What is Prenatal Care?

Prenatal care is the health care and support you get during pregnancy. It includes regular checkups, advice, and help to keep you and your baby/babies healthy and safe.

Who Gives Prenatal Care?

Prenatal care is given by doctors, nurses, and midwives. These health care providers help you during your pregnancy. They can also help you during labour and birth.

You may start with your family doctor, nurse, or another health care provider. Later in pregnancy, you may be sent to see a midwife, obstetrician (a doctor who cares for pregnant people), or another specialist.

Is There a Cost?

Most prenatal care is paid for by OHIP (the Ontario Health Insurance Plan). Midwifery care is free for all Ontario residents — even if you don't have an OHIP card.

If you don't have OHIP, you might have to pay for things like hospital stays, lab tests, medical images (like ultrasounds) and visits to specialists.

You can call any of these providers directly for prenatal care in Thunder Bay:

COMMUNITY MIDWIVES
(807) 622-2229
1119 Victoria Avenue East
communitymidwives.net

MATERNITY CARE MIDWIVES
(807) 344-2229
1204 Roland Street, Suite E
mcmidwives.ca

MATERNITY CENTRE*
(807) 684-6228
TBRHSC Medical Centre, Suite 402
tbrhsc.net

NORWEST MIDWIVES*
(807) 626-8235
525 Simpson Street
norwestchc.org

ODAPINNAAWASO IKWEYOG MIDWIFERY*
(807) 626-5100 ext. 2
17 Court Street South
@anishinabek.midwives.thunder.bay

THUNDER BAY FAMILY PRACTICE OBSTETRICS
(807) 626-1236
Various Locations
@tbay.fm.obstetrics

***These prenatal care options ONLY provide Prenatal and Postnatal Care and do not attend births.**

Choosing a **Prenatal Care Provider** in Thunder Bay

This guide is designed to help you make an informed decision when choosing a prenatal care provider in Thunder Bay.

THUNDER BAY PERINATAL COALITION
Advocate, Collaborate, Educate

Thunder Bay District Health Unit
www.tbdhu.com

Different Types of **Prenatal Care Providers** in Thunder Bay

Your health, your choices, and your hopes for your pregnancy and birth can help you choose the best care provider and place where you feel safe and supported.

	Family Practice Obstetrics	Obstetricians	Registered Midwives
	Thunder Bay Family Practice Obstetrics are **family doctors with special training to care for people during their low-risk pregnancy and birth**. If any complications come up, you may be sent to see an obstetrician.	Obstetricians are **doctors with special training to care for people during their pregnancy and birth**. They can care for all types of pregnancies, including high-risk ones with complex conditions.	Registered **midwives are specially trained to care for people during their low-risk pregnancies and births.** Midwives work in small teams together. If any complications come up, you may be sent to see an obstetrician.
How Do I Get This Care?	Call them yourself (contact info on back) Referral by your health care provider	Referral by your health care provider	Call them yourself (contact info on back) Referral by your health care provider
Where Are Appointments?	Clinic	Clinic	Clinic or Home Visit
Where Can I Give Birth?	Hospital	Hospital	Hospital At Home Water births (if available)
Who Will Help Me During Labour?	Nurses in the Labour & Delivery Unit	Nurses in the Labour & Delivery Unit	A midwife from your care team
Who Will Be at My Birth?	On-call family doctor	On-call obstetrician	A midwife from your care team
When Are They Available?	By appointment On-call through Labour & Delivery	By appointment On-call through Labour & Delivery	By appointment On-call 24/7 by pager
Postnatal Care (Care After Birth)	Support for the birthing person, and baby/babies during the first 2 months after birth.	A checkup for the birthing person 6 weeks after birth.	Support for the birthing person and baby/babies during the first 6 weeks after birth.

Please note: Some midwife groups in Thunder Bay only provide prenatal and postnatal care and do not attend births