
Welcome to the Medicine Hat Regional Hospital

Maternity Virtual Tour



Time for Baby

- Medicine Hat Regional Hospital is located at 666 5th Street, SW.
- Main door is facing 5th Street.
- New entrance can be accessed on 6th Avenue SW.
- Doors are open from 6:30 am to 11:00 pm. Enter here if you do not feel you are in an emergency situation.



Emergency Entrance

- Between the hours of 11:00 pm and 6:30 am you must use the emergency entrance (access from 5th street, SW).
- If unsure of directions to the Labour and Delivery unit, ask the security guards.
- If you are concerned you will not make it to Labour and Delivery for the birth of your baby, doctors and nurses are readily available to assist you in ER.



Parking

- Paid parking is available in 3 lots. The emergency parking lot can be accessed from 5th street, SW.
- Parking is available in the parkade upper level or the east public parking lot.
- Lots are open 24 hours/day and fees apply.
- Patient drop-off area at all entrances.
- For more information visit:

<https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1064964&serviceAtFacilityID=1100586>



Main Parking (Upper Parkade)



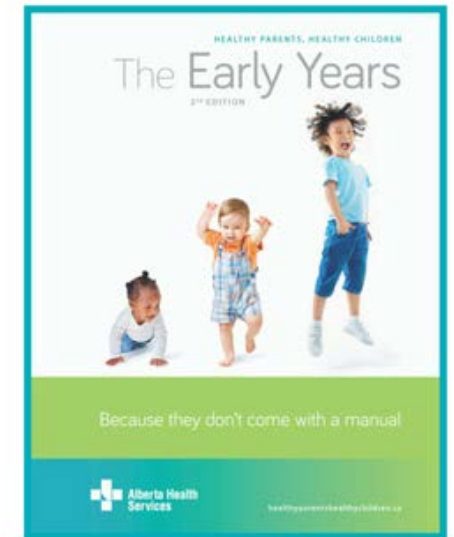
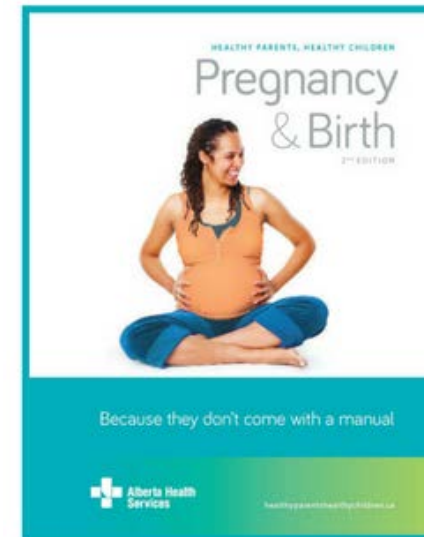
Emergency Parking Lot



East Parking Lot (New Entrance)

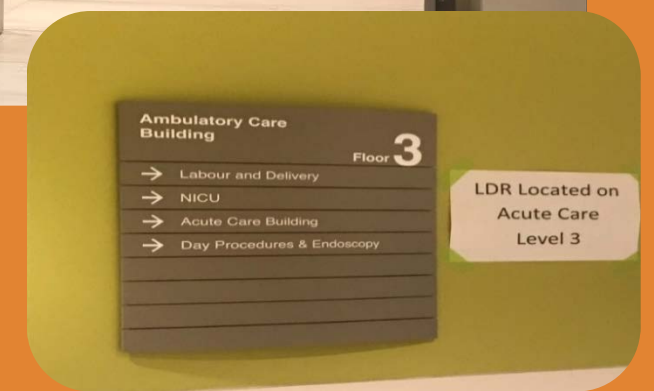
Packing for Labour

- A suggestion of items to bring to the hospital is available in the Healthy Parents Healthy Children 'Pregnancy and Birth' book or online.
- Information for parents from pregnancy through to age six.
- For more information visit <https://www.healthyparentshealthychildren.ca/>



3rd Floor – Labour and Delivery

- Take the elevator to the third floor in the new wing of the hospital (entrance facing 6th Avenue SW).
- Follow the signs to the Labour and Delivery unit.
- Please have your Alberta Health card and a piece of identification ready.



3rd Floor – Labour and Delivery

- It is a locked secure unit, you will need to ring the doorbell on the wall by the door.
- If you have labour supports arriving after you have been admitted, they will need to check in at the desk before being directed to your room.



Assessing Your Labour

- Upon arrival to the Labour and Delivery unit, you will be taken into a private triage room.
- A Nurse will assess your labour, including monitoring your contractions and your baby's heart rate.
- If you are in early labour and are having no problems, you may be sent home with instructions about when to return.
- If you are in active labour, you will be transferred to a private delivery room.



Induction of Labour

- Can be a slow process and can take more than one day.
- Multiple ways to induce labour. Care provider will assess you and decide which is the most appropriate method.
- Depending on your induction method, you may remain in the assessment room until you are in active labour or you may be discharged home.
- If discharged, you will receive instructions to return the next morning for a repeat induction, or sooner if signs of active labour occur.

Your Labour and Birth Room

- Your private labour/birthing room has a bed and chair. Your Nurse/Midwife can also show you how to use the bed and supply you with a birth ball so you are more comfortable.
- There is a fetal monitor beside the bed, which may be used throughout your labour.
- Equipment and supplies are stocked throughout the room for when the baby is born.



Your Labour and Birth Room

- You will stay in this room for the labour, birth, and the first few hours after your baby is born.
- There is a small closet in each labour room.
- Bring only what you'll need for labour, and leave the items you'll need after the baby is born in the car until you are moved to the Maternal Child unit.



Using Water in Labour

- Using water is an effective comfort strategy.
- Each labour room has its own bathroom with a large shower.
- There are also two tub rooms available.



Support During Labour

- You are encouraged to have at least one support person with you during your labour.
- Support people must remain with you throughout your labour and delivery process to support privacy.
- Family and friends not in the delivery room, must remain outside the locked doors.
- Choose supporters who are capable and comfortable with providing emotional and physical comfort measures that you learned in your prenatal classes.



Nutrition Centre for Moms

- There is a Nutrition area on the Labour and Delivery unit where Mom can get snacks, juice, ice, or make hot drinks.
- Keurig coffee pods are available to purchase at the nursing desk.
- Hospital has a coffee shop and cafeteria where your support people can get something to eat and/or drink.



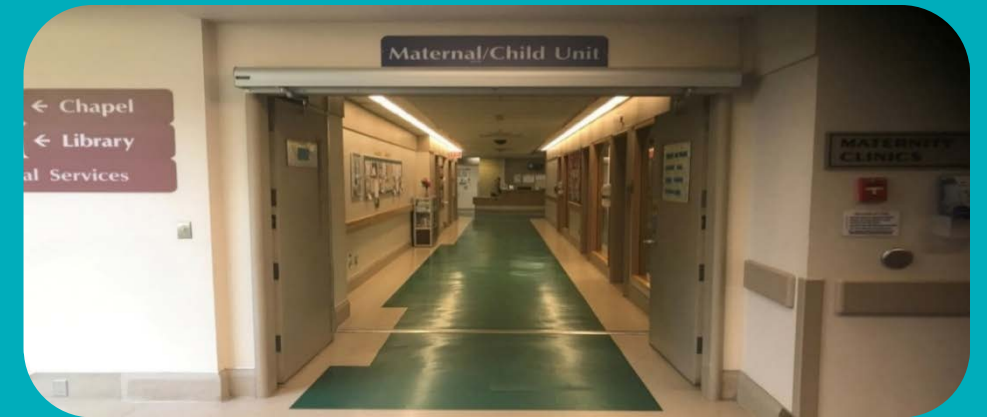
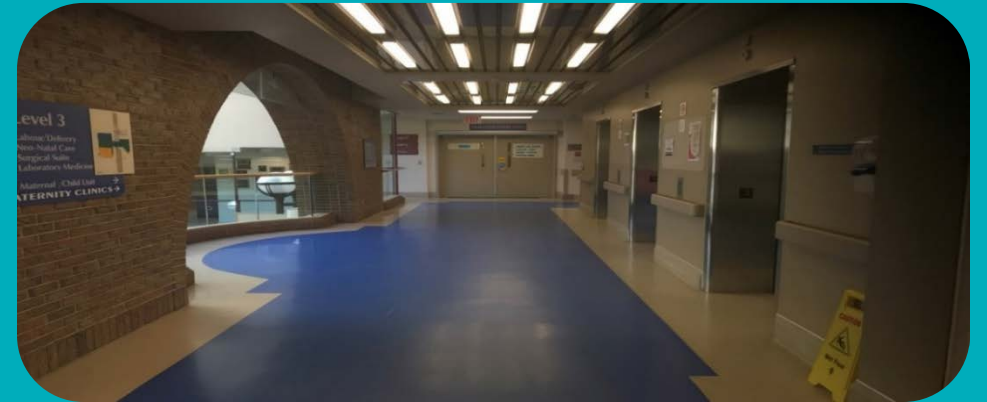
Caesarean Birth

- Should a caesarean birth be needed, there is an operating room on the Labour and Delivery unit.
- After the birth, mom is taken to the recovery room where she will be monitored.
- Mom will then be moved to the Maternal Child unit until discharged.
- Average stay for a caesarean birth is 48-72 hours.



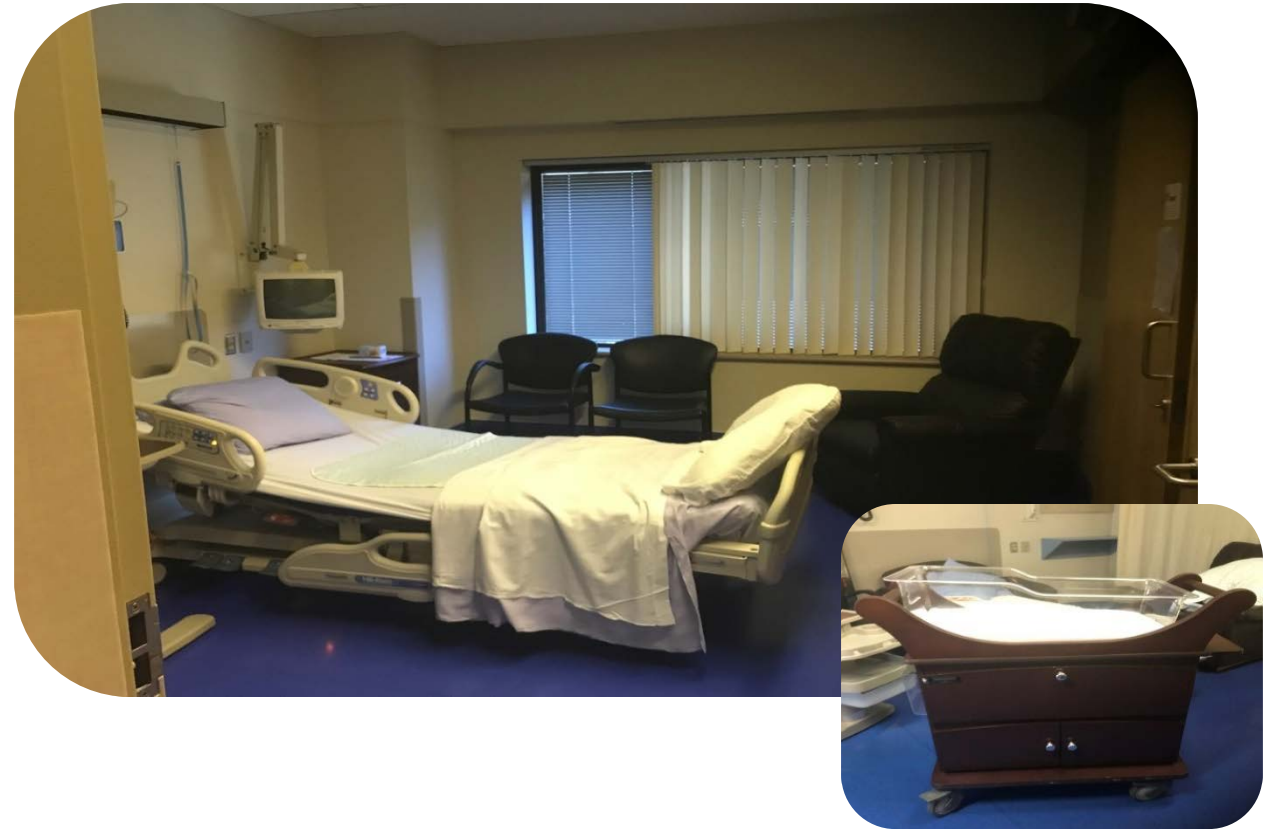
The Maternal Child Unit

- A few hours after your baby is born, you will move to the Maternal Child unit on the 3rd floor.
- Family and friends may visit, but are encouraged to ensure you have time for privacy, self care, and rest.
- You are able to have 1 support person spend the night(s) with you. A cot will be available for your support person.



The Maternal Child Unit

- All rooms are private unless the unit becomes busy, in which case you may have to share a room with another mom and baby.
 - A bassinet is provided for your baby. Baby will stay with you in your room to encourage as much skin to skin contact as possible during your stay.
 - The average length of stay after a vaginal birth is 24-48 hours.
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The Importance of Skin to Skin

- Calms and relaxes both the parent and baby.
- Regulates baby's heart rate and breathing.
- Stimulates digestion.
- Regulates temperature.
- Stimulates feeding behavior.
- Stimulates the release of hormones to support breastfeeding and parenting.
- Enables colonization of baby's skin with their parent's friendly bacteria, thus providing protection against infection.
- Helps preterm babies to be more stable, maintain their temperature, fight infection, grow, develop and be discharged from hospital sooner.

Infant Feeding

- Newborns feed at least 8-12 times in a 24hr period
- Frequent feeds help your body establish your milk supply.
- Your nurses will support you in your feeding choices and help you learn how to feed your baby.
- For more information visit <https://www.healthyparentshealthychildren.ca/im-a-parent/feeding-your-baby>

Neonatal Intensive Care Unit (NICU)

- Beside the Labour and Delivery unit, there is a NICU for babies who need extra help.
- This is also a locked unit, so you will need to ring the doorbell to get in.
- These babies are especially vulnerable, the facility takes additional measures to protect their health. This includes a visitor restriction and going through a 'Family & Visitor Wellness Screening Tool' with the visitors you request.
- To find out if your immunizations are up-to-date, contact your local Community Health Centre.



Going Home

- According to Alberta law, infants must travel in an approved rear-facing car seat.
- Purchase this seat before your baby is born, and read both the manufacturer's instructions and your vehicle owner's manual for correct installation.
- You are encouraged to have your car seat checked before your baby is born for FREE by a certified car seat technician at the Medicine Hat Community Health Centre or Safety City.



Going Home

Upon discharge from hospital, a Public Health Nurse* (PHN) will continue your follow up care. You will have the option of booking either a telephone appointment, home visit or office visit.

The PHN is a Registered Nurse who:

- provides an assessment of you and baby
- answers your questions
- supports you with any feeding questions/challenges
- provides support and information on other services available to you and baby

*Please be advised that if you are a Midwifery client, your Registered Midwife will provide this follow up instead of a PHN

Public Health Follow-Up

Please ensure that you have filled out all of your forms with your correct contact information upon discharge.

- If you live in the Medicine Hat, Dunmore, or Redcliff area, contact the Medicine Hat Community Health Centre **BEFORE** you leave the hospital to book your follow up appointment.
- If you live in any other area, or if you are discharged on a weekend/statutory holiday, the PHN will contact you within 48 hours of when you were discharged from the hospital.

**Best wishes to you, your baby,
and your new family.**

For more information on the pregnancy, birthing, and other classes AHS offers in Medicine Hat, please visit:

www.ahs.ca/southzoneppns