



Having your baby

Information for patients and their families



Covenant
Health

WOMEN'S HEALTH
PROGRAM

Welcome

This booklet is designed to help you better understand our programs and services so you are ready for your stay with us. We encourage you and your family to review it and keep it on hand as a reference. Our staff are always available to answer any questions you may have.

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Hospital services

Our hospital locations are:

Grey Nuns Community Hospital
1100 Youville Drive West
Edmonton, AB T6L 5X8

Misericordia Community Hospital
16940 - 87 Ave. NW
Edmonton, AB T5R 4H5

Parking

If you arrive between 6:00 a.m. and 9:00 p.m., parking is available in the public lot at the front of the building. From 9:00 p.m. until 6:00 a.m., you are encouraged to park in the lot by the Emergency entrance as the front doors to the hospitals are locked.

Please check posted signs by the payment machines in the parking lots for parking fees and payment methods.

Contactless Payment Options are also available through PRECISE PARKLINK.WEST LTD. App powered by HONK.

A discount rate parking pass is available if your baby needs to stay in the Neonatal Intensive Care Unit. Please check with your nurse.



Grey Nuns
Community Hospital



Misericordia
Community Hospital

Cafeteria

The hospital cafeterias are located on the lower level. They are open to visitors and patients daily serving a variety of breakfast, lunch, and supper specials, as well as snacks, drinks and sandwiches. For snacks after the cafeteria has closed, there are vending machines located throughout the hospitals. Please note hours are subject to change.

Telephones/cellular phones/internet

Telephones are available in labour and delivery rooms for your use (free of charge). To access an outside line from a Covenant Health telephone dial '9' and then the number you wish to call. To make long distance calls you will need a pre-paid calling card or you will need to make a collect call through the operator.

You are able to use your cell phone within the building as a patient or as a visitor. You are not able to use your cell phone in the operating room. If you are in a room with more than one patient, please be respectful of the other patients in your room when you use your phone.

A TTY/TDD telephone is available for any patient who requires it. This device allows a deaf or hearing-impaired person to communicate via telephone with another TTY/TDD telephone or via the Message Relay Center. If you require a TTY/TDD telephone, please ask your nurse to contact Covenant Health Telecommunications at 780.735.2900.

Wireless Internet is accessible through HEALTHSPOT for all patients and their families to use throughout the hospital.

Smoking

For health and safety reasons patients, staff, and visitors are not permitted to smoke on hospital property; this includes the outside grounds. The non-smoking policy applies to all tobacco-like products, electronic smoking devices, and cannabis. Free Nicotine Replacement Therapy is available to all admitted patients for withdrawal management. Counseling support is also available for those who wish to reduce or quit. For additional resources, contact www.albertaquits.ca or call 1.866.710.QUIT (7848) or speak to your nurse.

Scent-free environment

As a courtesy to other patients and staff, please do not use perfumed products and plants during your stay. Some patients and staff have severe allergies to scented items.

Baby-friendly designation

The Grey Nuns and Misericordia Community Hospitals are designated as Baby-Friendly. This means that we protect, promote, and support breastfeeding, according to the World Health Organization Baby-Friendly Initiative. Our goal is to help every family make an informed decision about each infant feeding method. No matter what decision you make, we believe that all families should have the benefit of:

- Skin-to-skin care after birth;
- Rooming-in, which means that mothers, fathers, and partners are never separated from their babies in-hospital unless there is a medical reason.

As Baby-Friendly Initiative hospitals, we encourage breastfeeding anywhere and anytime. We follow the recommendations set by the World Health Organization, Health Canada, and the Canadian Pediatric Society, which include:

- Babies have breastmilk only for about 6 months;
- Babies are also offered nutritious solid food from 6 months on;
- Babies should continue to breastfeed for 2 years and beyond.

Our Women's & Child Health staff have enhanced breastfeeding education and training to support families. Please feel free to ask your health care provider about the benefits of breastfeeding.





Obstetrical Services

Obstetrical outpatient unit

If you require an assessment, please proceed to the obstetrical outpatient unit. Prior to arriving you must stop at Admitting to be admitted to the hospital. Women may come to the unit:

- For a non stress test (NST)
- To see an Obstetrician or Anesthetist on consultation
- For medication to start the induction process
- To complete the pre-admission process for an elective cesarean section
- To have an ultrasound

Antepartum care in the hospital

Some women will require care in the Antepartum unit of the hospital before their baby is born. If this is necessary your health care provider will discuss with you the reason for your admission.

What to bring to the hospital

General:

- Prenatal records from your health care provider if you have them
- Alberta Personal Healthcare Card
- Health insurance information
- Black pen for filling out registration forms
- Coins for the vending machines
- Watch or cell phone for timing contractions
- Cell phone charger
- A focal point– stuffed animal or picture
- Relaxing music
- Popsicles for the freezer
- Snacks for labour and delivery, and postpartum
- Package of chewing gum

For mom:

- Toiletries
- Front opening nightgown or pajamas (2-3)
- Large sanitary pads (package of 36)
- Nursing pads, if desired
- Going home clothes
- Underwear, including a nursing bra and **at least three pairs of panties** (*panties can be purchased in the Gift Shop*)

For baby:

- Canadian Motor Vehicle Safety Standards (CMVSS) approved infant seat. Please unpack and practice using the infant car seat before you bring it to the hospital. You do not need the infant car seat at the hospital until the day of discharge
- Undershirts and sleepers
- Diapers (newborn size)
- Sweater, bonnet, and booties (if wearing a gown)
- Baby blankets, depending on the weather
- Pacifiers are not available for purchase in the hospital
- Breastfeeding pillow

For your partner:

- Blanket and pillow (if staying overnight) — bench or chair may be provided for sleeping
- Shirt that opens in the front
- Sweat pants and top suitable for sleeping
- Bathing suit for labour support in the shower
- Snacks for labour and delivery, and postpartum



Arriving at the hospital

Each hospital has two Admitting areas to receive patients. You can go to either area.

Main Admitting – located just inside the front lobby. If Main Admitting is closed; please go directly to the Emergency Admitting. The front doors are open from 6:00 a.m. to 9:00 p.m. each day

Emergency Admitting – east side of hospital attached to Emergency. Open 24 hours a day.

When you come to Admitting we do not want you to wait in line. If you are kept waiting, please let the Admitting staff know you are pregnant. A hospital porter will bring you up to Labour and Delivery in a wheelchair unless you are coming for induction, elective cesarean section or as an outpatient through the Obstetrical Outpatient unit.

If you are told by a physician or nurse to go straight to Labour and Delivery, please do so. If you are not sure where to go, Admitting staff will direct you.

Please bring in any papers your health care provider has given you and give them to the nursing staff when you arrive on the unit.

We have both male and female caregivers for our mothers and babies in all areas. The safety and health of our moms and babes is our priority. All of our physicians and staff will treat you with the expertise and respect that Covenant Health prides itself in providing. We do not guarantee that physicians and staff of any specific gender will be available to you and your baby.

Your role in your care

For your health and safety

Patient safety starts with good communication. You and your family/friends play a role in your care. There are things you can do to help us keep you safe:

- Ask questions until you feel comfortable. It is important that you understand as much as possible about the care you receive.
- Listen to what your health care provider is saying. If you do not understand, tell them and ask more questions.
- Talk to your health care provider about any problems you are having. You should share any important information that can help us provide better care for you.
- We do have an interpretive service available. Please ask the staff if you require help.

Tell us what medications you are taking

Have a list of all your medications, including ointments, patches, creams, drops and over-the-counter medications (e.g., vitamins, cold medication, pain relievers, etc.).

This list should include:

- Name of the medication
- How often you take it
- Strength or amount
- Why you take it

Tell your health care provider about any allergies or bad reactions to medications you may have had.

If you don't know why you are receiving a medication, please ask.

While in our care, don't take any of your home medications unless it is approved by your health care provider.

For your safety, expect staff to confirm your name prior to administering any medications.



Falls prevention

Please ask for help if you need it to use the bathroom or to sit/stand up. If you are asked not to get up without help, please don't. Call us to help you.

It is important that you wear proper fitting footwear with non-skid soles that have closed toes and closed heels to help prevent falls.

If you have a call bell, make sure you can reach it at all times so you can call for help.

If a parent wants to walk with their newborn outside of their room they must have the newborn in a bassinet. All newborns must remain on the third floor.

Hand hygiene

Hand hygiene is an integral component of safe patient care. It is important that our staff, volunteers, patients and visitors take steps to prevent the spread of infections in our hospitals to protect the health of everyone in our facilities. There are simple things you and your family can do to reduce the spread of germs, including proper hand hygiene.

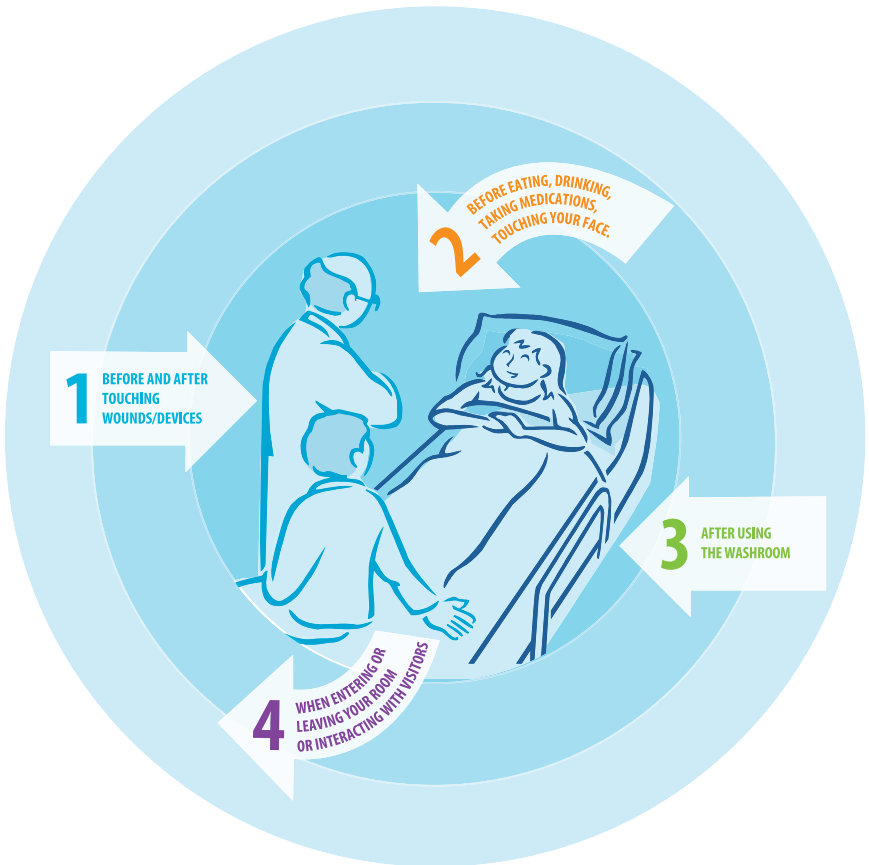
Proper hand hygiene—the use of alcohol-based sanitizers or soap and water—is one of the most effective ways of preventing healthcare infections and the spread of germs in our hospitals.

Make sure you, your family and visitors clean their hands:

- Before and after touching the patient and/or any objects in the patient’s room
- Before eating
- After coughing or sneezing
- When entering the units
- After going to the washroom

It’s okay to remind your health care providers to clean their hands before providing care to you or to baby.

Please remember to use the alcohol-based hand rubs located throughout the building or clean your hands with soap and water. If you need help, please ask.





Labour and delivery

What will happen in labour and delivery?

You will be taken to a room where a nurse will assess what is happening with you and your baby.

Depending on what is happening you will either:

- Go to a birthing room
- Go to an antepartum room (for women waiting to have their babies but not in active labour)
- Be sent home

All birthing rooms are private rooms where you will labour, have your baby (vaginal births) and stay for about an hour after the birth.



Coping with labour

Many women are concerned about how they will cope with labour. We have several different options for you. These options are discussed as you progress in labour. Your nurse is happy to answer questions you may have.

1. Walking/shower/position changes
 - walk around
 - take a shower
 - have a massage (partner or nurse)
 - change your position frequently
 - listen to relaxing music
 - use a birthing ball
2. Laughing gas (nitrous oxide or entonox)
 - available as required
 - frequently used at the end of labour before you begin pushing
3. Narcotic injection (pain drugs)
 - must be ordered by your health care provider
 - often a medication is also given to stop the nausea that may be a side-effect of the narcotic

4. Epidural analgesia
 - available for mothers once they are in active labour
 - must be ordered by your health care provider
 - administered by an anesthesiologist
 - ongoing care is provided by nursing staff once the epidural has started
5. Regional anesthesia (spinal)
 - used for cesarean sections
 - one-time injection in your back by an anesthesiologist
 - you will be awake for the birth of your baby
6. General anesthesia
 - used if there is a medical and/or special reason for you to be asleep for your cesarean section
 - medication will be given through your IV by an anesthesiologist
 - you will not be awake for the birth of your baby

Special situations

If you are having twins, you will labour in the birthing room. When you are ready to deliver your babies, you will be moved to an operating room in Labour and Delivery. After the birth of your babies, you will go back to the birthing room for about one hour before you move to the Maternal/Newborn Unit.

If you have a cesarean section, your babies will be delivered in the operating room in Labour and Delivery and you will recover in our recovery room. With a multiple birth or a cesarean section, mothers and babies will stay together unless there is a concern with either.

This facility uses the Safe Surgery Checklist to improve patient safety and ensure effective communication between surgery team members and surgical patients. When you go into the operating room, your surgical team will be discussing the checklist to make sure they are ready for your procedure.



After the birth

What will happen after your baby is born?

If you and baby are fine, you will be encouraged to hold your baby skin-to-skin.

We encourage parents to do skin-to-skin immediately after birth and throughout your hospital stay. This helps baby to adjust to being out of the womb, as well as helps to establish breastfeeding and bonding.

Some babies need to go to the Neonatal Intensive Care Unit (NICU). You will see your baby there. Parents can be with their baby anytime.

Following your baby's birth, once you and baby are stable, you both will be transferred to the Maternal/Newborn unit. Visiting is not encouraged until the mother and baby are settled on the unit.

You and your baby will remain together in the same room until you go home, unless there is a medical problem.

Normally your baby will be with you at all times. Nursing staff will be available to assist you with your care and your baby's care.

Before you leave the hospital, you will be given information on postpartum care for you and your baby.

Breastfeeding

Nursing staff will help you and your baby with breastfeeding as soon as your baby wants to feed.

You will be shown signs of effective breastfeeding and how to express your breastmilk. You will be given an education package that you can refer to once you are home.

Healthy babies do not need to be given anything other than breastmilk for their first six months. If for some reason your baby needs some other type of feeding while in the hospital, the nursing staff will discuss this with you.

Nursing staff will support you in your informed choice of how you want to feed your baby.

Your nurse will teach you how to recognize your baby's hunger cues.

Visit our Obstetrics page to see our Taking Care of Yourself and Your Baby and Getting Breast Feeding off to a Great Start documents.



Grey Nuns
Community Hospital



Misericordia
Community Hospital

How long will you stay in the hospital?

- Most moms and babies stay 24 to 36 hours after a vaginal birth.
- After a cesarean section moms and babies stay 2 to 3 days.
- Patients may stay longer if there are any concerns with mom and/or baby.

Birth registration

You will be given the information on how to register your baby's birth by hospital staff. You will be encouraged to complete and submit the forms online before you go home. Help can be provided if needed by the hospital staff.



Rooms types available

There is no cost for the rooms in Labour and Delivery. The room you will be moved to after your delivery will be chosen at the time of delivery. Room types are subject to availability.

Semi private room – Mom and baby share the room with another new mom and baby. There are two single hospital beds and one bathroom.

Private room – Mom and baby have the room to themselves. There is one single hospital bed and one bathroom. There is an extra charge for this room.



Visiting

Labour and delivery

You are encouraged to decide in advance who you want to visit you while you are in labour. It is most helpful for mom if visitors have some idea of the labour process.

A designated support person may be limited to one and this is subject to change due to Public Health restrictions. Please contact your specific site for further information.

The primary support person will get a baby ID bracelet at the time of the baby's birth. Staff may ask to check it while your baby is in the hospital.

In the event that you have a cesarean section, one person is permitted with the mother to the operating room if she is awake when the surgery is done.

After the surgery is done, the person who came with the mother into the operating room can stay with the mother and baby in the recovery room.

For a cesarean section, you will be in the operating room/recovery room for at least two hours. We will help you to start skin-to-skin with your baby during this time.

Please ask before filming, recording, or taking photographs of your health care providers. They are focused on providing quality care and being filmed or recorded can be distracting.

Neonatal intensive care unit (NICU)

In the event your baby is admitted to the NICU, more information will be provided by the NICU Team.





Going home

When you leave the hospital

The Business Office would like:

- To know if you have any insurance policies that will cover your costs (such as private room coverage)
- Money or cheque to cover any fees for private or theme rooms (costs not covered by insurance)

The Business Office is located off the main floor lobby. If the Business Office is closed when you go home, the hospital will send you a statement with instructions on how to pay any outstanding fees.

The hospital appreciates if all payments are made at the time of your discharge.

Help from community health

If you live in the Edmonton zone, a nurse from your local Public Health Clinic will contact you within 24 hours after you leave the hospital. The nurse will arrange to follow up to meet you in your home or on the phone. You will be asked about you and your baby and answer any questions you may have.

If your baby's newborn metabolic spot test was not done in the hospital, the public health nurse will collect the sample.

The nurse will come back to see you in your home or talk to you on the phone as often as you need. This is a free service. There is also a 24-hour hotline number available for information and advice (see Health Link Alberta number below).

You will need to rest for the first few weeks after your baby's birth. It may be good to have family or friends help you.

Community Health Centres offer many programs to new families. These include:

- Breastfeeding support
- Immunization
- Having your baby weighed
- New mothers groups
- Parenting groups

Check the centre nearest you for dates and times. Health Link Alberta can give you this information. In within the Edmonton area call **Healthy Beginnings Health Link Line 780.413.7990** and if you live outside the Edmonton area call toll free: 811.

Community breastfeeding support

There is a breastfeeding clinic available to mothers having difficulties after they go home. Please ask your health care provider for a referral if you are having problems. You will be seen by a member of the health care team for support and advice.

There are also resources in the community:

- Grey Nuns Community Hospital Breastfeeding Clinic
 - Available by Referral Only
- Misericordia Community Hospital Breastfeeding Clinic
 - Available by Referral Only
- Public Health



Hospital information

	Grey Nuns	Misericordia
Hospital Switchboard	780.735.7000	780.735.2000
Healthy Beginning Hotline	780.413.7990	780.413.7990



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