SOUTH BRUCE GREY HEALTH CENTRE

CHESLEY | DURHAM | KINCARDINE | WALKERTON

R.J. CREIGHTON FAMILY BIRTHING CENTER

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WELCOME

Welcome to the SBGHC R.J. Creighton Family Birthing Centre.

This is an exciting time for you as you prepare for the birth of your child!

This tour of the SBGHC R.J. Creighton Family Birthing Centre will provide an overview of our unit and the care you will receive while here. We hope it will answer some of the questions you may have and let you know what to expect when you come for the birth of your baby.

At the Family Birthing Centre, we deliver over 400 babies each year.

Our goal is to make sure that each person under our care is as comfortable and confident as they can be when having their baby. We pride ourselves in providing excellent care during your labour, delivery and postpartum stay with us.

Our unit has six bright and spacious labour, delivery and postpartum (LBRP) suites to accommodate and support you during your stay.

The Family Birthing Centre team includes highly trained family doctors, midwives, nurses, social workers and lactation consultants that are all committed to meeting your birthing needs and desires.

PRE-ADMISSION

We ask that you pre-register with us once you are 35-36 weeks along. You will need to call the Walkerton Hospital Switchboard (extension “0”) and say that you want to pre-register at the FBC. You will need to give your updated contact and insurance information.

A nurse will then call you and ask questions that will help us get to know you and prepare for your upcoming hospital stay. This information is important to us because it helps us determine you and your family's needs.

It may take a week or two for someone to call depending on how busy the unit is.

WHEN TO COME TO THE HOSPITAL

This is the question everyone wants to know and there is no easy answer to this question.

The following are guidelines for when to call the FBC:

- If your contractions are 5-8 minutes apart (1st baby) or 8-10 minutes apart (already had a baby) from the start of one contraction to the start of the next contraction, painful, and lasting 40-60 seconds for at least an hour.
- If your membranes rupture (watery vaginal discharge), please call the Birthing Unit. Be prepared to come to the hospital, whether you are having contractions or not. Mucousy, blood tinged vaginal discharge can occur several days before your baby is born.
- If you have bright red bleeding like a period, call and come to the hospital immediately.
- If you have a severe headache, visual changes, abdominal pain, or feel unwell.

If you have any questions or concerns about your pregnancy or baby at any time, please contact your delivering Doctor, Midwife or call the Family Birthing Centre to speak with a nurse.

ALWAYS CALL BEFORE COMING IN

Whether you are in labour, have ruptured your membranes or feel you require an assessment at the Family Birthing Centre, we ask that you please call (519) 881-1220 ext.2239 **PRIOR** to coming in.

This helps our team prepare for your arrival!

WHEN YOU ARRIVE AT THE HOSPITAL

PARKING

Parking cost is $3.00 each time you leave.

Machines accept loonies and twoonies, so please remember to bring adequate change with you during your stay.

Please park in the back parking lot located by the Emergency entrance. This entrance is open 24 hours a day, seven days a week.

WHEN YOU ARRIVE AT THE HOSPITAL

ENTER THROUGH THE EMERGENCY ENTRANCE

*If you have completed your pre-admission with us, you do not need to stop at registration.

If you have not, stop at registration and have your Health Card and Insurance Information available for them to review.

Follow the signs to the elevators.

WHEN YOU ARRIVE AT THE HOSPITAL

TAKE THE ELEVATORS TO THE 1ST FLOOR

The Family Birthing Centre is located on the 1st floor of the hospital.

Following the posted signs, turn right out of the elevators to easily find the entrance to the Family Birthing Centre.

WHEN YOU ARRIVE AT THE HOSPITAL

THE BIRTHING CENTRE

For your family's security, our Birthing Centre is a locked unit.

For access, press the doorbell button on the wall and wait for a staff member to buzz you in.

During your stay, each family will be provided with a security access card to enter and exit the unit.

WHEN YOU ARRIVE AT THE HOSPITAL

PROCEED TO THE NURSES STATION

One of our nurses will be available to greet you and settle you into one of our triage assessment rooms or birthing suites.

WHEN YOU ARRIVE AT THE HOSPITAL

TRIAGE AREA

This area is used for all prenatal assessments such as:

Non-Stress Tests (NSTs)

Blood Pressure Checks

Labour assessments

Your support person is allowed to be present with you in this area.

WHEN YOU ARRIVE AT THE HOSPITAL

TRIAGE AREA

When you arrive on the unit, a nurse will assess you by:

- Checking your temperature, pulse and blood pressure
- Asking you questions about your pregnancy
- Assessing if you are in labour
- Listening to your baby's heartbeat
- Monitoring for contractions
- Blood work may be drawn and an IV may be initiated

Once your doctor or midwife has finished their assessment, they will make a decision about whether you require admission to one of our Birthing Suites.

WHILE IN HOSPITAL

ADMISSION

Once your Healthcare Provider has decided to admit you to the Birthing Centre, you will be placed in one of our six private suites.

Your labour, delivery and postpartum stay will all occur within the same suite.

WHILE IN HOSPITAL

ADMISSION

All Birthing Suites include:

- Birthing bed
- Bassinet
- Television
- Convertible chair or couch for your support person to sleep on
- Microwave & kettle
- Private bathroom with tub and/or shower

WHILE IN HOSPITAL - WHAT TO BRING

At the Family Birthing Centre we strive to make your visit as comfortable and relaxed as possible. We invite you to bring some items with you from home to help make your birthing experience everything you hope it to be.

A complete list of items that you may wish to bring for your hospital stay can be found here.

PAIN MANAGEMENT WHILE IN LABOUR

While in labour, we offer many types of pain management techniques to help make your experience as comfortable as possible.

You will be one-to-one with an experienced Registered Nurse or Midwife who will assist you with breathing techniques, hydrotherapy (tub use), as well as other non-medication therapies for labour pain.

If you require more interventions for pain management, our Family Birthing Centre is capable of providing:

- Entonox (Laughing Gas)
- IV Fentanyl
- Epidurals

WHILE IN HOSPITAL - BIRTH

After the baby is born, he or she is usually placed skin to skin on your chest where delayed cord clamping will be performed.

You or your support person may have the opportunity to cut the cord at this time.

You and your baby will be checked frequently after birth to make sure you are both doing well.

WHILE IN HOSPITAL

INFANT WARMER

During your birth, there will be an infant warmer present in each Birthing Suite.

These are available if your baby requires any additional care after birth.

The warmer will remain in the room until your Healthcare Provider has examined the newborn and has no concerns about your baby's health.

WHILE IN HOSPITAL - CAESAREAN SECTION

We have dedicated Surgeons, Anesthetists and OR Nurses available 24/7 for emergent and non-emergent caesarean sections.

Our Operating Room is located next to the Birthing Centre for quick and easy access.

If you require a scheduled caesarean section for delivery, your delivering doctor or midwife will arrange a referral to one of our surgeons.

WHILE IN HOSPITAL - CAESAREAN SECTION

For almost all of our caesarean sections we use a spinal or epidural for anesthesia. This allows you to be awake for the birth of your baby. Your support person will also be able to be with you in the operating room.

All surgeons perform delayed cord clamping during a caesarean section if this is safe to do so.

Even with a caesarean delivery, we still strive to do immediate skin to skin with your baby. This can be done by your or your partner within the operating room.

A caesarean section can be expected to take approximately one hour from the time you enter the Operating Room (OR) until the time you go to the Recovery Room.

WHILE IN HOSPITAL - CAESAREAN SECTION

After the surgery is finished, you will go to our Recovery Room with your baby and support person.

A nurse or your midwife will be present to assist you with feeding.

You will be in the Recovery Room at least an hour before returning to your suite in the Family Birthing Centre.

WHILE IN HOSPITAL - POSTPARTUM

In the postpartum period (after your baby is born), experienced OB Nurses/Midwives will be available to teach you how to care for you and your baby.

You can expect to have your care provider continue to check your blood pressure, pulse, temperature, as well as monitor your bleeding and overall well being.

We will also be checking in frequently to monitor your baby's heart rate, breathing and temperature. We will observe your baby's feedings and provide education.

WHILE IN HOSPITAL - INFANT FEEDING

Breastfeeding

When your baby is born, your baby will be immediately placed skin-to-skin with you until your baby has their first feeding. This promotes baby-led feedings. Skin-to-skin regulates a baby's heart rate, breathing, temperature, blood sugars, and promotes bonding and breastfeeding.

Breastfeeding is a normal physiologic process, mother and baby are designed to breastfeed. Breastfeeding is learned and it can take some time for a mother and baby to feel comfortable and confident during feedings. Our nursing staff and Lactation Consultants are available to support you and your baby during this important experience.

Our hospital has Board Certified Lactation Consultants available to assist mothers with breastfeeding in hospital or following discharge home. Additionally, our nurses are all trained in breastfeeding support and are available 24 hours a day to help ensure you and your baby are off to a good start.

WHILE IN HOSPITAL - INFANT FEEDING

Formula Feeding

Our nurses are trained in all forms of infant feeding and are available to assist you through your entire stay to ensure your baby is being fed. If you decide to formula feed your child, our staff is happy to provide assistance and education on bottle feeding and infant formula.

Supplementation

In some circumstances, supplementation with expressed breast milk (EBM) or formula may be required. If supplementation is needed, your Healthcare Provider will discuss this with you and our fully trained nurses will provide you with education to assist you while you are in hospital. Our Lactation Consultants can provide further assistance after you are discharged home as well.

WHILE IN HOSPITAL - INFANT FEEDING

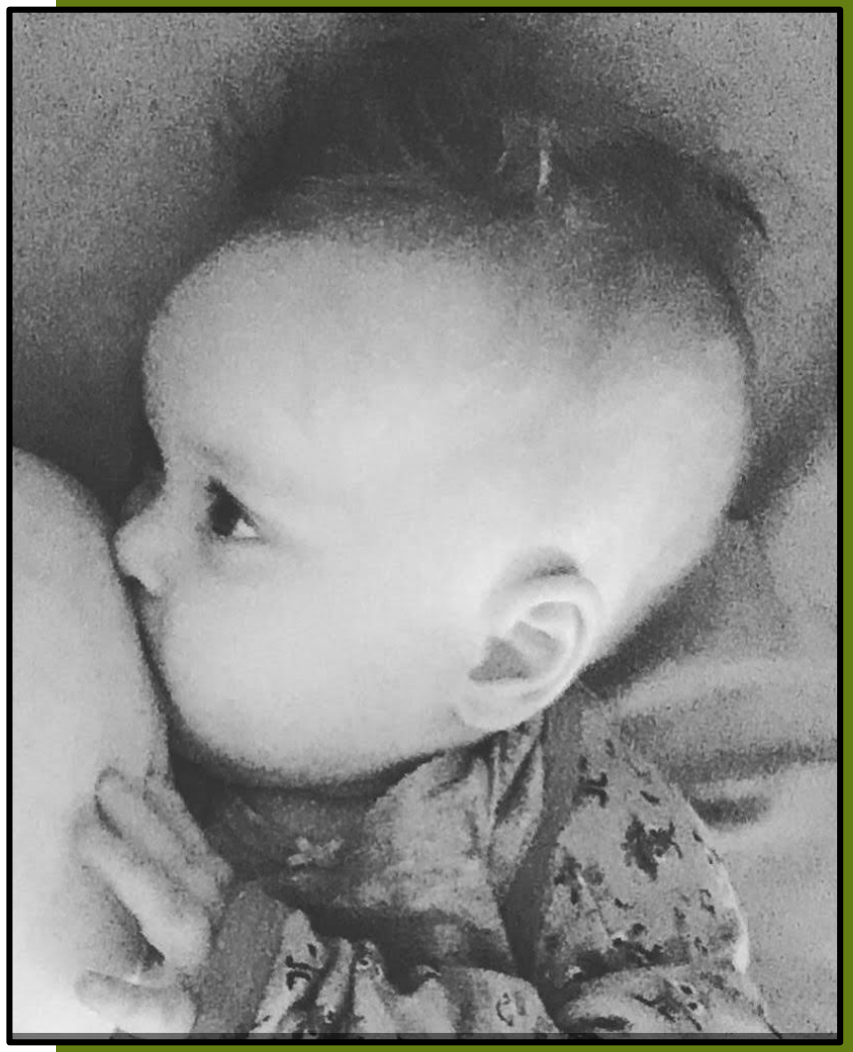
Along with our excellent team of nurses, midwives and lactation consultants, here are some further resources on Infant Feeding for you to review:

Hand Expression: http://med.stanford.edu/newborns/professional-education/breastfeeding/hand-expressing-milk.html

10 Valuable tips for Breastfeeding: https://www.canada.ca/en/public-health/services/health-promotion/childhood-adolescence/stages-childhood/infancy-birth-two-years/breastfeeding-infant-nutrition/valuable-tips-successful-breastfeeding.html

10 Great Reasons to Breastfeed your baby: https://www.canada.ca/en/public-health/services/health-promotion/childhood-adolescence/stages-childhood/infancy-birth-two-years/breastfeeding-infant-nutrition/10-great-reasons-breastfeed-your-baby.html

Formula Feeding: https://resources.beststart.org/product/b19e-infant-formula-booklet/



WHILE IN HOSPITAL - POSTPARTUM

INFANT SECURITY

All babies will have an infant security anklet applied. This is to make sure you and your baby are kept safe.

Please avoid going near exits leaving the unit as the alarm will sound.

Please speak to a nurse if you have any questions or concerns.

WHILE IN HOSPITAL - POSTPARTUM

INFECTION PREVENTION

You can stop the spread of germs!

Wash your hands before and after touching your baby, as well as when traveling in and around the Family Birthing Centre.

Use soap and water or an alcohol-based hand sanitizer.

Your health and safety is a top priority!

GOING HOME

The usual length of stay after a vaginal birth is between 24-48 hours.

The usual length of stay after a caesarean section is 48 hours.

Some mothers and their babies may wish to leave earlier after delivery. We encourage you to speak with your doctor or midwife about your plans to go home and whether early discharge is an option for you.

GOING HOME

If you will be traveling by car, be sure that you have a car seat that meets Canadian standards and is not expired.

Child Passenger Safety Association of Canada

Your baby should see their doctor within one to two weeks of going home from the hospital.

Continue to practice skin-to-skin with your baby. This means having your baby naked (diaper only) and placed directly on the bare skin of either parent as long as possible.

Familiarize yourself with the signs and symptoms of postpartum depression and how you can get help.

Know where you can get support for breastfeeding.

AFTER DISCHARGE

We have you return for a follow up visit at the Family Birthing Centre 1-2 days after being discharged home. This is to ensure that you and your baby are transitioning well into family life.

At this check up we will monitor your baby's weight, jaundice levels and address any feeding concerns that you may have.

This is also an opportunity to check in with a nurse about any questions or concerns you have about yourself after delivering your baby.

POSTPARTUM DEPRESSION

Resources

- CAMH – Postpartum Depression
- Edinburgh Postnatal Depression Scale
- Information on signs and symptoms

IF YOU HAVE ANY QUESTIONS, PLEASE CALL

(519) 881-1220 EXT.2239