



Kingston Family Medicine Obstetrics Call Group

The Kingston Family Medicine Obstetrics Call Group is pleased to welcome referrals. This group's physicians are on "soft call," which means referred patients will most likely be delivered by the same physician who follows their care in later pregnancy.

Referrals can be faxed to our individual offices. Ideally, we see patients at 28 weeks of pregnancy, so please fax referrals before this time.

For more information, visit our [website](#).

Kingston Family Medicine Obstetrics Call Group

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Call Group FAQs

Which patients can be referred?

Most pregnancies, such as first pregnancy, pregnancy after miscarriage, trial of labour after one Caesarian section, surrogacy pregnancy, and pregnancies with ongoing health issues (case-dependent).

Will you deal with non-obstetrical issues that may arise during the pregnancy (thyroid issues, rashes, reflux etc.)?

In many cases, yes; we are all family medicine physicians.

Does referring to you financially penalize the regular family doctor?

No. Obstetrical billing codes are “out of basket,” and we are all mindful not to bill in ways that would penalize our colleagues.

Where do you do deliveries?

We all have privileges at Kingston General Hospital for antepartum issues, deliveries, and newborn care. We do not do home deliveries.

What if my pregnant patient doesn't have OHIP?

They can be referred to Kingston Community Health Centres.

Early Pregnancy Resources

Pregnancyinfo.ca — The Society of Obstetricians and Gynaecologists of Canada website offers a wide array of reliable information.

Preventing pre-eclampsia in pregnancy starts early. Starting at 12-16 weeks, your patient may benefit from ASA 162mg at bedtime.

High-Risk Factors (Any)

- Pre-eclampsia in previous pregnancy
- Multifetal pregnancy
- Chronic hypertension
- Diabetes
- Kidney disease
- Autoimmune disorder
- Antiphospholipid or anticardiolipin syndrome

Moderate-Risk Factors (>1)

- Nulliparity
- Obesity (pre-pregnancy BMI >30)
- Mother or sister had pre-eclampsia
- Maternal age 40 or older
- Previous miscarriage
- Personal history of pregnancy complications (e.g./ SGA)
- Inter-pregnancy interval >10 years

[KFL&A Public Health](#) offers various forms of prenatal education and support.

The College of Family Physicians of Canada has a handout titled *[“Pregnancy: Taking care of you and your baby.”](#)* which your patients may find useful.

Exercise is an important part of a healthy pregnancy, even in previously inactive people. Low-impact aerobic exercise is a great place to start.

There are maternal and fetal risks when mothers gain too much or too little weight in pregnancy. [These charts](#) from Health Canada can help guide early discussion and planning for pregnancy weight gain.

[The MoTHERS Program](#) helps Canadian women who are contemplating pregnancy, are pregnant, or are new mothers to keep up-to-date on the latest medical information.

