Welcome to the Lois Hole Hospital for Women

We trust this information will answer some of the questions you may have about giving birth to your baby at the Lois Hole Hospital for Women.
Please come directly to the hospital if:

- You feel you are in labor
- You have bright red bleeding
- You feel you are in an emergency situation
- You feel like the baby is not moving as much
- You feel the birth of your baby is about to happen
- You feel like your ‘water’ has broken or you are leaking fluid
What should you bring to the hospital?

For labor and delivery:
- Prenatal records
- Money for parking
- Lip cream/massage cream
- Washable robe and slippers
- Shower cap, toothpaste, toothbrush, mouthwash
- Coaching supplies- stop watch, snacks, pencil, paper
- Magazines, books, cards, music via battery operated device

For maternal/child care unit:
- Change for pay phones
- Washable robe, gown, slippers
- Supporting bra, breast pads, underwear, maternity vaginal pads (you may find incontinence underwear for women provide a comfortable alternative to maternity vaginal pads)
- Toothpaste, toothbrush, sanitary pads (if you have your own preference), shampoo, comb, hairbrush, soap, deodorant
- Comfortable clothes to go home in
- Black ink pen for registration forms for birth certificates, etc.
The Lois Hole Hospital for Women
Infant Fall Prevention Program

GUM for MUM!

Chewing gum helps you stay alert when holding/feeding baby.

Safe practices for here and at home.

Bring a package of your favorite gum!
Car Seat

You will not require the baby’s car seat until you are ready to go home with your baby.

It is the law in Alberta that every baby must be in a car seat while in a private vehicle. Please bring your car seat, baby blankets, baby clothes and diapers to the hospital when the baby is discharged.
The Lois Hole Hospital for Women is located in the Robbins Pavilion at the Royal Alexandra Hospital.

Inside Access: To access the Robbins Pavilion Lois Hole Hospital for Women from the main building (ATC or DTC) of the Royal Alexandra Hospital, take the glass elevators or stairs to the second floor. The entrance to the Robbins Pavilion Lois Hole Hospital for Women is located at the back of the second-floor atrium (north).

Outside Access: The external entrance to the Robbins Pavilion Lois Hole Hospital for Women is located just off of 111 Avenue.
By clicking on the link below, you are provided with the most current and complete parking information available.

Scent Restrictions

Perfumes and strong scents can create health problems such as:

- headaches
- dizziness, lightheadedness
- nausea
- fatigue
- weakness
- insomnia
- malaise
- confusion
- loss of appetite
- depression
- anxiety
- numbness
- upper respiratory symptoms
- shortness of breath
- difficulty concentrating
- skin irritation

When working at, or visiting our facilities, please don’t wear perfumed products or bring in highly scented flowers such as Baby’s Breath, Lilies and Lilacs.
Welcome to our Tobacco and Smoke Free Environment

Please be aware that the use of tobacco products is not permitted on Alberta Health Services sites. Sites include grounds, facilities, property and vehicles in an area owned, operated, leased or funded by Alberta Health Services. Property includes parking areas, vehicles parked in parking lots, and sidewalks on site.

Those found in violation of Alberta’s Tobacco Reduction Act may be subject to a fine.

There are options available to all patients and clients intended to keep them comfortable while they are unable to use tobacco products at an Alberta Health Services site. These include nicotine replacement therapies (NRT) such as the nicotine patch, or gum. Patients or clients should speak to their healthcare provider for details.

For help with quitting tobacco use, call the AlbertaQuits Helpline at 1.866.710.QUIT, visit www.albertaquits.ca, or speak to your healthcare professional.
Alberta Health Services is committed to partnering with you in providing safe, quality care.

You can help us stop germs by using the alcohol-based hand rubs located throughout the hospital or washing your hands thoroughly with soap and water.
If you aren’t sure if your health care provider has cleaned their hands before coming into contact with you, it’s okay to ask.

Please remind others to clean their hands, such as your family members and friends, especially before coming into contact with your baby.
Verify Your Personal Identification

We routinely check your identification. Upon arrival to the hospital, we will check to make sure your information matches the medical record.

Before you receive care, medications, or undergo a procedure, we will ask you to confirm your identity by stating your name and we will check your arm band.

We haven’t forgotten who you are. This is a safety precaution.
It's Your Baby
Don't give your baby to anyone who does not have hospital identification.

You have the right to say “no” if you are not comfortable with a request to take your baby.

When they bring your baby back, hospital staff will check your arm band and your baby's arm band to make sure they match.

Hospital staff will only give your baby back to you or your partner if the arm bands match.

Making Healthcare Safer Together
Everyone wants healthcare to be as safe as possible—patients, their families and friends, healthcare providers, and healthcare leaders.

We invite you to work with us to help make sure that your care and the care of your baby are safe. Be aware, be informed, and be involved.

If you would like to learn more about the information in this brochure, ask your healthcare provider.

Health Advice and Information
Health Link Alberta is a 24-hour a day telephone nurse advice and information line.

Health Link Alberta
Toll-free:
1-866-408-LINK (5465)

Calgary and area:
403-943-LINK (5465)

Edmonton and area:
780-408-LINK (5465)

Safer Together: Safety Information for New Mothers, their Families, and their Friends
You have an important role in making care safe by being aware, being informed, and being involved.

Preventing Falls
New mothers can sometimes feel dizzy or faint. Use your call bell to call for help.

Have someone help the first time you get out of bed after your baby is born. Do not get up alone.

While still in the hospital, do not carry your baby in your arms if you go outside your room. Put your baby in the cot.

Because even newborn babies kick and wiggle, it is easy for them to fall from furniture and other surfaces. It can happen very fast—even if you think your baby is too young to move much!

Always stay with your baby when he or she is on a high place like a change table or bed. Keep one hand on your baby the whole time.

Washing Your Hands
Clean hands are the best way to stop spreading germs and to keep your family healthy.

Make sure everyone who holds your baby washes their hands first.

Other times to wash your hands are:
- If they look dirty
- After using the washroom
- After changing a diaper
- Before breastfeeding or bottle feeding
- After you have sneezed or coughed
- Before preparing or eating food

Caring for New Mothers
Tell your nurse, doctor, or midwife right away if:
- you have pain in your chest or trouble breathing
- you have bleeding that is soaking a pad in 1 hour or less
- you have a very bad headache that will not go away
- your vision is blurry
- you are dizzy
- you have pain, redness, or swelling in your legs
- your breasts are overfull, hard, and/or painful
- the pain in your C-section incision is worse
- you are having trouble passing stool or urine

Keeping Your Baby Safe
There are many things you can do to keep your baby safe. If you have any concerns about your baby such as choking, your baby’s breathing, colour, or feeding, speak with your nurse, doctor, or midwife.

Safe Sleep
The safest place for your baby to sleep is in the cot. Always put your baby to sleep on his or her back. Do not put anything in the cot with baby including loose blankets and toys.

Never Shake your Baby
Never, ever shake your baby for any reason. Babies have weak neck muscles and heavy heads. Even a few shakes can cause serious damage or even death.

Use a Car Seat
Always use a car safety seat, starting with your baby’s first ride home from the hospital. Car seats should be the right size for your baby and have a CMVSS sticker.

Keep Sick People Away
Keep people who feel sick or have a runny nose, cough, fever, or upset stomach away from you and your baby until they are well.

Jaundice
If your baby has yellow skin, tell your nurse, doctor, or midwife. Jaundice can sometimes make your baby very sick.
The Importance of Breastfeeding

Kangaroos Know... Do You?

Skin to Skin; More than a gentle touch...

Separation of the infant from its mother causes stress or “shut down behaviours”. Dr. Nile Bergman describes the “protest – despair” response as a significant factor leading to undesirable changes in the newborn’s heart rate, respiratory rate, blood pressure, oxygen saturation, vagal tone and plasma cortisol, all signs and symptoms of stress.

What is “skin-to-skin”?

- Uninterrupted skin-to-skin contact between a mother and her healthy full term infant.
- Similar to Kangaroo Mother Care (mothers and premature infants).
- Time together should remain uninterrupted until after first feeding.

How do we achieve skin-to-skin?

- Newborn on mother’s nude chest
- Newborn is either completely nude or with only a diaper
- Newborn is placed vertically between mother’s breasts
- Newborn is covered with a blanket

Benefits

For Mother
- Increased uterine contractions
- Increased rest
- Increased attachment to infant

For Father
- Baby cries less
- Decreased stress hormones
- Decreased testosterone in father; increased estradiol

Results are Amazing!


“Depriving infants of this experience exerts a lasting impact on the infant’s growth and development”
At the main entrance, you are provided with a 10 minute loading zone. This zone is convenient for patient drop off and pick up.
Please review this important information for after hours access to the Robbins Pavilion

You are in the Robbins Pavilion Level M

If you are having a baby and it is after 9PM

Please go directly to 4th floor; Unit 4East Labor and Delivery

Press the intercom button on the Left for security access
Lobby

The elevators are located in the main level lobby to take you to the labor and delivery unit 4 east.
Arrival to Labor and Delivery

Proceed to the 4th floor labor and delivery unit 4 east, turn left as you exit the elevators, and you will be greeted by the doctors and nurses at the main desk.

Your support person is welcome to be with you.
Assessment/Induction Room

You may be accompanied to unit 4 south if you have come to the hospital to for:

- assessment
- induction of labor
- or if you are in early labor
Your nurse will discuss with you the reason for your visit.

A baby monitor may be placed on your belly to listen to the baby’s heart rate and record contractions you may be having.
Birthing Room

If you are in active labor, you will be provided a birthing room.

This is a room with the equipment needed for labor and delivery.
There is a closet in each room for your belongings which includes a safe, but please leave valuables and large amounts of money at home.
Call-Bell System

Your nurse will demonstrate the call-bell system available at your bedside and orientate you and your support person to your surroundings.
Each birthing room has a private bathroom with a soaker bathtub and a shower. Water can feel very soothing in labor.

Hair dryers are provided in all bathrooms.

There are emergency call bells in the shower and by the toilet in case you need any assistance.
Birthing Bed

Your birthing bed allows you to raise and lower the head and foot of the bed for your comfort.

The birthing beds are then transformed into a chair-type design for the birth of your baby.
Labor Lounge

There is a small kitchen and labor lounge area for you to make a snack or walk around in.

If you bring any food or drink from home which requires refrigeration, please label it with your name.

Visitors will be directed to use the Visitors Lounge.
Your family and friends are encouraged to wait in the visitors lounge located just outside the labor and delivery unit.

Courtesy phones are available in the visitors lounge. Long distance phone calls can be made from the payphones located in the main lobby.

To protect the confidentiality and the safety of our patients, your visitors are not permitted to wait in the hallways.
Canadian Blood Services’ Cord Blood Bank collects voluntarily donated cord blood units at the Alberta Health Services’ Lois Hole Hospital for Women.

As your baby’s birth approaches, think about making a cord blood donation.

You have the power to Give Life to patients like Jessica. Because two babies’ families gave life through cord blood donation, she can watch her own children grow up.

www.blood.ca/cordblood
How do I donate Cord Blood?

• **STEP 1** Download the information kit from our website blood.ca/cordblood. Print and fill in the forms.

• **STEP 2** Give completed forms to your healthcare provider or bring it with you on your day of delivery. Tell your nurse or your healthcare provider of your intent to donate.

• **STEP 3** Your baby’s cord blood will be collected in hospital by a qualified professional.

• **STEP 4** If your baby’s cord blood unit qualifies, a nurse will visit you before you leave the hospital for a second consent, blood work and a health questionnaire.

*Free interpreter and translation services are offered in Punjabi and Chinese for mothers whose first language is not English. Contact us via email at cordblood@blood.ca to request this service.*
Infant Care Center

After the baby is born, he or she is usually placed on your tummy where the umbilical cord will be clamped and you or your support person can cut the cord.

There is an infant care center in each birthing room with equipment such as oxygen and suction in case your baby needs additional care.
Your Newborn

Your baby will be weighed, and an identification band with your name will be placed on your baby’s ankle and wrist.

If all is well, your baby is kept in the room with you and you can begin feeding your baby as soon as you and baby are ready.

Following the delivery, you and your baby will be transferred to one of the maternal/newborn care unit, located on the 2nd and 3rd floor.
Newborn Resuscitation and Stabilization

If your baby needs special care and monitoring, the labor and delivery unit and the operating room have immediate access to neonatal intensive care staff and equipment.
Operating Room

There are 2 operating rooms located on the 4th floor where a cesarean section can be done if you require it.

If you have a spinal or epidural anesthetic for the cesarean birth, one support person may be able to attend the birth.

A cesarean section takes approximately 1 hour.
Cesarean Section Recovery Room

Your baby will go to the recovery room with you, if all is well.

You and your baby will be in the recovery room for about one hour.

One support person can be with you in the recovery room. Other visitors can see you and baby when you are transferred to the maternal/newborn care unit.
Twins

The birth of twins, and other multiples, may occur in the operating room to accommodate the extra needed medical and nursing staff and equipment.
Maternal/Newborn Care Unit

Unit 2 east and unit 3 east are the two maternal/newborn care units.

You can expect to stay in the hospital for 24 hours following a vaginal delivery or 2 days following a cesarean section.

There are three types of rooms and one will be booked for you after you have delivered your baby.

You will receive your room preference if it is available.
Semi Private Rooms

If you are staying in a semi private room you can expect to be sharing a room with another patient and baby. However, there are two closets and two safes.

You share one bathroom.
Private Rooms

You and your baby have the room to yourself with a private bathroom.

A sleeping chair is available for your support person to rest in all private rooms.

Fees may apply for private rooms.
Enhanced Private Room

This room has a homelike atmosphere with a queen size bed, big screen TV and accommodations for your support person.

Fire and Safety regulations do not permit children to stay overnight.

The queen size bed is not electric therefore the enhanced private room is not appropriate the first couple of days after a Cesarean birth.

Fees apply for enhanced private rooms.
Bathroom

The bathrooms on the maternal/newborn care units include a walk in shower and a hair dryer.
Visiting Hours:

Labor and Delivery Unit:

Significant others, family and grandparents may visit anytime if agreeable with Mom.

Maternal/Newborn Care Units:

Significant others, family and grandparents may visit anytime if agreeable with Mom.
Interactive Bedside Terminals (IBT)

The interactive bedside terminal offers you entertainment services such as television, radio, phone, access to your email, and the world wide web.

You will also be able to access other useful information such as, resources on health conditions and treatments, daily menus, visiting hours, hospital amenities and site maps.

Information and cost is available at your bedside.
Coffee Kiosk

The Robbins Pavilion offers healthy nutritional choices for snack options.

The coffee kiosk is located in the main lobby.

Accepts cash and debit.

Vending machines are located in the visitors lounge on each level.

Coffee Kiosk hours of operation are:
7:30 am – 3:30 pm
Monday – Friday
(closed weekends and holidays)
Food Court

Third party operated consumer food and beverage outlets are located in the Royal Alexandra Hospital Diagnostic Treatment Center basement level.

Hours of operation vary.
Resource Center

Visit the resource center located on the 2nd floor of the Robbins Pavilion.

Turn right as you exit the elevators and proceed to the end of the hall.

Here you can access computers and educational information on a variety of health topics.

Interpretive services are available.

Resource Centre open:
Monday to Friday
9:00 am – 12:00 pm and 1:00 pm – 3:00 pm
(closed weekends and holidays)
Ted and Lois Hole Healing Garden

Spend some personal time in the Ted and Lois Hole healing garden located on the 2nd floor just around the corner from the resource center.

The healing garden is subject to seasonal closure.
Robbins Chapel

This is a spiritual sanctuary and sacred place set aside for private prayer, sacred services and practices.

You can find the Robbins Chapel on the 2nd floor of the Robbins Pavilion across from the healing garden.
Cultural, Spiritual and Religious Diversity

Spiritual, and emotional care is encouraged as patients, residents and families rely upon their own beliefs.

Multicultural and Aboriginal Culture Helpers are honored to provide ceremonies' and support.
The gift shop is located in the main lobby of the Robbins Pavilion and the Lois Hole Hospital for Women.

Hours of operation vary.
Prenatal Classes

Different types of prenatal classes and hospital tours are offered at the Lois Hole Hospital for Women.

Registration is dependant on availability.

Fee schedules vary.

Please call 780-735-4204 for further information.
Congratulations in advance on the birth of your baby!

If you have any questions, please speak to your primary healthcare provider at your regular prenatal appointment.