



Congratulations

*on the anticipated
arrival of your
baby!*





Welcome to the Grey Nuns Community Hospital

We hope this virtual tour will answer some of the questions you may have about giving birth to your baby at the Grey Nuns.



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

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



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 directly to the front of the line at the admitting clerks desk.



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.



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.



Healing the Body Enriching the Mind Nurturing the Soul

BE SCENT SENSITIVE BE SCENT FREE

Please do not wear or bring scented products into this building.

Scents can cause severe allergic reactions for some people, and can cause serious illness for those with asthma and COPD.

Help us maintain a healthy environment for all. For your convenience, all flowers sold at our gift and flower shops are scent safe.

Thank-you



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.

Mom will be brought to the Labour and Delivery Unit on third floor. She will be moved in a wheelchair, then met by one of our obstetrical nurses.



You will begin your Labour & Delivery experience in one of our triage/assessment areas.

One of your support people is welcome to be with you. Others are asked to wait in the waiting room just off our nursing unit





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.



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

This is a private room with it's own bathroom and equipment needed for labour & delivery. Each birthing room has a 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.



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

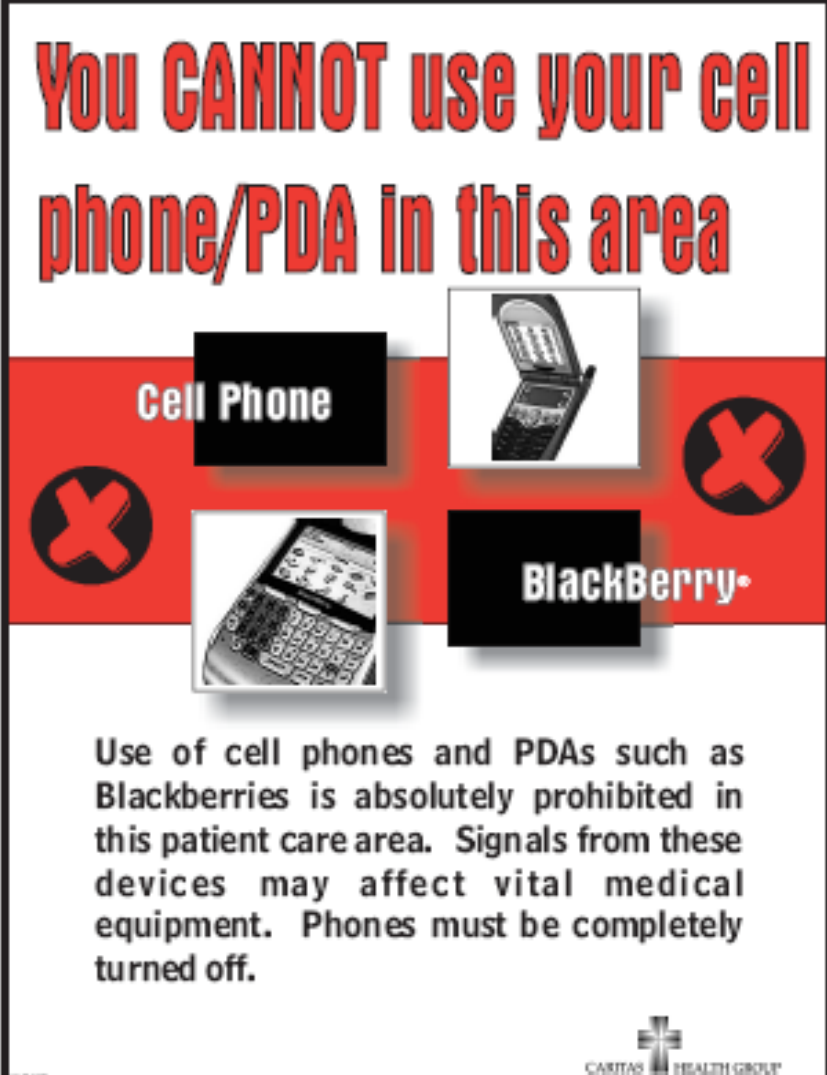


Each birthing room has a shower. A shower can feel very soothing in labour. There are emergency call bells in the shower and by the toilet.

The birthing room have a telephone at the bedside. Dial 9 for an outside phone line.

We ask that you kindly turn off your cell phones when you enter the unit.

Cell phones may be used by the windows across from the Public elevators



You CANNOT use your cell phone/PDA in this area

Cell Phone

BlackBerry®

Use of cell phones and PDAs such as Blackberries is absolutely prohibited in this patient care area. Signals from these devices may affect vital medical equipment. Phones must be completely turned off.

CARITAS HEALTH GROUP

The sign features a central red cross with a white background. In each of the four quadrants of the cross, there is a black box containing a white image of a mobile device: a flip phone in the top-right, a BlackBerry in the bottom-right, a feature phone in the bottom-left, and a feature phone in the top-left. A large red 'X' is superimposed over each of these four images. The text 'Cell Phone' is positioned to the left of the top-right image, and 'BlackBerry®' is positioned to the right of the bottom-right image. The main warning text is at the top, and the explanatory text is at the bottom. The Caritas Health Group logo is in the bottom right corner.

No more than 3 support people can attend you 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 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 Waiting Room*

There is a small lounge where your support people may take a break.

There are vending machines, a phone and television.



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.



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 about what Mom should eat.





Labour and Birthing Room





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 usually placed on mom's chest where the umbilical cord will be clamped and mom or the support person can cut the cord.

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.





Your baby will be weighed, measured and an identification band with mom's name will be placed on your baby's ankle.

If all is well, your baby is kept in the room with you, you can begin feeding your baby as soon as you and baby are ready.

Your baby will be transferred to the Maternal / Newborn unit in mom's arms.

There are 2 Operating Rooms on the unit where a Caesarean 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.



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 Caesarean Section.



Post Caesarean 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.





Neonatal (Newborn)
Intermediate Care
Unit
NICU – Unit 32

Neonatal Intermediate Care Unit (NICU)



There is a nursery on Unit 32 for babies requiring extra medical/ nursing care.

Parents can spend time with their baby 24 hours a day.



Units 33 & 34 are our two Maternal/Newborn patient care 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.



Semi Private Rooms

Semi private rooms have two moms with their babies.

They have a small closet and a bathroom to share.



Private Rooms



Mom has the room to herself with her own bathroom. There is a small closet.

A sleeping bench is available for mom's support person to rest in all private rooms.

Theme Rooms

They have a home-like décor with a double bed. A TV and telephone is included. You will be offered a menu to choose your meal preferences.

The beds are not electric so they are not good for moms the first night or two after a Cesarean Section.

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.





Telephones are available for a minimal charge. Please speak to your Postpartum nurse for details.

A small bedside television is available to rent. Channel 31 is a baby care teaching channel offered at no charge.



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.



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!

Grey Nuns Community Hospital

Compassionate care led by Catholic values



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 for the baby to be discharged.

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 Classes

Call (780)735-7449 to register by telephone
or:

Register on-line at: www.covenanthealth.ca

Use the “Facilities“ tab , click on “Edmonton and Area” Select “Grey Nuns Community Hospital”.

Select “Features Programs” and “Labour and Delivery”

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

Congratulations in advance on the birth of your baby!



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