

Having Your Baby at St. Paul's Hospital



3rd Floor, Providence Building, St. Paul's Hospital
1081 Burrard Street, Vancouver, BC, V6Z 1Y6
604-682-2344 ext 62432

*Welcome to the Maternity Centre
at St. Paul's Hospital*

Each year about 1,700 women from across B.C. have their babies
at St. Paul's Hospital Maternity Centre.

This booklet gives you information about the maternity services
available to you before your baby is born,
and while you are in the Maternity Centre.

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Contents of this book

Definitions	4
About the Maternity Centre	5
Location and Access	6
Maternity Centre clinics, care areas and services.....	7
Additional services.....	9
Preparing to Have Your Baby	10
When to call and when to come to the hospital	11
Safety and Security	12
Visiting guidelines	
-family presence at Providence Health Care	13
Other services and information	14
Resources	14

If there is anything you do not understand, please ask
your doctor, midwife or any of the Maternity Centre staff
for more information.

Definitions

Fetus [fee-tuh s]

Unborn baby.

Fetal [feet-l]

Referring to the unborn baby.

Prenatal [pree-neyt-l]

The time before labour starts.

Antepartum [an-tee-pahr-tuh m]

The time before labour starts.

Maternity Care Providers:

Obstetrician [ob-sti-trish-uh n]

A doctor who has specialized education and training to care for women who are having a baby or babies.

Family physician

A doctor who provides prenatal, obstetrical and post partum care for women and newborns.

Registered midwife

Formally trained health care professionals. Midwives offer primary maternity care to healthy, low-risk pregnant women and their newborn babies from early pregnancy, through labour and birth, until about 6 weeks after birth.

Support person

The person who helps and supports a woman before, during and after giving birth. This person is often the woman's partner or close family member or friend.

Postpartum: [pohst-pahr-tuh m]

The time after giving birth.

Doula [doo-luh]

A person trained to give physical and emotional support to a woman and her family before, during and after birth. Some doulas have training for after birth only. A doula does not have formal medical training.

Anesthesiologist

[an-uhs-thee-zee-ol-uh-jist]

A doctor who has specialized education in giving and managing pain medicines (anesthetics) and epidurals.



About the Maternity Centre

We practice family centred care in the Maternity Centre. We understand how important it is to include family and friends in your care. The Maternity Centre is designed to offer a relaxing, personal environment with private rooms for birthing and postpartum care. We encourage a support person to stay with you, to help during labour, birthing, and after your baby is born. During your labour, family and doulas are also welcome and encouraged to be part of your birth experience.

St. Paul's Hospital is a teaching hospital with students from many different professions. The students are an important part of your health care team. If you have any concerns about students being involved in your care, please speak to your health care provider.



Neonatal Intensive Care Unit

The maternity team includes specially trained registered nurses and licensed practical nurses (RNs and LPNs), obstetricians, family physicians,



midwives, pediatricians, and anesthetists. Other team members may include social workers, laboratory technicians, respiratory therapists, physiotherapists, dietitians, spiritual health practitioners, and many others.

Guided by the principle "How you want to be treated" the Maternity Centre at St. Paul's Hospital provides comprehensive

maternity and neonatal services for both low-risk and high-risk mothers-to-be and newborns. We are a level 3 maternity centre. This means we can support some of the most complex pregnancies and mothers with existing medical problems across BC. The Maternity Centre houses one of the province's cardiac and renal obstetrical programs, supporting pregnant women with heart or kidney issues.

The Maternity Centre also has a level 2A Neonatal Intensive Care Unit (NICU) for babies who need intensive nursing observation and care. We have in-house obstetric and anaesthesia coverage, 24 hours a day, seven days a week.

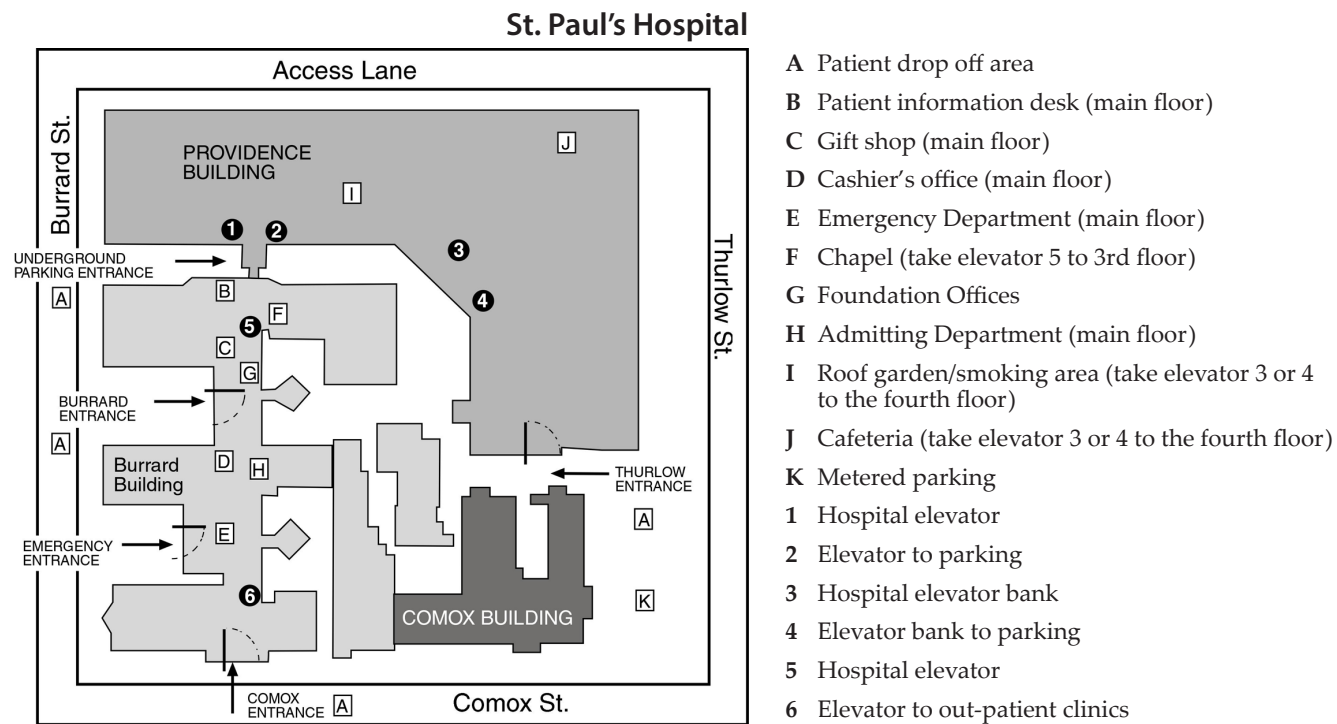
We do offer tours of the Maternity Centre. Look for tour dates and times on our website:

www.providencehealthcare.org/maternity-obstetrics-pregnancy-childbirth.

Location and Access

The Maternity Centre is on the 3rd floor of the Providence Building. The only entrance into the hospital after 8:00 PM and before 6:00 AM is through the Emergency Department on Burrard Street.

We keep the Maternity Centre doors locked for security. To enter the Maternity Centre, please use the buzzer just outside the doors. Tell the person who answers who you are and who you are coming to visit.



Parking lots near St. Paul's



Maternity Centre clinics, care areas and services

The Maternity Centre has 4 out-patient clinics:

1. Fetal Monitoring Clinic:

Your care provider may send you to the Fetal Monitoring Clinic (0800 - 1600) to check your baby's (fetal) heart rate pattern. It may be done only once, or you may need to come regularly. Appointments can take 1-2 hours and further tests or examinations may be needed.



Fetal Monitoring Clinic

2. Maternal-Fetal Medicine Clinic:

We work collaboratively with specialists in all areas and timely appointments can be made when needed.

3. Ambulatory Obstetrical Clinic:

Your care provider may send you to the Ambulatory Obstetrical Clinic for a consultation with an obstetrician.

4. Pediatric Clinic:

Referral based and located on the 3rd floor of the Providence Building in the Maternity Centre.

The Maternity Centre has 4 patient care areas:

1. Assessment Room
2. Antepartum Room
3. Labour, Delivery and Recovery Rooms
4. Caesarean Recovery Rooms

1. The Assessment Room

Most women who come to the Maternity Centre are seen in the Assessment Room. This is where we check you and your baby to see if labour has started or if you or your care provider have any concerns. After the nurse checks you and your baby, they will contact your care provider who will recommend if you should stay in the hospital or go home. The Assessment Room has two beds and a shared bathroom.

Some of the reasons you may be seen in the Assessment Room:

- You think you are in labour
- You think your water has broken
- You feel like your baby's movements have slowed down or have stopped
- You are having some bleeding or unusual pain

The Assessment Room, *continued*

- You have had an accident that may affect you or your baby. In this case, you may need to stay in the hospital for several hours.
- Your doctor or midwife has some concerns about you or your baby and would like more detailed assessment in the hospital.

2. Antepartum Room

The Antepartum Room is for women who have medical problems during their pregnancy and need closer observation and care before the baby is born. This room has two beds with a shared bathroom. Because this is a shared room, your partner or support person is not able to stay overnight.

Some of the reasons you may need to stay in the Antepartum Room:

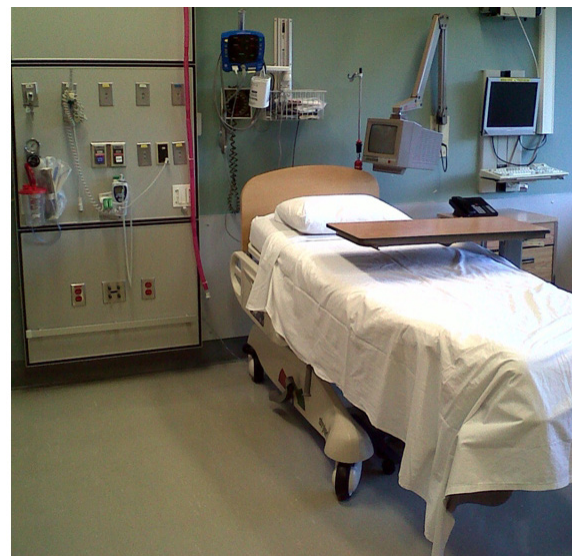
- High blood pressure that is not going down at home
- Contractions before your due date
- Placenta is too low



Antepartum Room

3. Labour, Delivery and Recovery Rooms

We have 16 private Labour, Delivery and Recovery Postpartum Rooms. You will stay in these rooms during your labour, birth and recovery until you go home. Each room has a television, telephone, sleeper chair and a private bathroom. Each bathroom has a shower and a large bath with jets.



Labour, Delivery and Recovery Room

4. Caesarean Postpartum Rooms

We have 4 Caesarean Postpartum Rooms. After a caesarean section, you will stay in these rooms until you go home. Each room is private, and shares a bathroom with the next Caesarean Room. Each room also has a television, telephone, and sleeper chair.

5. Caesarean Recovery Rooms

We aim to recover all Caesarean patients on the maternity unit to allow for family bonding and not separate the family unit. Final decisions will be made based on specific circumstances and the demands of the unit.



Caesarian Recovery Room

Additional Services

Meal Services

We provide meals for all patients. Our meal hostess delivers a continental breakfast and a soup/sandwich style lunch from room to room. We serve dinner from our standard menu with hot entrée options. Before dinner service, the hostess visits patients to take food orders.

Please let us know if you have special dietary needs.

We have a Nutrition Area where we keep extra juices, milk, sandwiches, and bread for mothers to snack on. This area also has a toaster, microwave and kettle for families to use.

Visitors and support people are welcome to bring food. There is a refrigerator for patient food storage. Be sure to label any food you put in the refrigerator and take it home with you when you leave.

The hospital cafeteria is on the 4th floor. We also have vending machines just outside the cafeteria.

The cafeteria offers meal service:

- Monday to Friday from 6:30am to 7:30pm
- Saturday, Sunday and holidays from 7:00am to 7:00pm

There are several restaurants in the neighbourhood that offer takeout food and some offer delivery service to the hospital. Please ask for the menu binder at the nursing station.

Television

There is a television in each room. We offer educational programs on channel 61. Here, you can watch useful programs related to postpartum and breastfeeding. These are free of charge. There is a charge for cable TV. A TV attendant comes around each afternoon to set it up. They accept cash or credit card.

Cell Phones

Cell phones may be used in your room unless we specifically ask you not to. Unfortunately we do not have wifi (although we are working on it). Please do not use your cell phone in the hallways as it can be disturbing to others. In other areas of the hospital, please check posted signs to see if cell phone use is okay.

Preparing to Have Your Baby

Arrange for someone to bring you to the hospital. Plan for parking. (p6)

Arrange for your partner or support person to stay with you throughout your hospital stay.

Arrange for child supervision and pet care during your hospital stay. Talk about the Visiting Guidelines (p13) with your friends and family.

Make a list of important phone numbers (the maternity unit, your doctor or midwife, your support person, etc.). Keep the list somewhere easy to find.

Arrange for someone to drive you home.

If using a motor vehicle, have a Canadian motor vehicle safety standard-approved baby car seat put together and practice with it so you know how to use it.

Buy the things you will need when you get home:

- Sanitary napkins or maxi pads
- Newborn diapers
- Formula and equipment (if you are formula feeding)

What to bring for Mom:

Required identification:

- BC Care Card (Medical Services Plan Card)
- Government issued photo identification such as driver's license or passport

Baby's Best Chance: Parents' Handbook of Pregnancy and Baby Care. Bring your own copy to use. We refer to this book when we go over what you need to know before going home.

Camera and video camera

Music and music player

Slippers or shoes

Housecoat

Extra pillows

Underwear

Personal care products such as shampoo, toothpaste, toothbrush, deodorant

Sanitary napkins or maxi pads. Bring enough for your hospital stay and your trip home

Loose fitting clothes to go home in

What to bring for Baby:

Diapers for going home

Baby clothing for going home

Two receiving blankets

A blanket to go home

A baby car seat - Canadian motor vehicle safety standard approved. The car seat needs to be for a newborn and the right size for your baby. Please put together your car seat and learn how to use the car seat before taking your baby home.

What to bring for your Support Person:

Pajamas

Housecoat

Slippers or shoes

Sleeping bag

Pillows

Snacks and food – there is a refrigerator for you to store food. Make sure that you label and date your food. Be SURE to take any leftovers home with you.

Bathing suit – for use in the shower or bath during labour

Personal care products – such as shampoo, toothpaste, tooth brush, deodorant

Please do *not* bring:

Large suitcases

Large sums of money and/or credit cards

Jewellery

When to call and when to come to the hospital

Labour can begin in many different ways. To learn more about preparing for labour and what to do in labour, read Baby's Best Chance or go to www.bestchance.gov.bc.ca.

Call your health care provider and the Maternity Centre when:

- Your contractions are regular and painful
- Your water sac breaks
- If the fluid from your water sac is yellow, green or red
- You have bright red bleeding from your vagina
- Your baby movements are less than usual
- You are unsure and have concerns

Always call the Maternity Centre before coming into the hospital

604-682-2344 Ext. **62432**

Safety and security

When you are admitted to the Maternity Centre we give an identification bracelet to both yourself and your partner or support person. Please wear the bracelet the whole time you are in hospital.

After your baby is born, we put identification bands on the baby's wrist and ankle that have the mother's last name. We put matching bracelets on both mom and her partner. We use the mother's last name to identify the baby and support person in the hospital. Everyone should keep these bracelets on until you leave the hospital. We check the bracelets before you go home to make sure they all match.

The safety and security of your baby is a major concern for all of us. You are the best security your baby has. To help keep your baby safe and secure in the hospital, here are some things you can do:

- *NEVER* leave your baby alone in your room. Never leave your baby lying alone on your bed.
- Always arrange to have someone watch your baby if you cannot.
- When you want to have a shower and no one is there to watch your baby, close your room door. Leave the bathroom door open and put your baby in the bassinet. Pull the bassinet into the bathroom doorway or right into the bathroom.
- When you walk in the hallways, push your baby in the bassinet.
- *Do NOT* let anyone take your baby away from your room.



If your baby needs a test or procedure, it should be done in your room. If the test needs to be done somewhere else in the hospital, you or your support person should go with your baby.

- Everyone working in the Maternity Centre and for Providence Health Care

is required to wear a picture identification badge. You can ask to see it. If you have any concerns about anyone, ring for your nurse right away.

- If the fire bell goes off at any time, return to your room and wait for the staff to tell you what to do.

To learn more about safety while in the hospital, see the pamphlet "Patient Safety – It's Everyone's Responsibility". You will find this pamphlet on your bed table.

Hand washing:

Family and friends are asked to clean their hands before and after they arrive and when they leave. Hand sanitizing stations are available at the entrance to the Maternity Centre and in the hallways.

We ask everyone – all staff, volunteers, visitors and patients – to clean their hands:

- Before eating
- Before feeding your baby
- Before picking up your baby
- After using the toilet
- After changing your baby's diaper

Visiting Guidelines – Family Presence at Providence Health Care

This is a very exciting time for you, your family and friends. Family plays an important role in the Maternity Centre.

Family are welcome at any time. Visitors are welcome whenever you feel ready.

The following guidelines will help to ensure your, and your baby's, safety and well-being.

- We encourage your partner or support person to stay with you and your baby to support you. A sleeper chair is provided for one support person. Decide who the support person will be before you are admitted.
- If this is not your first baby, we welcome your other children, but they must always have another adult with them at all times.

Your care and the care of your baby is our first concern, and so there may be times when your time with your family or visitors could be interrupted or limited.

- New mothers will need time to rest and to learn about breastfeeding, and how to care for their new baby and themselves. We will ask you for your preference for 1-2 hours of quiet time each afternoon in order to help you with breastfeeding. This means that we will work with you to limit visitors during this time if you would like time to rest, get help with breastfeeding, or spend some quality time skin to skin with your baby.
- Privacy and rest are important for new parents in hospital. We ask all people who come into the maternity unit to be aware of these needs.
- Babies are at risk of getting sick. If your family or visitors feel unwell, have an infection, flu-like symptoms, a cough, or any sort of communicable disease, or have recently been in contact with anyone who has these symptoms, we encourage them to stay at home until they are well again.

If you need more information – please ask so we can help create the best care experience overall.

Other Services and Information:

Smoke-free

We do not allow smoking in any hospital buildings or in the areas around hospital buildings.

Scent-free

St. Paul's Hospital is a scent-free building. Many of our staff and patients have allergies to perfumes and other fragrances. Please do not use scented products or perfumes while you are in the hospital. Ask friends and family to do the same when they come to visit.

Latex balloons

Please do not bring latex (rubber) balloons to the Maternity Centre. We have staff and patients who are allergic to latex. Exposure could cause serious injury. Mylar balloons are fine.

Communication and translation

The Lower Mainland Interpreting Service (LMIS) provides both phone and face to face interpreting for women and families with limited or no English. Interpreter services are available 24 hours a day seven days a week. To request an interpreter, please let your caregiver or nurse know.

You may want to bring a friend or family member to translate when you have appointments and when you come to have your baby.

For sign language interpreters contact the Western Institute for the Deaf and Hard of Hearing:

Phone: 604-736-7012

Text: 778-995-7391

TTY: 604-736-7099

Costs and financial requirements

There are no hospital or physician costs to you unless you:

- have no valid health care coverage from any province in Canada
- are a visitor to Canada
- are a new resident in Canada

If any of these apply to you, you pay for the health care services that you receive in the hospital. Your doctor or midwife will bill you separately for their services.

Please contact our Finance Department to plan for the charges before coming to the hospital: 604-297-8504.

Resources

- **“Baby’s Best Chance: Parents’ Handbook of Pregnancy and Baby Care”** (English) www.bestchance.gov.bc.ca Go to: Key Resources (on the right) > Go to Baby’s Best Chance: Parents’ Handbook of Pregnancy and Baby Care (third revision 6th edition) (PDF39M)
- **Newborn Screening Program** A Simple Blood Test Could Save Your Baby’s Life” Information sheet for Families www.bcchildrens.ca (English, Traditional Chinese, Vietnamese, Korean, and Punjabi) Go to: Services > Specialized Pediatrics > Newborn Care > Newborn Screening Program > Family Resources and download the handout
- **BC Early Hearing Program** (Provincial Health Services Authority) Telephone: 1-250-519-5725 toll-free 1-866 612-2347 or 1-866-61-bechp Email: bcehp@phsa.ca www.phsa.ca Go to: Agencies & Services > Services > BC Early Hearing Program
- **HealthLinkBC (BC NurseLine)** Telephone: 811 (over 130 languages, on request) www.healthlinkbc.ca (English) TTY: 711
- **Power to Push Campaign** (focus on informing women about birth options and reducing the number of caesareans in BC) www.powertopush.ca (English, Chinese-Traditional, Chinese-Simplified, Punjabi, Vietnamese)
- **Caring for Kids – Health information for parents** (from the Canadian Paediatric Society) www.caringforkids.cps.ca (English, some Chinese-Traditional and Simplified)
- **The Society of Obstetricians and Gynaecologists of Canada** (English) www.sogc.org - Women’s Health Information>Pregnancy
- **Canadian Paediatric Society** (English) www.cps.ca Go to: Publications & Resources > Position Statements > Fetus and newborn: • FN97-01 Routine administration of vitamin K to newborns • FN00-02 Assessment of babies for car seat safety before hospital discharge Publications & Resources > Position Statements > Infectious Diseases and Immunization: • ID02-03 Recommendations for the prevention of neonatal ophthalmia (antibiotic ointment in newborns’ eyes)
- **Transport Canada - Infant Car Seat Safety:** www.tc.gc.ca Go to Road > Road and motor vehicle safety > Keep Kids Safe >Stage 1: Rear-facing seats.
-also available on this page – Car seat Clinics in Canada > British Columbia > BCAA or ICBC or HealthLinkBC
- **La Leche League** – www.lllc.ca Click on Breastfeeding Information “get help” to find a group or group leader near you. Or call 604 520-4623
- **Pregnancy & Parenting** - www.healthyfamiliesbc.ca
- **Vancouver Coastal Health Parenting Resources** – www.parenting.vch.ca

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This material has been
reviewed and approved by
patients, families and staff.



How you want to be treated.

www.providencehealthcare.org