

Congratulations on your pregnancy!

Here are the steps to follow to make an appointment for your early pregnancy. It is normal that the date of these appointments is after your first visit with the doctor.

1. You need to take an appointment for the first trimester ultrasound (Nuchal translucency). This ultrasound is not mandatory but **highly recommended** by gynaecologists. Here are proposals for clinics that offer this service.

Écho-Médec 450-668-3246  
Radiologie St-Martin 514-331-8212  
Radiologix 514-228-5153  
Imagix (required fees \$) 1-833-590-2714  
Laboratoire CDL (required fees \$) 514-341-1777

2. Call the Cité-de-la-Santé Hospital's appointment centre to make your appointment for initial workup and prenatal screening. You must first have the date of your first ultrasound.

Appointment center 833-991-2662 ext. 3

Ultrasound and prenatal screening blood tests should be scheduled between 11.1 weeks and 13.6 weeks of pregnancy.

On the day of your appointment with the doctor, stop at the reception and ask for your requests. In case the date of your ultrasound and blood test is before your first appointment, you can go to the office reception from Monday to Friday from 8 a.m. to 12 p.m. and from 1 p.m. to 3:30 p.m. to collect the documents.

You will find reliable references on a multitude of topics related to pregnancy and the post partum period on the clinic's web page. We will of course remain available to answer all your questions. Good reading!

Thank you,

Les Gynécologues Associés de Laval

## VIRTUAL VISIT OF THE DELIVERY ROOM OF CITÉ-DE-LA-SANTÉ HOSPITAL

[www.lavalensante.com/soins-et-services/liste-des-soins-et-services/grossesse-et-accouchement/visite-virtuelle-du-centre-de-la-famille/](http://www.lavalensante.com/soins-et-services/liste-des-soins-et-services/grossesse-et-accouchement/visite-virtuelle-du-centre-de-la-famille/)

For emergencies:

**Before 15 weeks of pregnancy**, if you have any problems, outside of our opening hours, you can go directly to the emergency room of the Cité-de-la-Santé Hospital.

**From 15 weeks of pregnancy**, you can reach the delivery room of the Cité-de-la-Santé Hospital at 450 668-1010 ext. 23569. They are open 24 hours a day.