultations with other specialists. This testing may be done on the same day or the next day. The FDS team will work with you to plan next steps. A member of the FDS team will be available to you after your visit for any questions you might have.

Our goal is ...

to ensure that you receive as much information as you need and that we answer all of your questions as completely as possible.



You may meet the following health care professionals during your appointment:

- Registration & Scheduling Clerk will greet you and check you in for your appointments and ask you to complete some paperwork
- An assigned guide that can help you navigate the campus, share any concerns you have with the FDS Team and support you between appointments
- Sonographer (specially trained technologist in ultrasound scans) will scan your baby
- Ultrasound Physician (radiologist or perinatologist) will scan your baby and briefly explain what they see
- Pediatric Cardiologist (specialist doctor in heart disorders) will scan your baby's heart and explain what they see
- Cardiology Nurse Practitioner (specializing in heart disorders) will explain what might happen after your baby is born
- Genetic Counsellor (specially trained in genetic disorders) will review your medical history, pregnancy history and family history
- Geneticist (specially trained doctor in genetic disorders) will discuss the ultrasound results, possible causes, and options for further testing in order to arrive at a diagnosis
- Perinatologist (specially trained doctor in Maternal Fetal Medicine) will discuss the management of your pregnancy based on the ultrasound results

Preparing for your Ultrasound:

Stay well hydrated throughout the day. **Drink 3 cups (8oz) of water one hour before your appointment.** Empty your bladder as needed – you should not be uncomfortable.

You may be asked to bring previous Ultrasound images with you

Please note:

The time on your itinerary is the time that you should return to the FDS waiting room for afternoon appointments. The FDS clinic may be facing unexpected delays. We may not know exactly when your afternoon appointment(s) will begin. Thank you for your patience.

Other helpful information:

It may be helpful to bring snacks and an activity or reading materials to pass the time.

There are also several on-site options for food and beverage purchases.

We recommend that you bring your partner and/or another support person with you.

BC Women's Hospital is a Scent-Free facility. We ask that you don't wear perfume, scented deodorant, soap, lotions or aftershave.

Parking meter: pay by phone, credit card or coins only (if using coins please bring approximately \$15.00 in change for day long parking.)

If you have any questions please contact the FDS coordinator at: **(604) 875-2848**