Giving Birth in Prince George

A Virtual Tour of the Maternity Ward and How to Access it
Parking

- Options for short and long term parking
- If you are unsure if you are in labour paying for only short term parking might be a better idea
Entering the building

- There are two entrances to the building
  - Main entrance, open between 6am and 8:30 pm
  - The Emergency entrance open at all times

- Women suspecting that they are in labour should go straight to the maternity floor. If you enter through Emergency, the staff will send you to the maternity floor.
Main Entrance
Finding the Maternity Ward from the Emergency entrance

- Follow Emergency signs to the back of the hospital

- After entering through Emergency doors, inform Emergency nurse that you think you are in labour. DO NOT WAIT IN EMERGENCY. The nurse will send you to the Maternity unit, follow yellow signs on the wall or ceiling. The Maternity unit is on the same floor as Emergency

- After hours, security guards may assist you to find the Maternity unit
Finding the Maternity Ward

- Go through these doors after entering the emergency entrance and go right
We offer Family Centered Maternity Care

This means that:

- Care provided is based on research evidence
- Birth is a celebration, a normal healthy process
- Pregnancy and birth are unique for each woman
- Relationships between women, their families, and health care providers are based on mutual respect and trust
- We encourage open communication and information sharing
- You will have the information you need to care for your baby at home when you leave
Welcome to the Maternity Unit

- Maternity entrance doors close some time after 8:00 pm
- There is a phone on the right hand side, press “maternity” button so nurses can buzz you in
- Nurses have a pager that allows them to buzz people into the unit even if they are busy
- If leaving after hours from the unit remember to push green exit button on your right to open doors
- Public bathrooms are available in the family waiting area
- UHNBC has a no scent policy, because some people have severe allergic reactions.
Please pick-up handset and press Maternity or NICU button. Staff will answer as soon as they are able. Thank you.
What to bring with you to the hospital

- Suggested for labour
  - Baby’s Best Chance
  - Lip balm
  - Warm socks for mom
  - Extra clothing layer for partner
  - Additional snacks
  - Partner’s swimsuit
  - Music and player
  - Camera and film
  - List of important phone numbers
  - Slippers
  - Dental, hair and skin products
  - Own clothes if desired
  - Padlock for cupboard

- These items can be brought later
  - Car seat, baby has to be secure in the car seat prior to leaving the hospital (two receiving blankets are needed for the car seat)
  - Clothes for baby and mom to wear home
  - Extra blankets/clothing (depending on weather)
  - Change of clothes for the partner
Family Waiting Area
Fridge in Family Waiting Area

Public washroom with change table
TV and Eating Area in Family Waiting Area
Nursing Station

- If front desk is empty nurses may be in the team room doing work
- Do not be afraid to knock on team room doors if they are closed
- Nurses work 12 hours/day – shift changes are at 7am and 7pm
  - This means that nursing staff are always available to assist during labour and the postpartum period
  - The nurses may not always be visible since they may be in another patient room
When you first arrive on the Maternity unit, you will go to an assessment room where your nurse will do an overall check up of the mom and baby.

- There are four rooms available.

Assessment may include:

- Non-stress test, fetal heart monitor, vaginal exam, determining progress of labour, inductions, etc.
Shower, bathrooms are available in each assessment room for individual use.
Fetal monitoring equipment is used to measure baby’s heart rate and contractions, picture on the right.

The Doppler is used more often to assess fetal heart rate, the picture on the left is a Doppler.
Nourishment Centers

- Food/water stations, including a fridge and microwave, are available throughout the unit for patient use only
- There are three stations at different locations on the unit
Labour Rooms - General Info

- Local calling is free from the phones in the rooms. Long distance is not, but phone cards can be purchased in the gift shop. Cell phones are allowed.
- Internet access is not available for public use.
- Partner or other family member/friend can cut the umbilical cord after birth.
- Family members are free to take pictures during labour, permission from the physician is needed for photos during the delivery. (Please ask staff for permission for photos with them.)
- The baby stays in the room with the family, this is called “rooming in”
- Any support person the mother wants present can be in the delivery room.
General room layout

- Bassinet
- Infant Warmer
- Sterile Supplies for the Delivery
Room Controls

- You are able to regulate the amount of light and the temperature of the room.
Storage of extra supplies

- Diapers
- Gowns
- Face cloths
- Towels
Personal Storage

- Area for you to store personal belongings
- Fridge so you can bring your own food
- Stool to assist you in and out of bed if needed
- There is a refrigerator, phone, and television in each room (Television has to be paid for)
- Padlock can be placed on this storage area
The patient bed has various settings for the comfort of the mother.
CD player is available in most of the rooms

Phone can be used for local calls
For your comfort during labour, position changes are helpful.

The bar attaches to the bed to allow different labour positions.

The Ball allows for more positions and can help with back labour.
Rocking chair
All of the rooms have their own bathroom with a tub that can be used during labour.

Recommended that the stool is used to get in and out of the tub.
Pain Relief Medications

- This system found in all the delivery rooms provides Nitrous Oxide for pain relief
- Other pharmacological methods for pain relief include narcotics and epidurals
Bed for partner to use to stay overnight
Baby Bassinet

- There are supplies in the shelves below the bassinet, diapers, soap
- The bassinet is on wheels, for safety, please use the bassinet to move the baby outside of the room
Water Births

- One room has a large bath tub for water births
- Currently this service is only available for midwifery clients
The Placenta

- After birthing the placenta will be checked to make sure it is intact and then it is stored in specially designed refrigerators.

- Families may take the placenta home if they wish. If not, the placenta is disposed of in the hospital’s incinerator.
After Delivery/Post Partum Care

- Presently after delivery, the mom and baby are moved into a postpartum room that is very similar to the delivery room
  - These rooms have all of the same equipment, a closet stocked with gowns, reusable panties, and a peri bottle as well as a bassinette for baby
  - All the rooms are single rooms with their own bathroom

- The maternity nurses and lactation consultants are available to assist with breastfeeding if needed

- Mothers can wear their own clothing throughout their stay

- In the future the unit will feature single room care where moms will deliver and recover in the same room. No room switching will be required
For Cesarean Delivery

- If a cesarean section (C-section) is required the mom will be taken to the operating room (OR). Most of the time, a C-section delivery will be done with a spinal or epidural anesthetic and mom is awake.

- If the mom is awake for the surgery, the father or support person can watch the birth but will enter the operating room with the nurse.

- The person accompanying the mom into the room will be required to wash their hands and put on the special scrubs provided by the nurse.

- After the delivery, the father or other family member can bring the baby back to the room once an assessment has been done by the doctor. The baby must be transferred in a bassinet. The mom may not hold the baby until she is out of the operating room.
OR Prep for Mothers

- Catheter and IV have to be inserted, they may be inserted on the floor or in the OR.

- Typically the mother is awake but not able to feel pain from the spine down to their toes
  - Usually a spinal anesthesia is given to the mother

- There is a drape that prevents the mother from seeing the surgery for her own comfort, her support person may be able to see over the drape
The operating room is very close to the delivery rooms.
OR Supplies

- Just outside the doors to the OR are scrubs and a hand washing station for the physicians and nurses.
- There also are incubators for the infants with all necessary equipment. These are checked every shift, and are similar to warmers in the delivery rooms.
If baby needs special care they might be placed in the NICU
Entering the NICU

- Only parents or designated family/friends can enter the NICU
- Siblings of the newborn can visit
- Swipe card or Buzz in entry is used to enter the NICU
- Please do not visit the NICU or Maternity Ward if you are unwell
NICU Nursing Station
The NICU has private rooms, with a bed so a family member can stay with the baby and assist with care.
Food and Gifts

- There is a coffee shop
  - Hours 6:30am till 8:45pm
- Cafeteria
  - Hours 8am till 6pm
- Gift Shop
- All three are on the main floor and the coffee shop and gift shop are in the main lobby
Discharge

- When it’s time to go home the nurses will do a final check on mom and baby
- The cord clamp might be removed, if the cord is dried
- Parents will be provided with information and resources such as Registration of Birth which must be sent in to receive the Birth Certificate
- The baby cannot leave the hospital unless he or she is secure in a baby carseat which must be checked by the nurses before leaving the unit
- Baby carseats can be rented from the Gift Shop in the main lobby of the hospital
- A public health nurse will be calling all families within the first few days of discharge, for follow up and to offer a home visit
Tours

- Maternity unit tours are available for the public every first and third Wednesday of each month from 1pm to 2pm.

- You may drop in for the tour. Please meet to begin the tour in the family waiting area of the maternity unit.

- Anyone who is taking prenatal classes will be offered a maternity unit tour as part of your class.
Additional Information

- If you think you might be in labour phone the maternity ward at (250) 565-2331
  - Only use this number if you have questions about your pregnancy or labour
  - You can also call your physician for an assessment

- If you have questions while pregnant or after you are home from the hospital call the Public Health Nurse on-call (250) 565-7478

- For consultation with a registered nurse anytime call 811 (HealthlinkBC)