

## Checklist for a Canadian Medical Student preparing for maternity leave:

*\*adapted and edited from Dr. Meaghan Alexander\**

- Read about your rights/responsibilities as a medical student on your school's website and/or reach out to someone in the program (dean/course director/wellness office) to discuss what those details may be
  - Identify the specific guidelines for when programs/schools must be notified of your leave dates
- Plan the length of your leave
  - Consider that you may only enter the CaRMS match in the year that you are able to start residency in July
  - Consider what clerkship rotations you have left to complete and what may be ideal in terms of scheduling
  - Consider proximity of licensing exams
- School
  - Notify school of intended leave dates
  - Discuss with your school contact the optimal rotations during the late stages of pregnancy (if applicable) and upon return to work
  - Fill out appropriate forms
- Notify hospital of intended leave dates (if applicable)
  - Suspend parking pass
  - Notify IT of planned absence so accounts are not suspended due to non-use
- Notify rotations of intended absence in the later stages of pregnancy
  - Ensure appropriate coverage if on clinical duties with your program/team for the later dates of your pregnancy
  - Let any supervisors know of an upcoming leave if it may occur while on a clinical rotation
- In weeks leading up to birth
  - Ask for a prescription for APNO cream if planning to breastfeed to bring with you to hospital/have on hand
  - Ask for a prescription for breast pump with a reason for use (reason can be breastfeeding). This can be submitted to provincial extended healthcare benefit insurance plans (i.e. PARO has \$300 coverage)
  - Ask for prescription for pelvic physiotherapy (if your insurance requires) and book pelvic physiotherapist for 6 weeks post-partum (<https://pelvichealthsolutions.ca/>)
  - Bring insurance information to hospital during preadmission clinic/when you check in to give birth if you have specific room coverage

- Set email response to “away on maternity leave” message
- Book your newborn photographer (if you’re planning on having pictures done!)
- Pick up whatever other over-the-counter things you think you might need post-delivery (i.e. ingredients for frozen pads, Tylenol/Advil, etc.)
- Buy/make more snacks you can eat one-handed
- If you’ve had complications in your pregnancy (or delivery) that necessitated you being off work earlier, be sure to file your EI claim
- After birth
  - Update your will
  - Register your child’s birth to get:
    - Birth certificate (remember to get long-form version to make applying for passport easier, especially if your last name differs from your partner’s)
    - SIN
    - Health card