



Primary Care
Alberta



Alberta Health
Services

Northwest Health Centre

Virtual Prenatal Tour

Welcome

This virtual tour brings together helpful information about our prenatal and maternity services available to you and your family.

Our goal is to support you throughout your pregnancy and ensure you feel informed and confident every step of the way.

NORTHWEST HEALTH CENTRE



Northwest Health Centre deliveries

Our team provides care for low-risk pregnancies including:

- **Vaginal deliveries**
- **Caesarean sections (planned & emergency)**

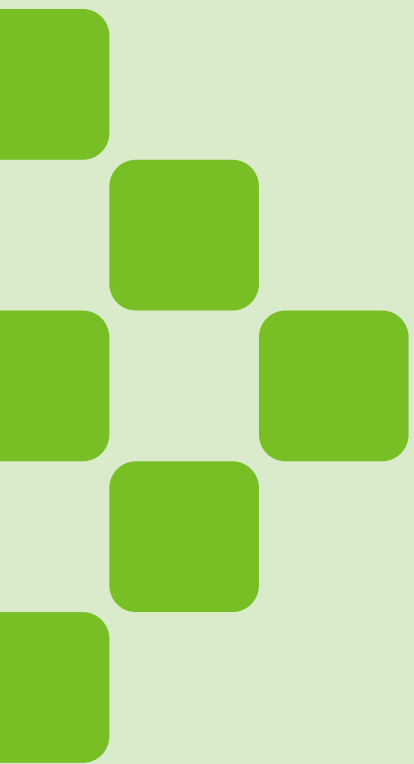
For high-risk pregnancies, your physician may recommend delivering in a larger center such as Grande Prairie or Edmonton. This ensures both you and your baby have access to specialized obstetricians and neonatal intensive care.

Your health care team will work with you to review your options and make a delivery plan that is safe for you and your baby.



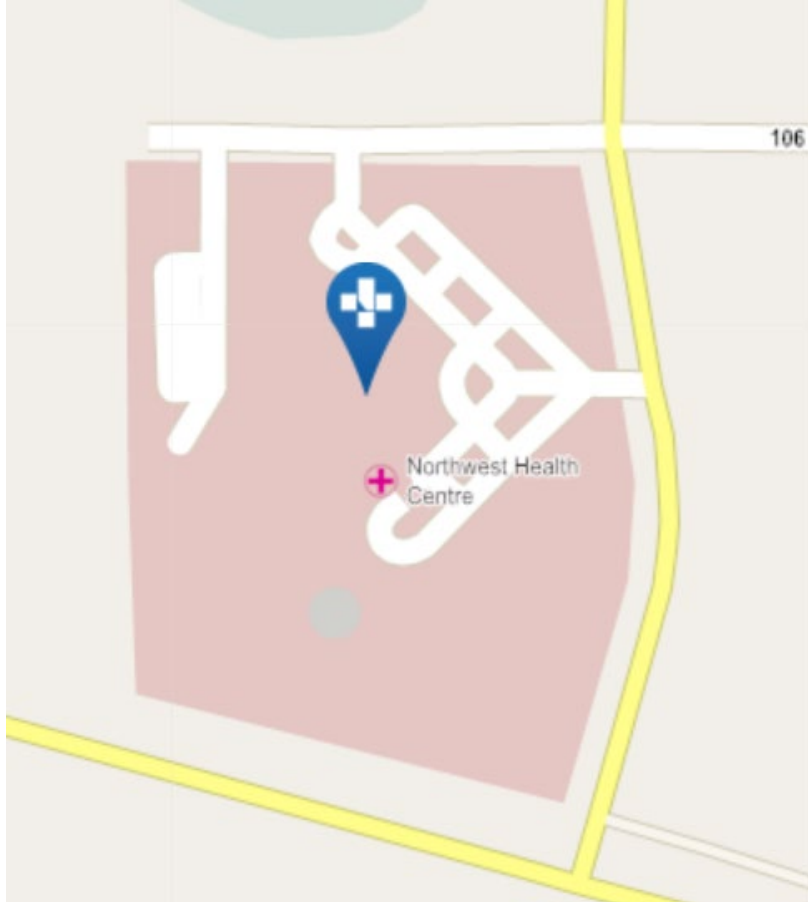
Please come directly to the hospital if...

- You have contractions lasting about 60 seconds every five minutes for one hour
- You are unable to walk/talk through contractions
- Your water breaks/leaking fluid
- You are worried about your baby's movements
- You have bright bleeding like a period
- You need medication for pain relief



Arriving at the Northwest Health Centre

Coming to the hospital



Address:

- 11202 100 Avenue, High Level

Parking Information:

- Public parking is **free**
- Parking is conveniently located **at the front of the building**

Where can you enter the hospital?



Medical Clinic

Please enter through the Medical Clinic Entrance for prenatal and postpartum appointments (new clinic planned to open for 2027)



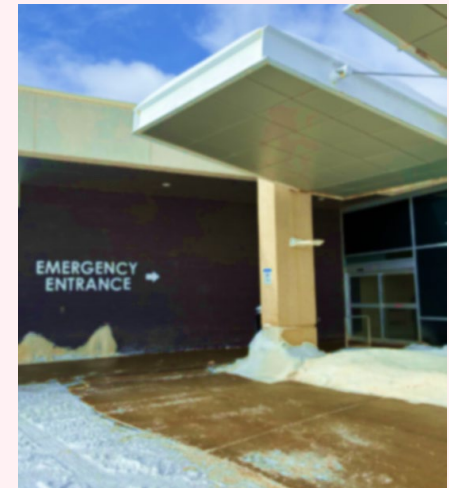
Main Entrance

Please enter through the main entrance to access the laboratory, ultrasound services, cafeteria, and public health appointments.



Emergency Entrance

Please enter here to register for assessment in Labor and Delivery. This is where you will be seen for any pregnancy-related concerns.



Arriving at the hospital

If you are in labor, need assessment, are arriving for an induction or scheduled cesarean section, please use the emergency department entrance of the hospital.



Registration Desk

Where you go to register



Obstetrical Triage

Where a nurse will assess you



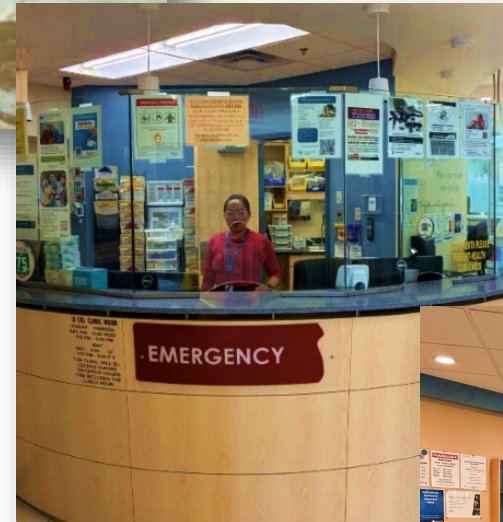
Obstetric Room

Where you will wait to be monitored and seen by the doctor

Check in Process

If you are scheduled for an induction of labor, cesarean section, or non-stress test (NST) please follow these steps:

1. Enter through the emergency department entrance
2. Register at the emergency reception desk
3. Let them know you are here for an induction of labor or cesarean section. You will be asked to wait in the waiting area until a nurse comes to bring you to prepare you

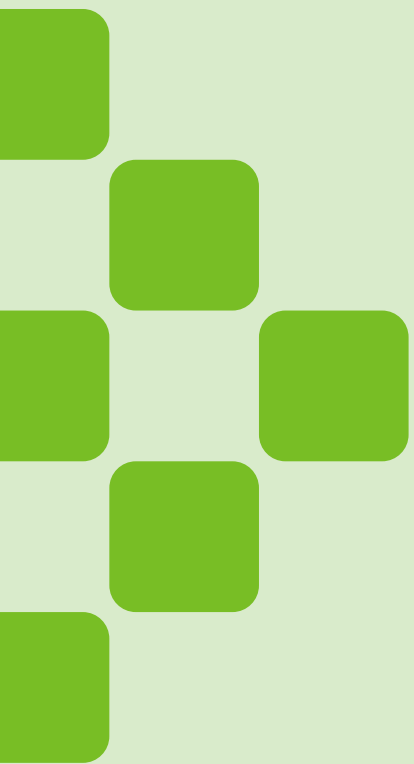


Cesarean Section Delivery

If you are having a planned or emergency cesarean section, you will be taken to the operating room.

- One support person may be present during the birth (if you have a spinal or epidural)
- The procedure usually takes about 1–1.5 hours
- If you and your baby are doing well, skin-to-skin may be done in the operating room
- You, your baby, and your support person will recover in the operating room after surgery
- You will then be transferred to a postpartum room





Labor and Delivery

NWHC Labor & Delivery Unit

Once you are admitted to the labor and delivery unit, you will be taken to one of our four labor rooms.

You are an important part of the team.
We will involve you in decisions about your care and encourage you to share any birth plans or preferences.

Working together

Your healthcare team collaborates with you to provide the best possible care. For your safety, staff will regularly check your identification using verbal confirmation and ID bands.





Your Healthcare Team

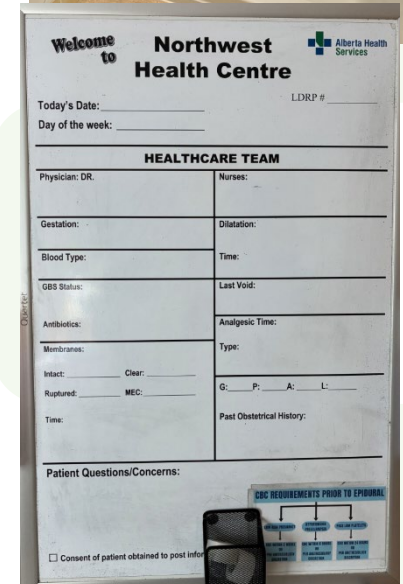
Some of these people may be part of you and your baby's care:

- You and your family
- Unit Clerks
- Midwives
- Birthing Doula
- Family Doctors or Nurse Practitioners
- Service Aides & Food Services
- Social Workers
- Indigenous Wellness Coordinator
- Nurses
- Laboratory technologists
- Head Nurse or Nurse Educators
- Mental Health Supports
- Newborn Hearing Screening Technologist
- Residents and Students



- **Labor bed**
- **Partner chair that converts into a bed**
- **Private bathroom with shower**
- **Television**
- **Storage closet**
- **Bedside table**

Northwest Health Centre – Virtual Prenatal Tour



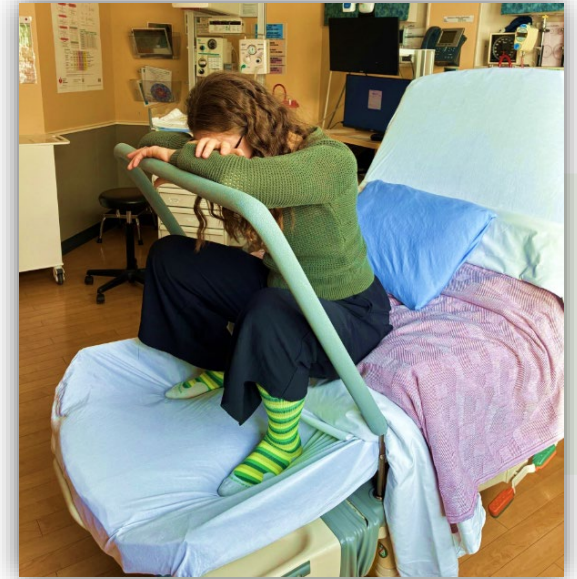


Labor Support & Comfort Options

Staff can support you during labor by offering a variety of tools and comfort measures, including:

Comfort Tools

- Birthing ball
- Peanut ball
- Birthing stool
- Hot or cold packs
- Birthing bar
- Shower





Labor Support & Comfort Options

Staff can support you during labor by offering a variety of tools and comfort measures, including:

Pain Relief Options:

- Narcotic medications
- Entonox (laughing gas)
- Epidural

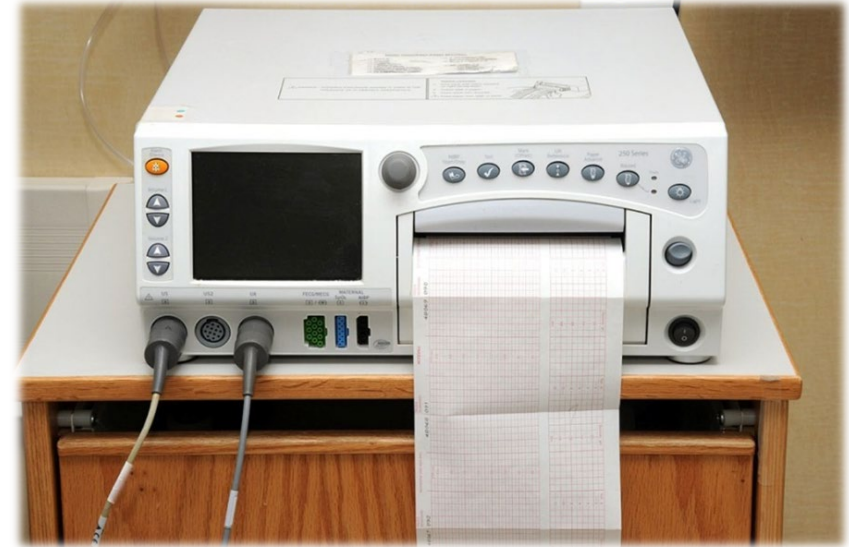
For more information, visit Healthy Parents Healthy Children:
<https://www.healthyparentshealthychildren.ca/im-pregnant/labour-and-birth/pain-relief-options>



What to Expect During Assessments

Your care team may:

- Review why you are here and medical history
- Check vital signs such as blood pressure, temperature, and pulse
- Check baby's heart rate and pattern
- Collect urine and blood samples
- Check your cervical dilation with consent



Waiting Areas



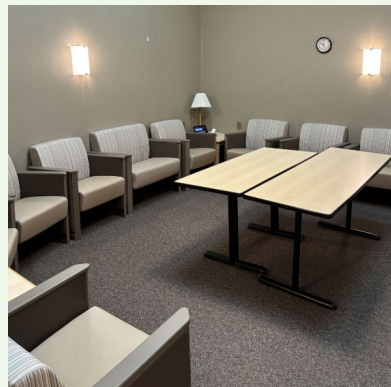
Seating in Acute Care

Located by the labor and postpartum rooms



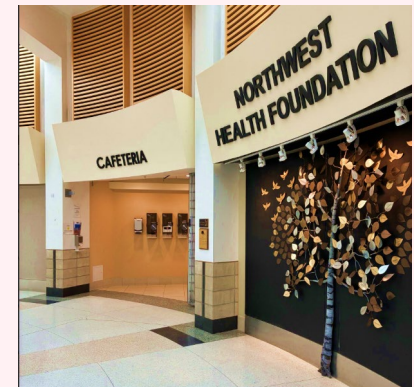
Quiet Room

Used occasionally for large families



Cafeteria

Open 8-10:30 a.m. & 12-3:45 p.m.
Closed weekends & holidays





Scent free hospital

Smoke and Vape-Free

Smoking tobacco and tobacco like products are not allowed on the property

- For example: cigarettes, e-cigs, vaping, or marijuana
- This is for the health and safety of patients, visitors, and the care teams.
- For help quitting or reducing visit [AlbertaQuits.ca](https://albertaquits.ca)

Scents

Scented products like perfume or cologne are not allowed

- No fragrant flowers or candles



Smudge & Indigenous Ceremonies

Indigenous Smudge and Ceremonies are welcome

- Please ask our staff before beginning or if you want support from the Indigenous Wellness Team

Privacy requested

A spiritual Indigenous ceremony is taking place in this room

Please do not disturb

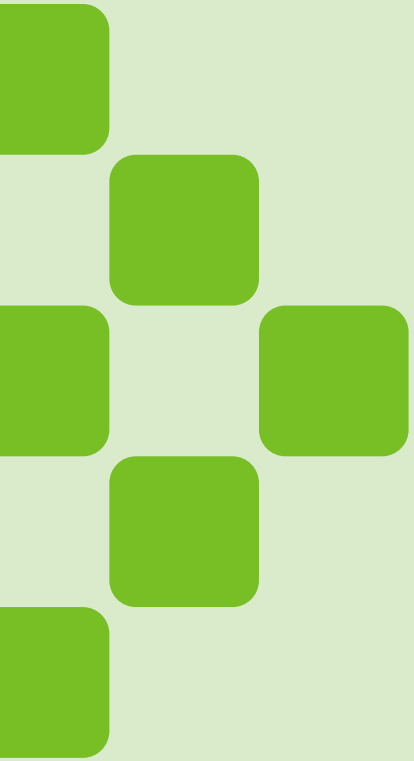
We support and encourage Indigenous patients and families to hold spiritual ceremonies here. Ceremonies often include burning sacred medicines that create aromatic smoke and odour.



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Safety measures are in place. The fire alarm does not need to be activated. To learn more about spiritual and cultural Indigenous practices, and the safety measures we're taking during ceremonies, visit the Insite pages for:

Indigenous Wellness Core
AHS Fire Life Safety



Newborn & Postpartum

Postpartum Rooms

There are four postpartum rooms available:

- Two private rooms
- Two semi-private rooms

In semi-private rooms, you may share the space with another patient. A curtain is used to separate each area, and the bathroom and shower are shared.

Bassinets are available for all babies, and safe sleep practices are encouraged.





After Delivery

Vaginal Delivery

- Right after birth, your baby will be placed skin-to-skin on your chest.
- Delayed cord clamping is usually done for one minute. After that, the umbilical cord will be clamped. You or your support person may choose to cut the cord.
- Your baby will stay with you in the room, and you can begin feeding as soon as you feel ready. After a few hours, you will be moved to a postpartum room.

Caesarean Section

- After your baby is born, the nursing team will complete a quick assessment. If your baby is doing well, they will be brought to you in the operating room for skin-to-skin contact.
- You and your baby will stay together in the operating room, which usually takes about 1–2 hours.
- Afterward, you will both be moved directly to a postpartum room for recovery.

Unwell Baby

Some babies may need additional care after birth.

- Each labor room and the operating room has a dedicated infant care area.
- If your baby needs extra oxygen, breathing support, or further testing, the care team will discuss this with you.

Nursery

Used as a care area for babies who require extra monitoring/care.





Routine Postpartum



Vaginal Delivery

Usually discharged 1 day after delivery.



C-Section

Usually discharged 1-2 days after delivery.



Car Seats

A rear-facing car seat is a requirement for all infants in private vehicles. Please bring your car seat.



Referrals & Paperwork

Please complete your information of where you will go after discharge. Newborn registry information is provided to parents.



Newborn

Routine heel poke is done after 24 hours for all babies in Alberta.
Newborn hearing test may be completed in hospital or after leaving.



Delivering Parent

The delivering parent will have blood work after delivery, and nurses will provide teaching and support on all things postpartum.



Visitors are Welcome!

- We encourage family to be a part of delivery, especially a birthing support person.
- Visting hours are 24 hours, 7 days a week.
- Children are invited during the day, but are not allowed to stay overnight.
- During busy times or for large groups, family members may be asked to use seats outside the delivery room or our quiet room.

**** Visitor policies may change due to evolving isolations/capacity policies****



Hand Hygiene

- **Clean hands is the best way to prevent the spread of germs.**
- **Please wash your hands before and after your visit or before handling your baby.**

Hand hygiene



 **Our health is in our hands**

It's powerful. Washing and sanitizing our hands is an effective way to stop germs from spreading

 For more information, visit ahs.ca/handhygiene

 **Alberta Health Services**
Infection Prevention & Control

Pregnancy Loss Support

We recognize that not all pregnancies end with a live birth.

- If you see a tree symbol, it may indicate that a family is grieving the loss of a baby. We ask that this be met with kindness and respect.
- We offer support and resources during this difficult time. Families will be offered a memory box to help honor and remember their baby. There is also an optional memory board shown here in the hospital

Our team is here to support you with care, compassion, and respect.



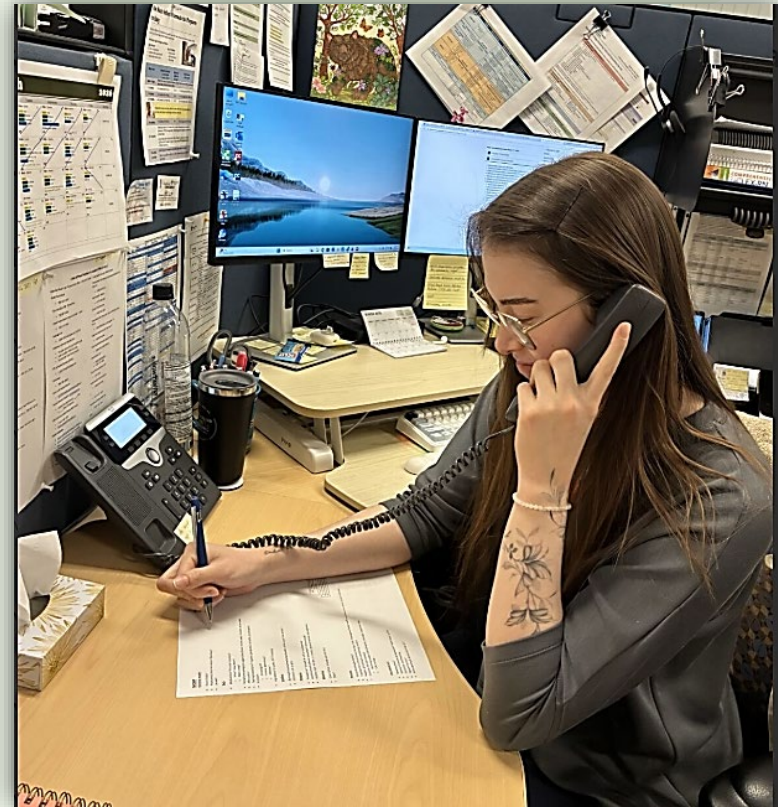
After Leaving the Hospital

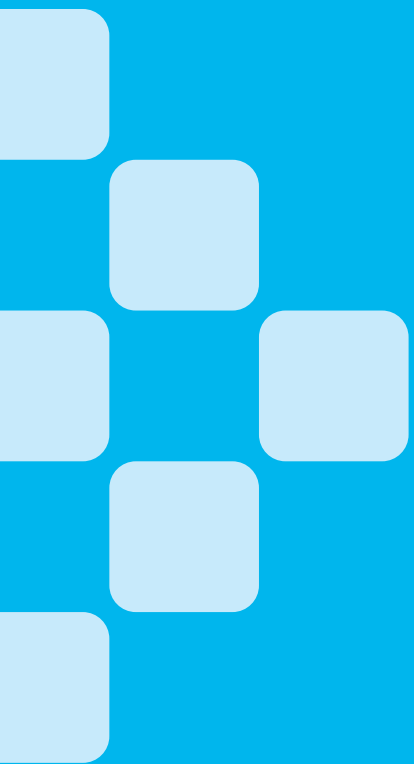
Healthy Beginnings Program

- After you return home, a Public Health Nurse from your local community will contact you—usually within 24–48 hours.

Public health will:

- Check in on both you and your baby
- Answer any questions or concerns
- Offer a home or clinic visit
- Provide breastfeeding support





Resources

Resources

- [In-Person Group Classes](#) – Learn about pregnancy, labor, delivery, and newborn care in a supportive group setting.
- [In-Person One-on-One Education](#) – Personalized prenatal education tailored to your needs.
- [Online Virtual Northern Alberta Prenatal Classes](#) – Convenient online classes you can attend from home.
- [Healthy Parents, Healthy Children](#) – A free online resource with trusted information for pregnancy, birth, and parenting. <https://www.healthyparentshealthychildren.ca/>

To register or learn more about
available programs, call High
Level Public Health:

 **780-841-3230**

OR

Scan the QR code to register
for a virtual prenatal class





**We look forward to
seeing you soon**

PrimaryCareAlberta.ca | AcuteCareAlberta.ca