

Information Guide for Parents To Be



We wish you a nice stay with us

Hospital Stay

(from the birth of the baby)
 Vaginal Delivery36-48 hours
 Cesarean Section 72 hours

St. Mary's Hospital Services

COFFEE SHOP (PAVILION A, Ground Floor)
 Monday-Friday..... 7h30 to 19h30
 Saturday/Sunday and statutory holidays..... 8h00 to 19h30

CAFETERIA (PAVILION A, First Floor)
 Monday-Friday.....8h00 to 14h15
 Saturday/Sunday and statutory holidaysClosed

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: 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 in Pavilion A.

TAXI CABS
 Direct lines to taxi cab companies are located in the Main Lobby and in the Emergency Dept. Entrance in Pavilion A.

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 free of charge 24/7 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.

Discharge Instructions

Your baby will be examined by a doctor and will be routinely assessed throughout your stay. 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://pediatrics.ca/> and click on *botin des membres* 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 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 on the 21st day of your baby's life.

Your local CLSC will phone you a few days after the birth of your baby to schedule a possible home visit. For any emergency with the baby, present yourself at Ste-Justine Hospital or Montreal Children Hospital.

SIGNS AND SYMPTOMS TO PAY ATTENTION TO
 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 periods of sadness, unexplained bouts of crying and frustration. These reactions are often related to fatigue and varying hormones levels 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.

PERINEAL CARE
 After delivery, 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 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 to listen to your body. Remember to plan to have your 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 may be used to hold the incision. You will have them removed before being discharged or at home by a CLSC nurse. Keep your incision clean by using unscented soap and leave it uncovered to help with the healing process.

NUTRITION (MEALS)
 The hospital provides 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 on the unit. 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 encouraged to go to the ICN to feed and care for their baby to promote bonding and milk production.

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



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.

Information 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.

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 natural behaviors and to receive adequate teaching before you go home. The safest place for your baby to sleep is in his/her crib or bassinette.

SAFETY AND SECURITY
 Babies must never be left alone. Due to the high pace activity that can occur in the hallways, your baby must be in the open crib and not in your arms to decrease the risk of a 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.



Quebec directly at 1 800 565-6635, before 35 weeks of pregnancy.

Immediately after birth, 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 initiate breastfeeding.

Breastfeeding

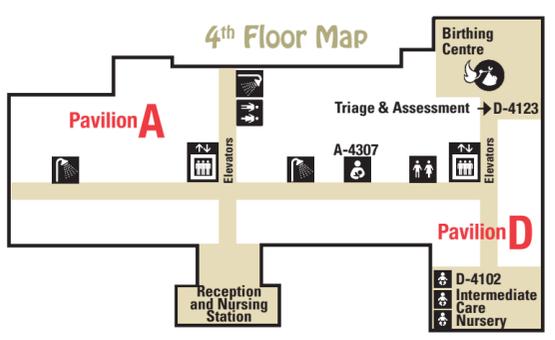
We are proud to inform you that St-Mary's Hospital Center is the first hospital in Montreal to obtain the Baby Friendly Hospital certification from the Ministry of Health. We support research evidence that breastfeeding positively influences the physical and emotional health of both mother and baby. 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. Our center is known to have the largest team of certified lactation consultants among our nursing personnel. 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 your room preference and availability. 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.



The Birthing Center (more than 20 weeks pregnant)

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

You may be wondering how best to deal with the sensation that naturally occurs during childbirth. It is always recommended to prepare yourself by taking one of the many prenatal courses offered in the community. St. Mary's offers the possibility of using the shower, bath, birthing ball, massage or medications to help ease the pain, 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 three birthing partners with you at all times. Discuss your birthing guide with your physician during pregnancy to complete your preparation. Our experienced staff will guide you through labor to ensure an optimal birthing experience.

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

Inform your nurse upon admission if you registered with the Hema-Quebec Public Cord Blood Bank. For more information please read the booklet given to you at the prenatal registration, consult your physician or call Hema-



Centre hospitalier affilié universitaire
 A University-Affiliated Hospital Centre



www.smhc.qc.ca

MATERNAL CHILD CARE PROGRAM

CE DOCUMENT EST AUSSI DISPONIBLE EN FRANÇAIS.

Congratulations and welcome to St. Mary's Maternal Child Care Program! This handout was developed by our team to provide useful information to help you prepare for the birth of your baby. Your comments are important to us, so please do not hesitate to leave us your suggestions!

Helping you bring life into the world is an honor. The Maternal Child Care Team agrees that with this honor comes the responsibility to provide high quality care. We see our role as supportive of women and their families, understanding that ultimately the experience of pregnancy and birth belongs to them and that this experience is unique for each family.

Our mission

St. Mary's Hospital Centre is a community hospital, affiliated with McGill University. Well-known for its obstetrics, with over 4,500 deliveries a year, it is one of the largest birthing centers on the island of Montreal. It serves a multicultural population and offers an active teaching program for medical, nursing and midwife students.



How to reach us

St. Mary's Hospital Center
3830 Lacombe Avenue
Montreal, Qc
H3T 1M5

Hayes Pavilion
3777 Jean-Brillant St.
Montreal, Qc
H3T 1M5

PUBLIC TRANSIT
Côte-des-Neiges Metro
Bus 165 or 535 Côte-des-Neiges
Any bus on Queen Mary

PARKING
Parking spaces are available at the main entrance (with fees).

You can download this document free of charge on SMHC Website at: <http://www.smhc.qc.ca/en/departments-programs/maternal-child>

The printing of this pamphlet was generously sponsored by the Users' Committee.

Some Directions

ADMISSION AND DISCHARGE DEPARTMENT
(Ground Floor, Pavilion A, Room A-G310)
8h00 to 15h00 Monday to Friday, except holidays

LABORATORY DEPARTMENT
(Ground Floor, Pavilion D)
Room D-G109: Blood procurement center
7h00 to 18h00 Monday to Friday, except holidays
For the prenatal 50 g glucose test, you have to arrive before 15h00.
Room D-G113: Specimen Drop off for off hours



EMERGENCY ROOM
(Ground Floor, Pavilion A, Room A-G359)
When less than 20 weeks pregnant

BIRTHING CENTER
(4th Floor, Pavilion D, Room D-4123)
When 20 weeks and more pregnant

WOMEN'S CLINIC
(Pavilion H, Basement)
Enter the Hayes Pavilion at 3777 Jean-Brillant, turn left and take the elevator to the basement. The reception area is on your left.

WINRHO CLINIC
(Basement, Pavilion D, Room D-B242)
Enter the main entrance of the hospital, turn right before the elevators and go to the end of the hall. Take the elevator on your left and go to the basement.



Available Services

BEFORE THE BIRTH

- High Risk Pregnancy Clinic
- Antenatal testing
- Gestational Diabetes Clinic
- Amniocentesis
- Non Stress test and Biophysical profile
- Ultrasound scans
- Prenatal session and virtual tour of the unit
- Public Cord Blood Banking (you need to register before 35 weeks of pregnancy)

BIRTH

- Private Birthing Suites
- Water Therapy: shower jets and bathtub
- Squatting Bars, Birthing balls
- Obstetrician and Anesthetist on-call in house
- Latest technology in Fetal Health Surveillance
- Surgical suites in the Birthing Center area (for caesarean section)

AFTER THE BIRTH

- Intermediate Care nursery
- Lactation Consultants
- Neonatologist and Pediatrician on-call
- Breastfeeding Clinics:
 - In the Hayes Pavilion by referral from your CLSC or your doctor
 - On the Post-Partum Unit (until 10 days of age if feeding issues or jaundice), call 514 345-3511 ext. 3552 or 3313

AT EVERY PRENATAL VISIT, to your doctor's office or the hospital, remember to bring:

- Blue hospital card
- Medicare card
- Prenatal record (Summary sheet 1-2-3-4 usually given after 35 weeks by your doctor)
- Most recent list of medications
- Any laboratory and ultrasound reports done outside St. Mary's
- Your result sheet if you are attending the Diabetic Clinic
- Your *From Tiny Tot to Toddler* book if (this was given to you at your first visit to the Admission Department when you registered)



ROUTINE TESTS

1. First visit, with your doctor: PAP test and/or vaginal cultures
2. Blood test done after the hospital prenatal registration - Bring the prescription sheet
3. Blood test between 24-28 weeks to rule out diabetes, anaemia and Hepatitis B
4. Dating Ultrasounds and 2nd trimester Ultrasound
5. Vaginal culture at 35-37 weeks in your doctor's office to detect the presence of group B-Streptococcus (GBS).

Other available tests: The Public Trisomy 21 Screening Program (2 blood tests)

FETAL MOVEMENT COUNTING

We encourage you to count your baby's movements everyday after you reach 32 weeks of pregnancy. A handout is available at your physician's office. (Please refer to your *Tiny Tot to Toddler* book for more information.)

CESAREAN SECTION

For a planned cesarean section (elective), your doctor will give you an information handout to help you prepare. The Admitting Department will call to confirm your surgery a few days prior.



Hospital Visiting Privileges in Maternity

BIRTHING CENTER
Anytime for two accompanying persons per patient.

POST-PARTUM UNIT AND INTERMEDIATE CARE NURSERY (ICN)

- Partner/Support personAnytime
- Grandparents and baby's siblings.....8h00 to 20h00
- Other family and friends can visit on the Post-partum Unit only 18h00 to 20h00

Limit of 3 visitors per family at a time on the unit is preferable. CHILDREN UNDER THE AGE OF 12 will not be permitted in maternity, unless he/she is a sibling of the newborn accompanied by an adult.

GO TO THE HOSPITAL FOR ANY OF THE FOLLOWING:

(Please refer to your *From Tiny Tot to Toddler Book* for more information.)

- Severe nausea and vomiting for more than 12 hours
- Vaginal bleeding - bright red blood and/or clots
- Worsening abdominal pain – may be associated with vaginal bleeding
- Ruptured membranes (ie. fluid leaking from vagina), even if you are not having contractions. Wear a sanitary pad so the fluid can be evaluated.
- Severe headache that won't go away- may be associated with blurred vision and/or abdominal pain
- Decrease or absence of fetal movements – After 30 weeks, if you don't feel your baby moving or he seems to be moving less than usual, rest and observe what's happening. If you feel less than 6 different movements over a period of 2 hours, come see us.
- Regular or strong contractions: Usually for first baby: when strong contractions come regularly every 5 minutes apart for a period of two hours. For a second baby and more: strong contractions are 10 minutes apart regularly for a period of one hour.
- At any time you have any serious concerns.

For other questions, contact your physician's office or Info-Santé.

What to pack in your hospital bag when having a baby?

FOR YOU:

- Medicare card, hospital card, insurance card
- Prenatal record (summary sheet 1-2-3-4) given by your doctor around 35 weeks
- Most recent list of medications from pharmacy
- Copies of laboratory and ultrasound tests done outside St. Mary's
- *From Tiny Tot to Toddler* book
- Sanitary pads (super-absorbent)
- Breastfeeding pads & pillow if you have one
- Personal hygiene products: toothbrush, toothpaste, soap, shampoo, deodorant, hair brush, comb, hairdryer, tissues, etc.
- Pyjamas (opening in front to facilitate breastfeeding), bathrobe and non-skid slippers
- Comfortable and loose-fitting full underwear
- Bra (no underwire)
- Extra pillow with a coloured pillowcase for easy identification
- Phone numbers of people to call when baby is born and a pen to fill out various forms

FOR BABY:

- 40 disposable diapers (for babies weighing 8 to 12 pounds)
- Unscented mild white soap for baby
- Baby comb or brush
- Clothes, blankets & hat newborn size
- Newborn clothes for the day of discharge, taking weather into consideration
- Heavy blanket and newborn sweater, if the weather is cold
- Car seat, mandatory

Important Telephone Numbers

Emergency 9-1-1

Info-Santé Hotline 8-1-1

Patient Representative
Pavilion A, Room A-1327, 514 734-2618

Admitting/Discharge Office
Pavilion A, Room A-G310
514 345-3511 ext. 3720

Breastfeeding Clinic (by referral only)
Hayes H, Family Medicine Centre, Room H-1719
514 734-2628
514 734-2605 FAX

Radiology Department (Ultrasound)
Pavilion D, 1st Floor in, Room D-1115
514 734-2621

Women's Clinic
Pavilion H, Basement
Diabetic Clinic : 514 734-2635
Non-Stress Test (NST) : 514 345-3511 ext. 3763

Hema-Quebec
(for registration to the Public Cord Blood Bank before 35 weeks)
1 800 565-6635
514 832-5000 ext. 253

Breastfeeding Rooms

Pavilion A :
Emergency Room and 4th Floor (A-4307)

Pavilion H :
Ground Floor (H-G713A) and 1st Floor (H-1724A)

For other helpful resources refer to the last section of your book *From Tiny Tot to Toddler* book



If you are participating in The Public Trisomie 21 Screening Program, present yourself around 11 weeks of pregnancy to the admitting office **before 11h00** to increase your possibility to have Step 1 to Step 3 done the same day.

Prenatal Appointments

1. **Registration**
Admitting Office, Pavilion A, Room A-G310
Open 8h00 - 15h00
2. **Dating Ultrasound**
Medical Imaging, Pavilion D, 1st floor, Room D-1115
Date : _____ **Time :** _____
3. **Trisomie 21 Screening / Prenatal Tests**
Blood test (10-13 weeks)
Pavilion D, Ground Floor, Room D-G109
Present yourself before 15h30.
You can eat before coming to lab.
4. **Trisomie 21 Screening**
Blood test (14-16 weeks)
Pavilion D, Ground Floor, Room D-G109
Present yourself before 15h30.
You can eat before coming to lab.
Date : _____ **Time :** _____
5. **2nd trimester Ultrasound**
(19-21 weeks)
Medical Imaging, Pavilion D, 1st floor, Room D-1115
Date : _____ **Time :** _____
6. **Glucose Screening Test**
(24-26 weeks) Duration : One (1) hour
Pavilion D, Ground Floor, Room D-G109
You can eat a light meal before coming to the lab.
THIS TEST IS DONE WITHOUT APPOINTMENT.
Suggested date : _____
7. **Prenatal Session and Virtual Tour of the Maternal Child Care Unit**
(32-36 weeks) Duration : two and a half hours (2.5 hrs)
Date : _____ **Time :** _____
Place : _____

Please call 514 345-3511 # 3720 if you need to cancel your appointments. If you change address or phone number please go to admission to update your file. Thank you.

