

# Information Guide for Parents To Be



## The Birthing Center

(more than 20 weeks pregnant)

The labor experience is unique and is often unpredictable. Our main goal is that you are satisfied with your experience and that you and your baby are safe in our care. We will take the necessary measures to prepare and guide you so you have a positive start with your new baby.

### TRIAGE (EVALUATION CENTER)

In the birthing center, you will be received in the triage area for the assessment of your health status, your labor progression and your baby's well being. After the nursing and medical evaluations, a decision will be made as to whether you will be admitted to the birthing center.

We are following the recommendations of the Society of Obstetricians and Gynecologists of Canada that suggests that patient admission before active labour should be avoided to decrease the risk of complications. It may happen that following your evaluation you are sent home with instructions to follow.

### BIRTHING CENTER

The birthing suites are all private rooms and include a bathroom with a shower jets.

You may be wondering how best to deal with the pain that naturally occurs during childbirth. It is always recommended to prepare yourself by taking one of the many prenatal courses offered in your community. St. Mary's offers you the possibility of using the shower, bath, birthing ball, having a massage or taking medications to help ease your pain and depending on the stage of labor. We also have telemetry capabilities, which allow your baby's heartbeat to be monitored while you walk or while you take a bath! To personalize your environment, you may bring your own CDs, as each room is equipped with a radio/CD player. You may have two birthing partners with you at all times during your labor. Discuss your birthing plan with your physician during pregnancy to complete your preparation. Our experienced staff will guide you through your labor to provide you with an optimal birthing experience.

Refer to your *Tiny Tot to Toddler* book for more information on labor pain management and the phases of labor.

Inform your nurse upon admission if you have registered with the Hema-Quebec Public Cord Blood Bank. For more information please read the booklet given to you at your

prenatal registration, consult your physician or call Hema-Quebec directly at 1-800-565-6635, before 35 weeks of pregnancy.

Immediately after delivery, your baby will be placed on your abdomen, skin-to-skin. This will help your baby to stay warm as well as facilitate the bonding process and the initiation of breastfeeding.

## Breastfeeding

We are proud to inform you that St-Mary's Hospital is the first hospital in Montreal to obtain the Baby Friendly Hospital certification from the Ministry of Health. We support research evidence that breastfeeding positively influences the physical and emotional health of both mother and baby. The World Health Organization (WHO), and UNICEF recommends to exclusively breastfeed your infant (no other solids or liquids) for the first 6 months and to continue to breastfeed for at least 2 years and more.

We protect, promote, and support these recommendations by implementing the 10 conditions to successful breastfeeding. Refer to 10 Things to make breastfeeding easier in *From Tiny Tot to Toddler* book for more information.

All our professionals receive specialized training and are there to help you. Our center is known to have the largest number of Lactation Consultant Nurses among its staff. When necessary, after being discharged, you may be referred by the CLSC nurse or your physician to the breastfeeding clinic in Family Medicine. This service is free.

We would like to inform you that our program supports all parents with their infant feeding choice.

### TRANSFER TO THE MATERNAL CHILD CARE UNIT

After the delivery, you will be assigned a room based on room availability and your preference. It is possible that the room you had requested in admitting may not be available. In this case, you may inform the secretary on the unit of your desire to be transferred to your preferred room if and when it becomes available. The hospital will reimburse any amount due.



## Maternal Child Care Unit

(Antepartum and Postpartum patients)

Upon being admitted to your room, your nurse will assess you and your baby's health status and give you information about your hospital stay.

Several informations on mother and baby care will be given during your stay. For example:

- Baby Nutrition, benefits of breastfeeding
- Bathing, cord care, and diapering
- Jaundice, infant car seat safety, prevention of Shaken Baby Syndrome.
- Care of the perineum, breasts, and engorgement management.

### ROOMING-IN

Your baby will be staying with you in your room at all times, unless there is a medical indication to do otherwise. This will allow you to learn about your baby's normal behaviors and to receive adequate teaching before you go home.

### PERINEAL CARE

After a vaginal birth, it is normal to experience perineal discomfort. The use of a perineal bottle to cleanse your perineum is recommended every time you go to the washroom (available on the unit). This will help to prevent infections, to heal lacerations and to decrease the pain. The use of sitz baths and compresses soaked in witch hazel solution are also recommended.

### CESAREAN SECTION BIRTHS

Recovery after a cesarean section birth is slower than a vaginal birth so it is important to take your time to recuperate and listen to your body. Remember to plan to have a partner/support person to assist in caring for your baby for the first twenty-four hours following the birth and longer if possible.

The nurse will help you to get out of bed a few hours after surgery to aid in your recovery. Early walking helps you recover quicker.

Clips are used to hold the incision. Depending on your doctor's prescription, you will have them removed before being discharged or at home by the CLSC nurse when she will visit you. Keep your incision clean by using unscented soap and leave it uncovered to help with the healing process.

### SAFETY AND SECURITY

Babies must never be left alone. Due to the high pace activity that can occur in the hallway, your baby must be in the open crib and not in your arms to decrease the risk of fall. Should you have to leave the unit, your support person should stay with the baby or make arrangements with your nurse so that your baby will not be left unattended. The baby must remain on the unit until discharge.

For safety considerations, the identification bracelets placed on your baby, yourself and your partner at birth should not be removed before you have been discharged home.

All hospital staff is required to wear a hospital identification badge so that they are easily identifiable. Should you ever question the validity of the person entering your room, please notify the front desk. No solicitation is permitted in the hospital.

### PARTNER/SUPPORT PERSON

During your stay, we strongly recommend that you have one partner/support person with you at all times, including overnight.

Especially after a cesarean section, we encourage you to have your partner or a support person for the first 24 hours. This person should be at least 14 years old and must be responsible and able to assist you in taking care of your baby.

### NUTRITION (MEALS)

The hospital will be providing three meals to the mother at 8h15 a.m. for breakfast, 12h15 for lunch, and 17h15 for supper. You can request for vegetarian meals upon your admission to the unit.

If you prefer to bring your own meals, there is a refrigerator and a microwave oven available near the nursing station at your convenience. All containers must be clearly labeled with your name and room number and must be removed at discharge. Please limit the number of containers.

### INTERMEDIATE CARE NURSERY (ICN)

The ICN provides close observation and ongoing monitoring for babies who require special medical attention. Parents are required to go to the ICN to feed and care for their baby when the baby cannot be brought to the mother's room.

### Visiting Privileges:

Only the mother and partner/support person with the identification bracelet will be allowed in the ICN at anytime.

### COURTESY ROOM

For breastfeeding mothers who are discharged before their baby, a courtesy room may be available for the first 24 hours.



## Discharge Instructions

The day of your discharge, we ask that you leave your room before 10h00 am. You must book an appointment with your pediatrician or your family doctor for your newborn exam within the first 14-21 days after birth. Refer to the website <http://pediatres.ca/index.php/visiteurs/bottin> to have the list of the pediatricians in your area or call your CLSC.

If you travel by car, it is mandatory to use a car seat to transport your baby. We will teach you how to properly fasten your baby in the car seat before your discharge; please don't forget to bring the car seat!

We recommend that you complete the Declaration of Birth form and submit it to the clerk on the Maternal Child Care Unit before your discharge; we will then send it to the Registrar of Civil Status. You should expect a delay of a few weeks before you receive the birth certificate and Medicare card. If you have any questions, please consult the document entitled, "Birth: Guide for future parents" produced by *Le Directeur de l'état civil*.

Before your baby is discharged from the hospital, a blood sample is taken to screen for metabolic diseases. In addition, a kit will be given so that you can collect a sample of urine. It is to be obtained on the 21st day of your baby's life.

Your baby will be examined by a doctor and will be routinely assessed throughout your stay. You will be informed regarding the health of your baby and we will give you a vaccination booklet upon discharge where his or her measurements will be recorded.

Your local CLSC will be notified within 24 hours of the birth of your baby and a nurse will phone you to make a possible home visit.

### SIGNS AND SYMPTOMS TO PAY ATTENTION TO

If you had an abdominal incision, an episiotomy or a tear, the following signs and symptoms require medical attention:

- Fever
- Green/yellow discharge
- Bad odor
- Redness
- Increased tenderness.
- Opening of the wound
- Active bleeding
- Any other questionable changes

### MOOD CHANGES

Despite the excitement of having a new baby, you may experience some period of sadness, unexplained bouts of crying and frustration. These reactions are often related to fatigue but it should not be ignored if they persist.

See Depression and the Baby Blues in *From Tiny Tot to Toddler* book for more information.

**You must remain attentive to your physical/emotional condition and notify your doctor or your CLSC nurse, if you notice any signs and symptoms that worry you.**

## Hospital Stay

(from the birth of the baby)  
Vaginal Delivery .....36-48 hours  
Cesarean Section .....72 hours

## St. Mary's Hospital Services

### BREAST PUMP RENTAL (7th Floor, Room 7312)

Upon discharge, you may arrange to rent a pump from the Auxiliary Office. Call extension 3031.

### COFFEE SHOP (Ground Floor)

Monday-Friday..... 7h30 to 19h30  
Saturday/Sunday and statutory holidays..... 8h00 to 19h30

### CAFETERIA (First Floor)

Monday-Friday..... 8h00 to 14h15  
Saturday/Sunday and statutory holidays..... Closed

### VENDING MACHINES

Located near the cafeteria, near the coffee shop and in the waiting room of the Birthing Center.

### GIFT SHOP

Located in the main lobby, offers gift items, personal care products, magazines/ newspapers, cards and flowers. Maternity items include: nipple cream, nursing pads, sanitary napkins, underwear. Baby items include: wipes, diapers, and toiletries. All profits are donated to the St. Mary's Foundation.

Monday-Friday..... 9h00 to 19h30  
Saturday/Sunday ..... 11h30 to 17h00

Note that latex balloons and flowers from the garden are not recommended on the unit because of the risk of allergy and the insects they may contain.

### BANK MACHINE

Located in the hallway between the Main Lobby and the Emergency Department at the Ground level.

### TAXI CABS

Direct lines to taxi cab companies are located in the Main Lobby and in the Emergency Department Entrance.

### TELEPHONE

Telephone rate: You will be asked to give a deposit of \$4.00 upon admission for the use of the telephone. Dial "9" before placing an external call. Should you need to make a long distance call, dial 0 and inform the Bell Canada Operator how the call will be paid. (i.e. calling card, collect call). There is designated area to use a cellular phone, please follow the posters indications.

### TELEVISION

Television sets can be rented. You need to fill a form located in front of the nursing station. Note that channel 18 is available 24/7 for free where you will find informative videos on breastfeeding and the care of your baby.

### INTERNET

There is no wireless network (Wi-Fi) available in the hospital.



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