

Sturgeon Community Hospital Prenatal Virtual Tour

December 1, 2025

Sturgeon Community Hospital



Welcome to the Sturgeon Community Hospital

This information is designed to answer questions you may have about giving birth at the Sturgeon.

You and your healthcare team

The Sturgeon Community Hospital healthcare team strives to provide the best possible care and support for you, your partner and your newborn.

The most important part of the team is you. We will involve you in the decisions about your treatment, care and birth plan.

Let us know what matters most to you. Your care team will let you know their name, role and why they are here to see you.

Your healthcare team includes:

- You and your family
 - Doctors/residents
 - Midwives
 - Nurses
 - Medical students
 - Nursing students
 - Pediatricians
 - Unit clerks
 - Service aides
 - Housekeeping
 - Social workers
 - Spiritual and cultural care
 - Neonatal intensive care team (NICU)
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Please come directly to the hospital if:

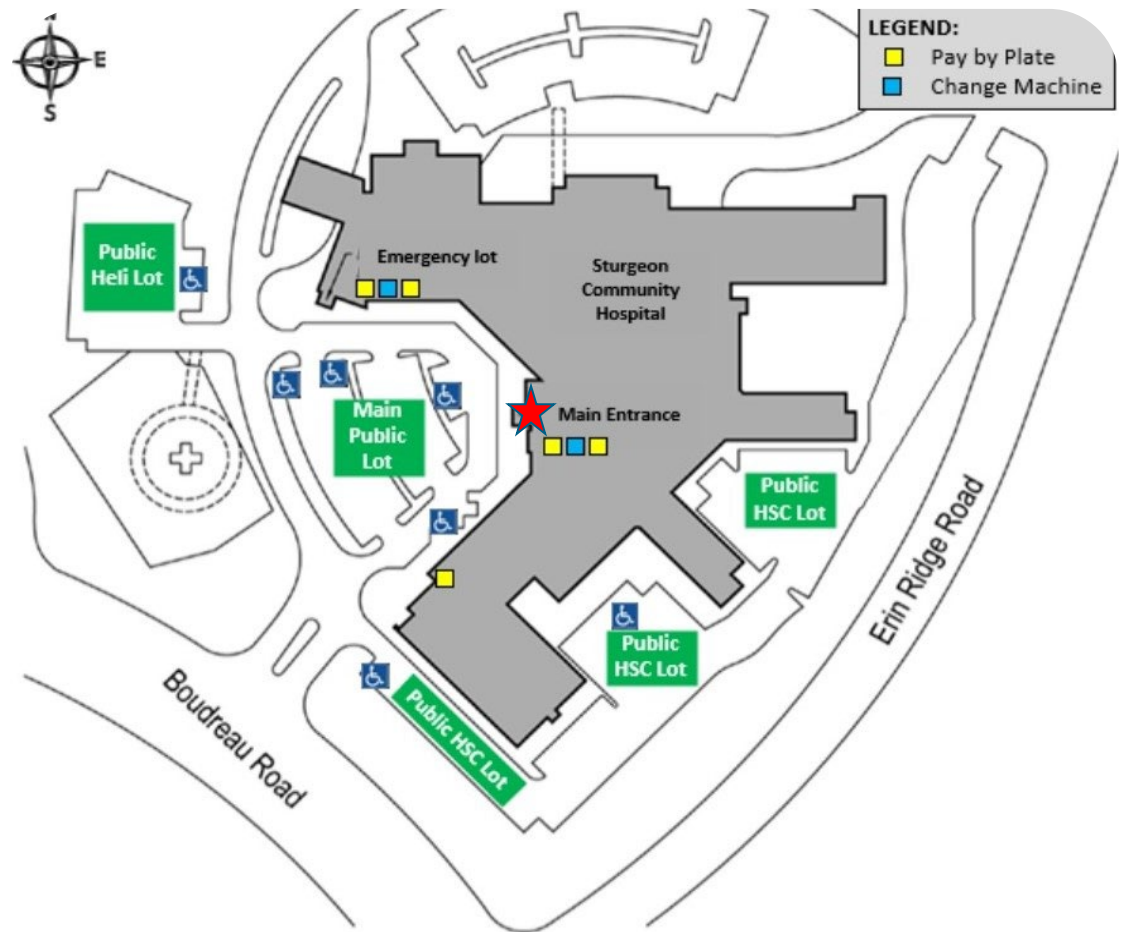
- You have contractions lasting about 60 seconds every five minutes for one hour
 - You are unable to walk/talk through contractions
 - Your water breaks/leaking fluid
 - You are not feeling fetal movements (less than six movements in two hours)
 - You have bright bleeding like a period
 - You need medication for pain relief
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What to bring to the hospital

- Prenatal records
 - Washable robe /slippers
 - Toothpaste/toothbrush, mouthwash, soap, shampoo, hairbrush/comb
 - Coaching supplies – snacks, pen/pencil, paper
 - Supportive bra, breast pads, underwear, vaginal period pads or incontinence underwear
 - Tablet or laptop, music, reading material, cell phone and charger
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Coming to the hospital

The Sturgeon is located at 201 Boudreau Road on the north side of St. Albert.



Parking at the Sturgeon

Parking kiosks are located inside the main hospital doors and the emergency entrance doors.

Click [here](#) for updated parking information and a map for public parking.

AHS parking app
Park zone: 6493



Arriving at the hospital

If you are in labour or need assessment and arrive at the hospital between 6:30 a.m. – 8:00 p.m., please use the main entrance of the hospital.



Arriving at the hospital after hours

If you are in labour or need assessment and arrive at the hospital between 8:00 p.m. – 6:30 a.m., please use the emergency entrance and present to triage.



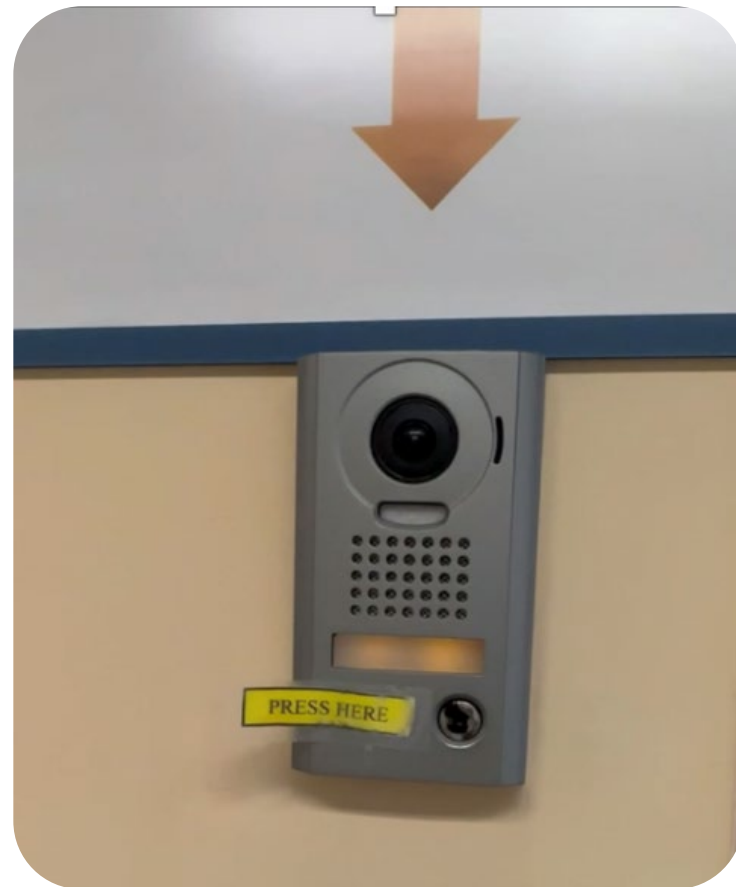
Come directly to unit 25

Once inside the hospital, take the elevators to the 2nd floor and proceed to unit 25 – the Labour & Delivery Unit.



Entering Unit 25 – Labour & Delivery

Unit 25 is a locked unit and you are required to push the doorbell located on the right side of the door to gain access to the unit.



Unit 25- Labour & Delivery

When you arrive on Unit 25 our team will be ready to greet you and assess your needs.



Patient Identification is important

Your patient identification bracelet is given upon arrival at the hospital and checked often during your stay.

Accurate verification of patient identity helps staff ensure each patient receives the health service intended for them and thus avoids:

- harmful incidents such as privacy breaches
 - allergic reactions
 - discharge of patients to the wrong families
 - medication errors
 - wrong-person procedures
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What to expect during assessment

Your care provider will:

- Review the reason you are here
 - Review your prenatal papers
 - Check your blood pressure, pulse, and temperature
 - Check your baby's heart rate and pattern
 - Check your cervix
 - Collect urine and blood samples if needed
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Induction booking process

You might be scheduled for an inpatient or outpatient induction of labour.

- Priority will be given to medical required inductions first
 - The hospital will contact you when we are able to start your induction process
 - The induction process can often take one or more days before being admitted to our labour and delivery unit
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Our assessment & induction rooms



Labour and delivery room

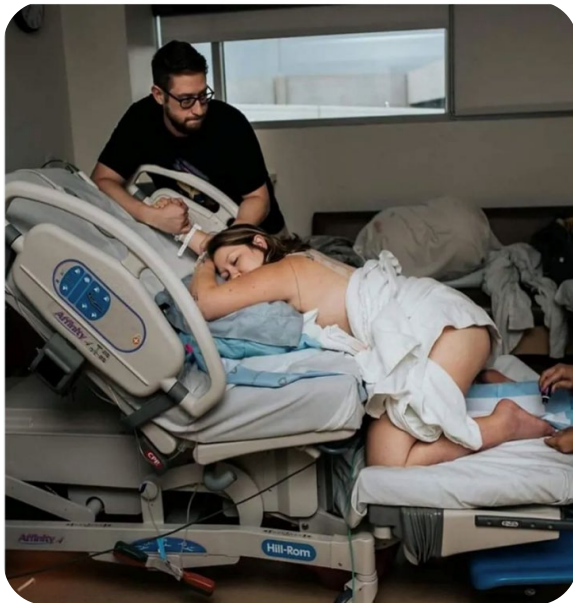
Every patient room will include the following equipment:

- Labour bed
- Partner chair
- Private bathroom with shower and sitz bath
- Storage closet



Labour and delivery room

Our labour beds can be configured into several different positions to support your labour.



Coping and support during labour

Staff will help provide you with labour support tools to help with comfort during labour. This includes:

- Birthing Ball
- Peanut Ball
- Birthing Bar
- Shower/sitz bath

Pain medications including:

- Narcotics
- Pronox (laughing gas)
- Epidural



The baby pause

A baby pause is used to provide you and your support person an opportunity for you and your healthcare team to communicate about how you and your baby are doing.

You may hear the words *normal*, *atypical*, or *abnormal*. These are used to describe your baby's heartbeat.

These terms and your care plan will be discussed often so that you may ask questions and help you develop a care plan that supports you through your labour and birth journey.

Hospital whiteboards

- Whiteboards are installed in all rooms to share information with the care team, you and your family.
- Your care team will meet regularly to review/update your progress using the whiteboard.

WELCOME TO LABOUR AND DELIVERY

DATE: PATIENT: GA: SUPPORT PERSON(S):

YOUR CARE TEAM

NURSE: PHYSICIAN/MIDWIFE: ALLIED HEALTH: ANESTHETIST: G: P:

CARE PLAN:

ROM @: GBS: POS/NEG

DIET: ALLERGIES: BIRTH WISHES/GOALS:

MY LABOUR PROGRESS

WE'RE HAVING

A BOY! A GIRL! A SURPRISE!

LAST EXAMINED:

PAIN SCALE:

0 1 2 3 4 5 6 7 8 9 10

QUESTIONS/CONCERNS:

HEART TRACING

Heart Rate Contractions

BABY PAUSE

A baby pause is a time for the team to talk about your labour and the baby's heart beat. It is done with you and your support person when nurses change or when the doctor comes in to check on you and baby. We will describe baby's heart rate and talk about your labour and the plan of care. You may hear the words 'normal', 'atypical', and 'abnormal'. These words describe baby's heart rate. We also look at the whole picture of your labour. We explain what we are doing so that you may ask questions and help us create a care plan that supports you and keeps you and your baby safe.

TIME OF BIRTH:

WEIGHT: HEAD CIRCUMFERENCE: LENGTH: FEEDING: Breast ☐ Bottle ☐

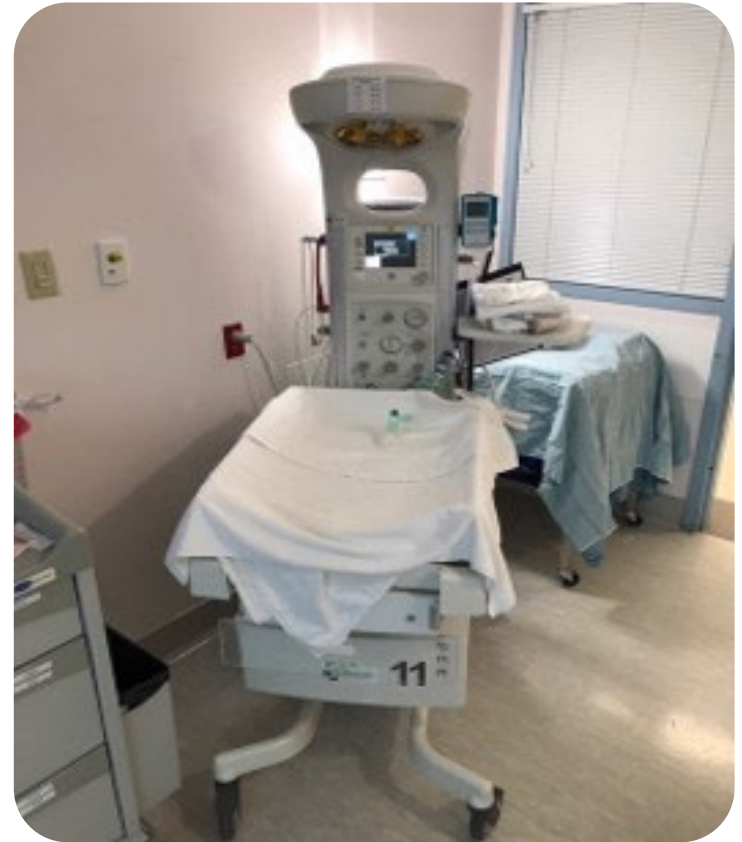
Who will be present at your delivery?



- Primary nurse
 - Physician or midwife
 - Infant care nurse
 - NICU team if needed
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The infant care center in your room is available for use:

- If your baby requires additional assistance after birth
- When weight and measurements are taken
- When a head-to-toe assessment of the newborn is completed
- If your baby requires special care or monitoring



Delayed cord clamping

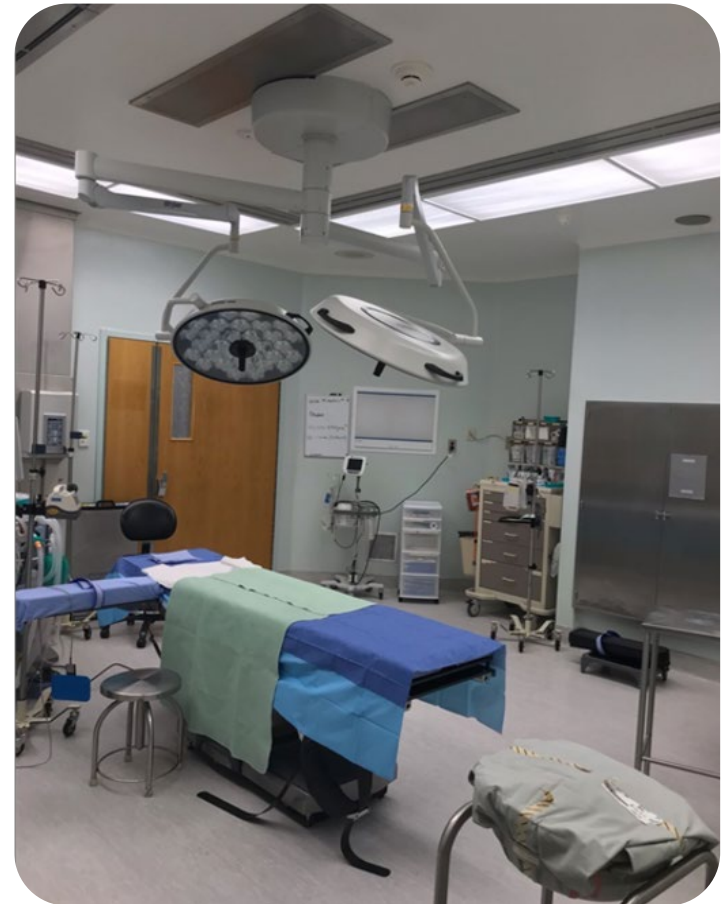
- Delayed cord clamping involves waiting at least 60 seconds, or longer if the infant's condition allows, before clamping the umbilical cord after birth
 - This delay allows more blood from the placenta to transfer to the infant
 - This increases the baby's blood volume, iron stores, and red blood cell count, improving overall health outcomes
 - After one minute, the umbilical cord will be clamped, and you or your support person can cut the cord.
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Following your delivery

- Baby will be placed skin to skin with you or your support person for one hour after birth for transition support.
 - Your baby is kept in your room and we encourage feeding your baby.
 - After one hour and successful feeding, your baby will be weighed, and an identification band with your name will be placed on your baby's ankle and wrist.
 - When you and your baby are ready, you will be transferred to the Postpartum care unit, located on unit 27.
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Caesarean section delivery

- You will be taken to the operating room if you have an elective or emergency caesarean section booked.
- If you have a spinal or epidural for pain relief, one support person can attend the delivery.
- A cesarean delivery takes approximately one hour.



Recovery room – post c-section

Mom, baby and support person are transferred together to the recovery room after a cesarian section.

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



Unit 27- postpartum

The unit features semi-private rooms which you will be sharing with another patient and their baby.

These rooms Include:

- Patient bed
- Partner sleep chair
- Shared bathroom with a shower
- Storage closet



Unit 27- postpartum

A minimal number of private rooms available for patient use. These rooms include:

- Patient bed
- Partner sleep chair
- Private bathroom
- Storage closet



* Currently private rooms are reserved for isolation patients

Neonatal Intensive Care Unit

The Stollery NICU at the Sturgeon includes eight patient beds. Specialized care will be provided for babies born as young as 32 weeks gestation.

The labour and delivery and the operating room have immediate access to the neonatal intensive care unit.



Visitor policy

Typically, on Unit 25 – Labour & Delivery, maternal patients may have support people in the following rooms:

Assessment/triage:

- One support person in assessment and triage room

Labour and delivery:

- Up to two support people once admitted to the labour and delivery room.

Operating room:

- One support person in the operating room and recovery room for c-sections.
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Visitor policy

On Postpartum Unit 27:

- One support person is encouraged to stay 24 hours
- Two other visitors at a time between 8 a.m. – 8 p.m.
- Visitors are not permitted to wait in the hallway
- Children are not permitted to stay overnight

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

Unit 25 – Labour & Delivery

This unit has a visitor lounge with vending machines and a public bathroom.



Lactation support on the unit

A lactation consultant is a nurse who has been trained to teach and advise women about breastfeeding.

You and your care team may decide to consult with a lactation consultant at any time during your stay.



Lactation consultants are often most helpful for women who:

- Never breastfed before
 - Had previous problems breastfeeding
 - Have a chronic health problem, such as diabetes
 - Had previous breast surgery
 - Breastfeeding more than one child
 - Plan to breastfeed while working outside the home
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Lactation consultants are often most helpful for women who:

- Need help using a breast pump
 - Have problems with breast or nipple pain
 - Have a baby who does not seem to be breastfeeding well
 - Have a special-needs baby, such as one who was born premature or with a health problem that may interfere with breastfeeding
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Early hearing detection and screening

Your baby will be screened for early hearing detection.

If we are unable to perform this screening in hospital, you will be contacted by the Glenrose Rehabilitation Hospital to have this screening completed on an outpatient basis.



Clean hands

Clean hands is the best way to prevent the spread of germs or virus.

Please wash your hands before and after your visit and especially before handling your baby.



Scents and Latex

- For the health and safety of patients, visitors and the care teams, please do not use scented products like perfume or cologne in patient areas.
 - Please check with the unit regarding flowers.
 - We do not allow latex balloons on the unit due to severe latex allergies.
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No smoking

The Sturgeon Community hospital has a no smoking policy.

Smoking tobacco and tobacco-like products such as e-cigarettes, vaping or marijuana, is not allowed in the hospital or on hospital property.

Hospital cafeteria

The cafeteria is located on the lower level/basement of the hospital and offers a variety of food items.

Cafeteria hours:

Open. - 8:00 a.m. - 2:00 p.m.

Closed - 2:00 p.m. - 4:30 p.m.

Open - 4:30 p.m. - 6:15 p.m.



What you need to go home

- Car seat
 - Change of clothes
 - Clothes and blankets for baby
 - Arrange a ride home, if needed
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Discharge

You can expect to stay in the hospital for one day for a vaginal delivery and two days for a c-section delivery.

During your stay you will work with your care team to get ready for discharge.

Your nurse will provide you with a card that has a link to Healthy Parents, Healthy Children website where you will find important information regarding your recovery and newborn care.

<https://www.healthyparentshealthychildren.ca>

Infant car seat

- Legally in Alberta, babies must be in a car seat while in a private vehicle.
- You will require the baby's car seat when you are ready to go home with your baby.
- Please bring your car seat, baby blankets, baby clothes and diapers to your room when the baby is discharged.



Additional parenting resources

- AHS Virtual Prenatal Classes:

<https://birthandbabies.com/category/101-a-healthy-pregnancy/>

- Healthy Parents/Healthy Children website:

<https://www.healthyparentshealthychildren.ca>

- myhealth.alberta Pregnancy section:

<https://myhealth.alberta.ca/health/pages/conditions.aspx?Hwid=hw197814>

**Our obstetrical team can't
wait to meet you.**

