



Interior Health

Every person matters

Frequently Asked Questions — For Expectant Mothers from Cariboo-Chilcotin —

These questions will support pregnant women from the Williams Lake and 100 Mile House area, including the Chilcotin region who are scheduled to deliver their babies at Cariboo Memorial Hospital. Maternity services have been temporarily suspended at CMH and expectant moms are being asked to come to Kamloops either at 36 or 38-week gestation, depending on physician advice.

1. What if I go into labour before I leave home?

If you feel that labour has started, please go to the Cariboo Memorial Hospital or the 100 Mile Hospital Emergency Department to be assessed by a doctor and nurses. They will determine if it is safe to transport you to Kamloops or if you will need to have your baby and then be transferred to Kamloops. The safest thing for you and your baby is to relocate to Kamloops before you go into labour. Your physician will advise when you should go

2. Where do I go when I get to the Royal Inland Hospital (RIH)?

If you are having your baby at RIH, please enter the hospital and take the main building elevator to the 3rd floor and enter the Labour and Delivery Unit. You do not have to be admitted through the Emergency Department.

3. Who do I contact if I have questions when I get to Kamloops?

- If you self identify as First Nations and would like to meet the Aboriginal Patient Navigator, please call either 250-319-5420 or 250-318-0697.
- If you want to speak to a Labour and Delivery Nurse at RIH, please call 250-314-2635.
- If you need to see a doctor outside of a prearranged visit, please go to the Labour and Delivery unit at RIH.
- If you have any further questions, please call the RIH Perinatal Social Worker at 778-220-5183.
- If you have questions before you leave Williams Lake, please call the APN at 250-267-1677 or the social worker at 250-267-2925.

4. What financial support is available to me?

The cost of travel (e.g. food, fuel, accommodation) should not be a barrier or prevent you from receiving services, and Interior Health does not want you to suffer undue hardship due to this unexpected service interruption. There is support available where financial hardship is a concern. Each situation is assessed on an individual basis as part of your care planning.

All questions related to where to submit receipts, how long it will take to process receipts, whether support is available in advance of travel, etc., will be assessed based on your individual

needs and situation.

5. I am concerned about the cost of travel and accommodation. Who should I contact at Interior Health to discuss my individual situation?

- **Williams Lake and Area:** Lisa Ryll at lisa.ryll@interiorhealth.ca or 250-302-3201; Charlene Smythe at charlene.smythe@interiorhealth.ca
- **100 Mile House and Area:** Allison Filewich at Allison.Filewich@interiorhealth.ca or 250-395-7618