



***Congratulations
on the anticipated
arrival of your
baby!***





Welcome to the Grey Nuns Community Hospital!

We are recognized as a
World Health Organization and
UNICEF

“Baby Friendly”
designated site.





Emergency Department Entrance



Please come directly to the Emergency Department on the east side of the hospital if:

You feel you are in an emergency situation
and the birth of your child is about to happen immediately





Emergency Department Admitting



If you arrive between 7:30 pm and 7:00 am from Monday to Friday and on weekends, please go to the Emergency Department entrance and follow the signs to **Patient Registration.**





Emergency Admitting Desk



Please do not stand in the line at the desk marked as “**Triage**” if you are here due to a concern related to your pregnancy.

Go directly to
Patient Registration
and straight to the front of the
line at the Admitting Clerk desk.





Front Entrance/ Main Admitting

Please note that the south front doors to the hospital are locked from 9 pm to 6 am.

Entry to the hospital is available only through the Emergency Entrance on the east side of the hospital.





If you come in to the hospital between 7:00 am and 7:30 pm from Monday to Friday please come through the main entrance at the front of the hospital and go to the Information Desk/Admitting area.

- **Please do not wait in line, go directly to the front of the line and identify yourself as one of our maternity patients.**





Parking Lots

The best place to park is the front parking lot, south of the main entrance.

You can pay by the hour or pay the daily fee which provides 24 hours of parking.

The machines take:

Cash – coins only

Credit Cards

No debit or paper currency accepted

There is a change machine in the front lobby of the hospital.





There is
no smoking
allowed anywhere
in the hospital or
on hospital
property.





No Scents Makes Sense!

It is very important that you refrain from using any scented products when visiting our facility.

Many of our little patients and staff are very sensitive to the products.





Arrival to the Obstetrical Area

Mom will be brought to the Obstetrical Outpatient triage area on the third floor to be assessed.

She will be moved in a wheelchair, then met by one of our obstetrical nurses.





Outpatient Triage Area

You will begin your experience in one of our Obstetrical Outpatient triage/assessment areas on Unit 31.

**One of your support people is welcome to be with you.
Others are asked to wait in the Family Lounge between Units 32 and 33 or
Cafeteria area.**





What Happens in the Triage Area?



The nurse will discuss the reason for your visit. A baby monitor will be placed on your belly to listen to the baby's heart rate and record your contractions.

Other procedures or tests may be done depending on the reason for your coming into the hospital. This is a great time for you to ask questions of our staff.





Birthing Rooms

If you are in active labour, you will be moved to a birthing room in Labour & Delivery.

This is a private room with it's own bathroom and equipment needed for your labour and delivery.

Each birthing room has a radio/ CD player so you can relax by listening to your own music.

Using your own pillows will help you relax.



The side-rail of the birthing bed allows you to raise and lower the head and foot of the bed for your comfort.

Your nurse will demonstrate the call-bell system available at your bedside.



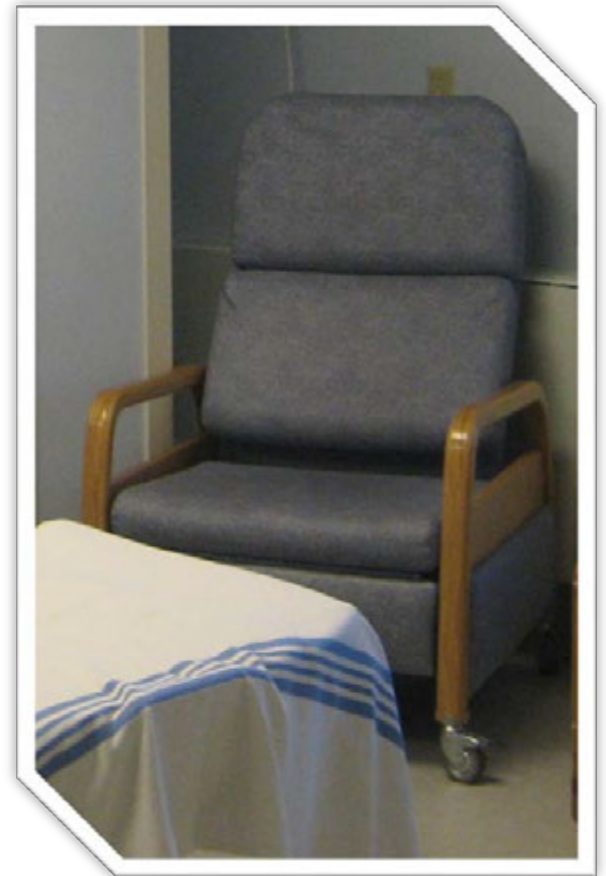


Birthing Rooms

Each birthing room has a storage bench for your personal belongings.

Please leave valuables and large amounts of money at home.

You will not require the baby's car seat until you are ready to go home with your baby.



Each room also has a recliner





Labour and Birthing Room





Birthing Rooms



Each birthing room has a shower which can feel very soothing in labour.

There are emergency call bells in the shower and by the toilet.





The birthing rooms have a telephone at the bedside.

Dial 9 for an outside phone line.

Cell phones are permitted.

For privacy and to reduce noise, please avoid using cell phones in the corridors outside the patient rooms.





Birthing Room Visitor Guidelines

No more than 3 support people can be in your labour/birthing room at any given time.

Other family and friends are encouraged to wait at home for the good news.

To protect the confidentiality and the safety of our patients, visitors are NOT permitted to wait in the hallways.





Visitor Guidelines

Visitor Guidelines in Labour and Delivery

For the safety and to protect the confidentiality of our patients, their families and our staff, our guidelines allow:

Three visitors in the Delivery Room
One visitor in the Operating room and
Recovery Room

*Staff will ask all other visitors
to wait in the **Family Lounge** in the hallway
between Units 32 & Unit 33*





Family Lounge Waiting Area



Vending machines are available in the hallway outside Unit 35; as well as on the “0” level by the cafeteria.

There is a Family Lounge where your support people may take a break.

It is located in the hallway between Units 32 and 33





Early Labour Lounge

Moms and their partner may relax away from the main waiting room in our Early Labour Lounge.

This room has a television, comfortable chairs and a bathroom.





Labour and Delivery Nourishment Area

There is an ice machine, microwave, fridge with freezer for your ice pops and coach's lunch. This is in the hallway of Labour and Delivery.



Please check with your nurse regarding what mom should eat.





The beds in the birthing room are transformed into a chair-type design for the birth of your baby.

After the baby is born, he or she is placed on mom's chest where skin to skin is initiated; the umbilical cord will be clamped and mom or the support person can cut the cord.





Infant Care Centre

If your baby requires additional care, there is an *Infant Care Centre* in each birthing room with equipment such as oxygen and suction for the baby.





After Your Baby's Birth

Every effort will be made to have your baby **Skin to Skin** immediately following delivery.



Babies held **Skin to Skin** on a parent's chest right after birth:

- *Are happier, calmer, less stressed, rarely cry*
 - *Enhanced brain maturation*
 - *Latch on and breastfeed well*
 - *Have better heart rates*
 - *Keep warm*
 - *Have normal blood sugars*
- *Skin to Skin can be done by you or your partner to help initiate bonding.*





After Your Baby's Birth

What to expect when your baby is born:

Your baby will be placed on your chest and dried off when he/she is born.

Your baby will then be dressed in a hat and diaper.

Warm blankets will be placed on your baby.

Your baby may be quiet at first, then awaken and then move toward the breasts (your nipples have the same scent as your amniotic fluid so baby will know where to go).

Your baby's fingers grasp your skin, his/her mouth swipes back and forth, his/her head moves side-to-side and bobs towards your nipple and your baby latches on (usually painless latch).

The first hours with your new baby is considered the "**Golden Hours**".

We encourage you to give your baby this gift and
limit visitors and distractions at this time.





Benefits of Breastfeeding

Breastfeeding has many health benefits for your baby. The World Health Organization (WHO) recommends exclusive breastfeeding up to six months of age, with continued breastfeeding along with appropriate complementary foods up to two years of age or beyond.



Allergies and asthma. Breastfeeding has been shown to protect against allergic disease and asthma.

Heart disease. Breastfeeding may help reduce the risk of heart disease by lowering blood cholesterol levels later in life.

Infections. Breastfed babies are less likely to become sick due to lung and ear infections and illnesses such as diarrhea.

Diabetes. The nutrients contained in breast milk have been found to reduce the risk of developing Type 2 diabetes.

Childhood Cancers. Babies who are breastfed are less likely to get leukemia and other cancers than babies who are not breastfed.

Obesity. Breastfeeding can provide protection against obesity.

Intelligence. Breastfeeding has been linked to higher intelligence. Children who are breastfed often do better on intelligence tests and brain development tests than children who are not breastfed.



Our Baby-Friendly Promise

Breastfeeding protects and enhances the health of babies, mothers, families, communities and the environment.

Covenant Health...

Commits

to help you and your family achieve the best possible health by providing information on the benefits of breastfeeding.

Ensures

that everyone who takes care of you and your baby is educated to help you achieve your breastfeeding goals.

Believes

in keeping families together and supports holding your baby in uninterrupted skin-to-skin immediately after birth, while in hospital, and at home.

Helps

you learn to understand your baby's hunger signs so you will know when to feed your baby.

Encourages

you to breastfeed your baby as often as your baby needs.

Assists

you to build and maintain your milk supply for times when you are separated from your baby.

Encourages

you to feed your baby only breast milk for the first 6 months of life. Continue to breastfeed for 2 or more years while starting solid foods at 6 months.

Provides

contact information for breastfeeding support programs and groups in your community.

Protects

you by not giving out soothers, bottles with nipples, or infant formula gift packs as they can cause problems with breastfeeding and decrease your milk supply.

Respects

your choice regarding infant feeding and will provide research-based information to help you make an informed decision. We will provide you the necessary information to feed your baby safely.





After Your Baby's Birth



If all is well, your baby is kept in the room with you, your baby will be placed skin to skin and can begin feeding immediately after delivery.

Your baby will get an identification band with mom's name placed on his/her ankle.



If all is well with you and your baby, you will be transferred to the Maternal / Newborn unit skin to skin in mom's arms usually after an hour or so.





Operating Room

There are 2 Operating Rooms on the unit where a Cesarean Section can be done if required.

If mom is awake with a spinal or epidural for the surgery, one support person is able to attend the birth.





Double or Triple Blessing



Twins!!

Triplets!!!

Vaginal birth twins will occur in the Operating Room to accommodate the extra needed medical/nursing staff and equipment.

Triplets are delivered by Cesarean Section.





Post Cesarean Section Recovery Room

If all is well with baby, he or she will go to the Recovery Room with mom.

Mom and baby will be in the Recovery Room for about one hour.

One support person can be with mom in the Recovery Room. Other visitors can see mom and baby when they are transferred to the Maternal / Newborn Unit.





N.I.C.U.



Neonatal
Intensive Care Unit
NICU – Unit 32





Maternal / Newborn Units

Average stay is 24 hours post vaginal delivery or 3-4 days post Cesarean Section.

There are three types of rooms; one will be booked for you once you have delivered your baby.

You will receive your room preference if it is available. Rooms are booked at the time of birth.

Some rooms have additional charges.





Theme Rooms

They have a home-like décor with an electric hospital bed.

The bed will now accommodate a mom who has had a Cesarean Section.

A sofa-sleeper is provided in each Theme Room for your convenience.

A TV and telephone is included. You will be offered a menu to choose your meal preferences.

On hospital admission, you will be asked they type of room you would like.

A room will be booked once you have delivered your baby.

Your preferred room will be booked for you if it is available.



Welcome to the GNCH
Maternity Unit

Room #: _____ Today's Date: _____ Expected Date of Discharge: _____

HEALTHCARE TEAM

Nurse: _____ Charge Nurse: _____ Program Manager: _____ (780) 725-7287

Mom's Doctor: _____ Baby's Doctor: _____

PLAN OF CARE

Please Put Me on my Back to Sleep

Baby's Name: _____ Birth Date: _____ Birth Time: _____

Pain Management is OUR Goal!

0 1 2 3 4 5 6 7 8 9 10

Today's Plan: _____

Discharge Checklist:

- Discharge Order (C/N/OP)
- Discharge Order Paid/GP
- Birth Registration
- Newborn Metabolic Screen
- NICU Laundry Checks
- Mom's Blood Work
- Discharge Teaching
- Car Seat Check
- ID Bands
- Sign Discharge
- Feed Observed @ _____
- Wet Diaper (Wet) @ _____
- Dirty Diaper (Stool) @ _____

Remember to provide at least 1 hour of skin to skin care for your baby every day!

PLEASE CALL DON'T FALL!





Maternal/Newborn Nourishment Area

There is a small
kitchen area for mom
to make herself a
snack.

If you bring any food
from home, please
label it with your name.





Cafeteria

The Sunshine Café is located in the lower level of the hospital under the front entrance.



The hours are from 7 am to 9 pm with hot entrées served at meal times.





Maternal / Newborn Unit Visiting Policy

Visiting Hours are 11 am – 8 pm
Mom's partner, siblings of the baby and
grandparents may visit any time.

Siblings of the baby are not able to stay
overnight.

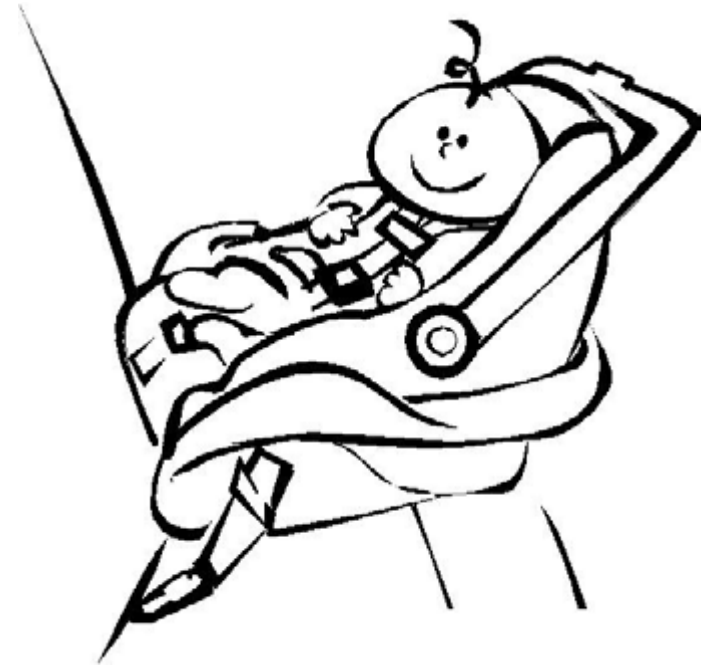
This is a fire and safety regulation.





Car Seats – It's the Law!

When discharged from the hospital, it is the law of Alberta that every baby must be in an appropriate car seat.



Please bring your car seat to the hospital the day you are going home.

Your nurse will check that the baby is in the car seat correctly before being discharged from the hospital.





Business Office

Please check with the Business Office in the Main Lobby when discharged to pay any outstanding charges.

The Business Office is open Monday to Friday, 8:00 am to 4:00 pm.

If you are using an insurance provider other than Blue Cross, you will be asked to pay the charges and submit the receipt to your insurance provider.





Prenatal Education

Call 780-735-7449

or

Register on-line at:
www.covenanthealth.ca

Prenatal Classes through
Public Health
can be reached at
780-413-7980

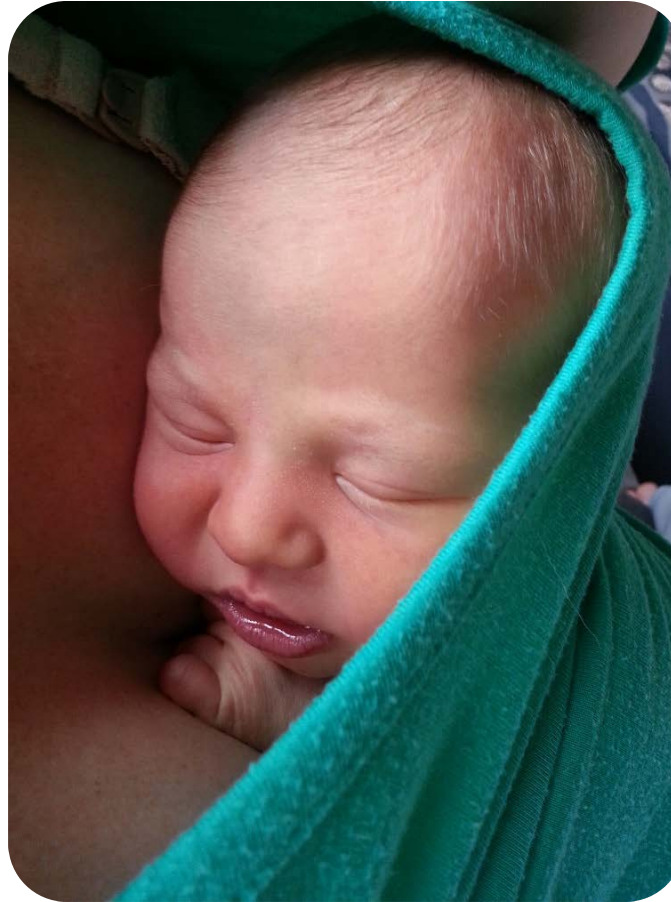




We promote breastfeeding in our facility.
Breastfeeding mothers are welcome to breastfeed Anyplace, Anytime.



Congratulations in advance on the birth of your baby!



**If you have any questions,
please speak to your doctor
at your regular prenatal
appointment.**

