



Giving Birth in Prince George:

Information from the Nursing Staff

April 2023

Welcome to our Maternity Unit

The staff at UHNBC Maternity want you to feel welcome when you come see us.

Our goal is for your experience to be the best possible. We want to work with you as a team. We value you, your desires and dreams for your Maternity experience.

We strive to provide evidence based, safe, and compassionate care to all our patients and their families.

This power point will hopefully give you a glimpse into our unit and make your time here more comfortable.

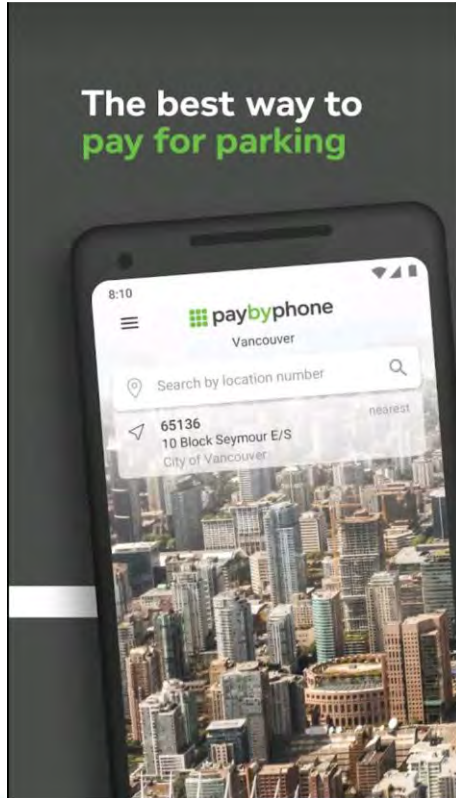
Please bring any questions that you have. Feel free to call our unit with questions. 250-565-2331.

Parking



- There are options for short and long term parking
- If you are unsure if you are in active labour, paying for only short term parking might be a better idea
- Often when you come in, you will be assessed and then be sent home again. We do this as evidence shows it is better for you to labour at home in the early stages.

Pay By Phone App



The easiest way to do parking is via the app: Paybyphone

Get this on your phone before you need to come into LDR and then you are ready

This way you can just reload your parking without leaving the unit.

Entering the Building

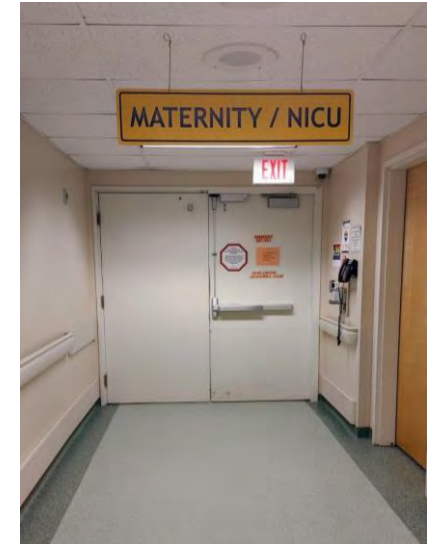
- There are two entrances to the building
- Main entrance is open:
 - Monday to Friday 7 am to 6 pm
 - Saturday and Sunday 7 am to 7 pm
- The Emergency entrance is open at all times (should be used when the main entrance is closed).
- Women suspecting that they are in labour should go straight to the maternity floor. If you enter through Emergency, the staff will quickly assess you and then send you to the maternity floor if appropriate.



The Main Entrance

Front Entrance to Maternity

- Come in the front doors into the atrium and turn to the left. Then take the stairs or the elevators up one floor. Then walk down the hall straight to the Maternity Unit



Emergency Entrance to Maternity

Come through the emergency doors, head straight through the purple doors and turn right, go past X-ray, turn left at the end of the hall, follow signs to Maternity. You made it!



Welcome to the Maternity Unit

- Maternity entrance doors remain closed, except during visiting hours
- Between 10 am and 12 noon, and 5 pm and 8 pm, the doors will be open and all visitors are allowed
- 2 support people will be given a support person band and will be allowed on the unit 24/7.
- There is a phone on the right hand side, press “maternity” button so the nurses can buzz you in.
- If leaving the unit when the doors are closed, remember to push the green exit button on your right to open the doors.
- Public bathrooms are available in the family waiting area.

Call in to Maternity

If the Maternity doors are locked you will need to call into the unit.

A nurse or unit clerk will answer and ask you who you are, and why you are here, and will then let you in.



What to Bring With You to the Hospital

- Comfortable clothes (nursing bra or tank, pajama's/night gown, slippers)
- A robe
- Toiletries (and lip balm, extra hair ties, lotion, face wipes)
- An extra long cell phone charging cord
- Nipple cream and Baby wipes
- Portable Bluetooth speaker and playlists
- Going home outfit for baby
- 4 receiving blankets to support infant's head in the carseat
- Carseat
- Snacks and drinks (things that will give you energy)
- Water Bottle

We provide:

- Pads, ice packs, Tucks, hemorrhoid cream
- Diapers, wash cloths, Vaseline, q-tips
- Baby sleepers, blankets to use throughout your stay
- Bottles/Formula if needed
- Meals for the birthing person

Family Waiting Area

- This is a space with a public washroom (in the corner), a table for eating, a tv, and some benches.
- This is also a great place to bring the baby if the birthing person needs some uninterrupted sleep.



Nurses Station

- We have unit clerks who work between 7 am and 3 pm.
- If the front nurses desk is empty, the staff may be with patients or in the team room.
- Please don't be afraid to knock on a door to get our attention.
- Once you have a room, you will have a call bell that you can ring with any questions or concerns.
- The nurses work 12 hour shifts and shift handover is at 7 am and 7 pm.





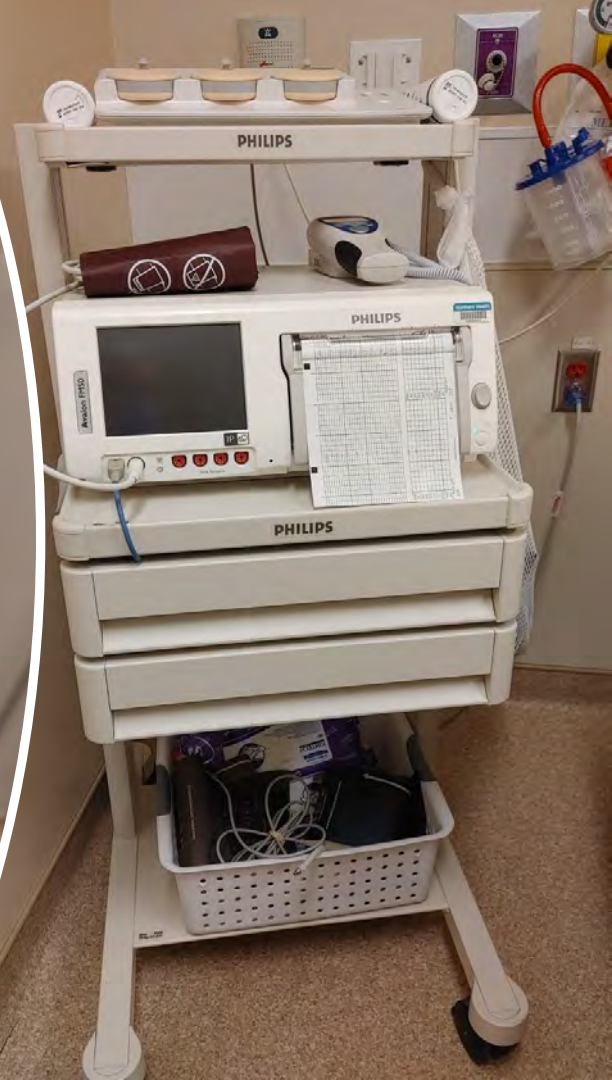
Assessment Room

- When you first arrive on the Maternity unit, you will likely go to an assessment room where your nurse will do an overall check-up of you and your baby.
- These assessments may include: a non-stress test, a fetal heart monitor tracing, a quick listen to baby's heart, a vaginal exam, an assessment of contractions, assessment of your coping and whether or not you may want pain medication, discussion of induction/plan for delivery, etc.
- Please bring any questions that you have.
- Also, let us know if we can support any cultural practices that you have.

Bathrooms with Showers are Available in Each Assessment Room



Fetal Monitoring Equipment



Nourishment Centers

This is where you will find water, ice, juice, milk, crackers, cookies, decaf instant coffee, and tea. We ask that visitors save these for the birthing person and their support person.



Labour Rooms – General Info

- We no longer have phones in every room, as most people have cell phones.
- If you need a phone, we have a portable phone available.
- Internet access is free and available to public
- We encourage you to bring your birth wishes to LDR so we can go over them with you and our team.
- Family and support people are free to take pictures during labour. Please get permission from the physician/midwife if you want to take photos during the delivery. Also, ask staff for permission for photos of them.
- The baby stays in the room with you which is called “rooming in”. If baby needs to leave your room for tests or to be in the NICU, a parent or support person is always allowed to go with them.
- We allow 2 support people to be with you during labour. If you have concerns about this, please talk with the program lead or the in-charge nurse on. We want you to feel well supported, while keeping your room calm and conducive to labour. These 2 support people will get a band and be welcome on the unit 24/7 to provide any support that you may need.

General Room Layout



Labour and Delivery
Equipment

Every labour and postpartum room has a support person bed.



This is the baby warmer that we use if baby needs a little bit of help with transition.



Make the Space Yours

- Please make your rooms as comfortable as you can. Feel free to adjust the lighting and the temperature.
- The more the space feels like yours, the smoother labour will go.
- You might also want to bring things (blanket, pillow, flameless candles) from home that make it feel more cozy.



Extra Supplies

- This is where you will find wash cloths, towels, soaker pads, squirty bottles, mesh panties and extra hospital gowns.
- The mesh panties are amazing! They are reusable and we give 2 pairs to every patient.
- Ask your nurse if you need anything that you can't find.

Personal Storage

- This cupboard is for you. It has a spot for a padlock, if you want to bring one.
- There is a fridge inside for snacks and drinks. These are in every labour and postpartum room.



The Labour Beds Have Various Settings to Aid in Labour Positions

- Our staff is trained in many different labouring positions.
- Position changes can really help your baby get into the ideal position for birth.
- These position changes increase your chances of a vaginal delivery and can also help with pain.
- Look at different positions to try ahead of time, but also ask staff what they would recommend. There are so many options so if something doesn't work or feel right, we can try something else.
- Make use of our staff, beds, birthing balls, peanut balls, and squatting bar to help you in your labour.



Labour Room Bathrooms

- Our labour rooms all have bathrooms with deep bath tubs
- Hydrotherapy is amazing in labour for pain.
- Ask your care providers if the tub would be good idea for your labour.
- Occasionally it is not safe to labour in the tub, but if you are a good candidate it can be amazing!
- Each room also has a little stool to make getting in and out of the tub easier and safer.



Pain Relief

Our unit wants to help you to get through labour in ways that feel right to you.

We have many non-medical things that you can try if you are aiming to not use pain medications

If you do need pain medication, we also have options. In the picture is nitronox gas. It's a safe first thing to try.

We also have pain medications like Morphine and Fentanyl and epidurals available. Discuss these options with your care team.

No matter how you labour, you are a warrior!!!



Baby Bassinets

These are the baby bassinets that we use.

During your stay we ask that baby sleeps in the bassinet. Our floors are very hard and you will be tired after delivery. This makes co-sleeping un-safe. We will give you information on safe co-sleeping for at home



We also ask, that if you leave your room with your baby, that they go in the bassinet.

This will help us keep them safe.

Water Births

- Water births are available to our midwifery clients who meet certain criteria. We have one room with a water birth tub.





Your Placenta

Your placenta has had a very important role in growing your baby. Some families just want us to dispose of it, while others have special plans for it.

The staff would love to show you your placenta if you would like that. We think they are pretty cool!

If you would like to keep your placenta, please let your team know ahead of time.

After Delivery/Post Partum Care

- After delivery you will stay in your LDR room for about 2 hours. We then move you to a clean room. Initially you will be checked on frequently by nursing staff. After the first 6 hours you will get less checks, but the staff is still here for you.
- Ring your call bell if you need anything.
- After a vaginal delivery you will usually stay 24-48 hours. Sometimes less time if you have had previous babies.
- After a C/S you will usually stay 48-72 hours.
- These stay times may vary based on how you and your baby are doing.
- We will be here to teach you everything you need to know before you bring your baby home.

For Ceasarean Delivery

If you are having a booked C/S, you will be told by the operating room staff when to start fasting, when to get your blood work and when to come to Labour and Delivery.

When you get here, the nursing staff will prepare you for the surgery and answer any questions that you have.

If you have a support person who wants to go into the C/S with you, we will give them scrubs to wear.

Feel free to bring a camera. Just make sure everyone is ok with being in your photos. The nursing staff can also take a picture of you with your baby.

After the surgery we try to recover you on the Maternity unit to minimize separation from your baby.

Occasionally you need to be put to sleep for the surgery or we do not have enough staff and in these cases, you will need to be recovered in the regular recovery room. Know we do our absolute best to recover you on our unit.

If You Need an Emergency C/S

Sometimes things do not go as planned and the safest way to deliver your baby is with a Caearean Section.

We will try to explain everything and involve you in all decisions as you labour.

We try everything possible, to avoid you having a C/S.

If we have to go quickly, sometimes we call a Code Pink. This is our way of getting all of the help we need in a timely manner. It means a lot of people will all of a sudden be in your room.

We know this is very scary! We will do our best to answer all of your questions even the ones that come up the next day. Please ask ANYTHING! We want you to understand what happened and why it happened.

Just know that everyone here wants you and your baby to be safe and healthy.

We will be here to help you process your delivery if things do not go as planned.

Operating Room



- The doors to the OR are right off of our unit.

This is the warmer that we bring to the OR for the birth of your baby.



NICU: Neonatal ICU



The NICU is also right off of our unit



NICU

This is the nurses station in the NICU

The staff ask that there be no one coming in and out of the unit between **7 and 7:30 am and pm.** (this is when they do report)

The visiting hours are different in the NICU.

Both parents, plus one other person are allowed 24/7. This could also be a parent and 2 support people.

No children are allowed in the NICU

If you have concerns with the visiting criteria, please reach out to your nurse.

NICU Baby Rooms



If your baby needs to go to the NICU, a parent can go with them immediately and stay all of the time.

There is a bed in every NICU room so that you can stay with your baby.

We encourage you to be with your baby as much as possible (but remember to take care of yourself too). It is ok to leave the NICU for breaks (even a night at home).

You will have your Maternity room that you can use until you are ready for discharge and then NICU will be your new space.

Ask lots of questions!

Staying In PG From Out of Town

Some patients have to stay in Prince George at the end of their pregnancies, for a variety of reasons.

If you are part of an indigenous community or on social assistance, the hospital social worker can usually arrange funding for a hotel for you.

If you don't have these options, there is a Ronald McDonald space in the hospital on the 2nd floor. It is a 4 private bedroom/bathrooms with a shared living/dining/laundry area. It is \$30.00 a night.

If you need funding for this, the hospital social work can look into options with you.

Our social worker is a huge resource for our out of town families.



Food and Gifts In the Hospital



The Cafeteria is on the ground level and open:

Monday to Friday, 6:30 am to 6:30 pm
Saturday and Sunday, 7 am to 1:30 pm

The gift shop is on the ground level and is open:

Monday to Friday, 10 am to 7 pm
Saturday, 10 am to 4 pm
Sunday, 12 pm to 4 pm



Maternity Unit Tours

Cindy Black does Maternity tours on the last Monday of every month at 6:30pm.

Meet at the front entrance near the gift store. The tour will be about an hour long with lots of opportunity for questions.

This is just drop in with no need to register.

Additional Information

Prenatal Classes in Prince George:

- Email: pgprenatalclasses@northernhealth.ca
- Phone: [250-645-8997](tel:250-645-8997)

Baby's Best Chance: Parents' Handbook of Pregnancy and Baby Care:

- This is a great online resource available in English, Arabic, Chinese, French, Punjabi, Spanish, Farsi, and Tagalog
- It goes over everything that you need to know for pregnancy and the first 6 months with your baby!

Maternity Unit Phone Number:

- 250-565-2331