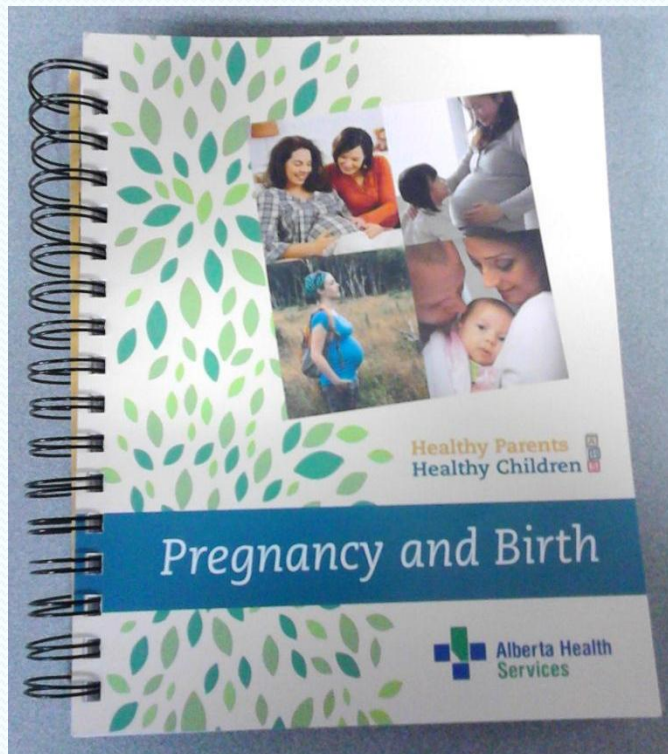




Alberta Health
Services

Whitecourt Hospital Prenatal Tour

Preparing for Baby



- Packing for labour: a list of what to bring to the hospital is available in the *Healthy Parents Healthy Children - Pregnancy and Birth* book on page 135
- The book is available online at www.healthyparentshealthychildren.ca or in hard copy from your doctor or from the Public Health Unit

Welcome to the Whitecourt Hospital



20 Sunset Blvd, Whitecourt, AB T7S 1M8
780-778-2285

Parking

- Parking is free and located in front of the hospital
- Please don't leave your vehicle in the loading zone in front of the doors
- Disabled parking stalls are also available



Main Entrance

Enter the hospital through the main entrance located under the red roofed portion of the hospital.



Registration

- Please present to the admitting desk to register
- The admitting desk hours are 7:30am – 10:00 pm but if there is no one at the desk, please go to the nursing desk
- Alberta Health Services policy is to have you present your Alberta Healthcare card and your photo ID at the time of registration



Entering at night



- The doors inside the foyer are locked around 10 pm
- To enter, press the red emergency entrance buzzer located on the wall
- Go to the nursing station, do not stop at admitting

Nursing Desk



- Go to the nursing desk after registering (if it's after hours, you will come here to register)
- Various staff can be found at the desk such as a unit clerk, LPN, RN, or physician

Labour & Delivery Rooms

- There are two private labour and delivery rooms
- Mom and labour support person will stay in this room for labour, birth, and 1-2 hours after delivery



More about the Labour & Delivery Rooms

- A cot can be provided for the labour support person
- Call bells are used if assistance is needed – usually found on the side rail of the bed and in each bathroom
- Meal trays for the mom are delivered at breakfast, lunch, and supper



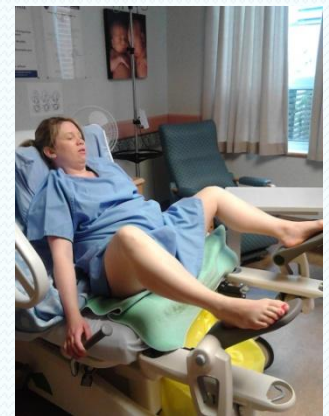
Fetal Heart Monitors

- Fetal heart rates can be monitored by either:
 - 1) Hand held doppler monitors
 - 2) Fetal Heart Monitors that are held in place with stretchy belts on the mother's abdomen and record the baby's heart rate and mother's contractions



Labour & Delivery Beds

- Beds are able to be adjusted in many ways for comfort and position changes
- Beds have hand grips and foot rests & squatting bars are available
- The lower third of the bed can be lowered or removed for delivery of the baby



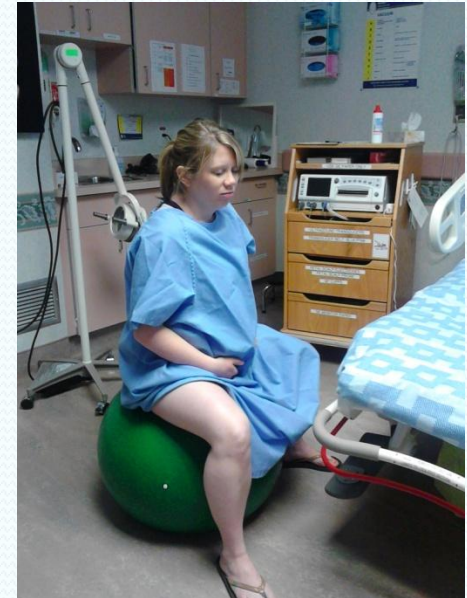
Bathroom/Shower

- The bathroom in the main delivery room is equipped with a shower and hand-held shower nozzle (to allow specific placement of spray)
- At this time, a tub is not available for labour and delivery
- Support person should bring a change of clothes or shorts for assisting in the shower



Birthing Balls

- Birthing balls are available to help with labour, please ask the nurse for assistance if you would like to try positions with the ball



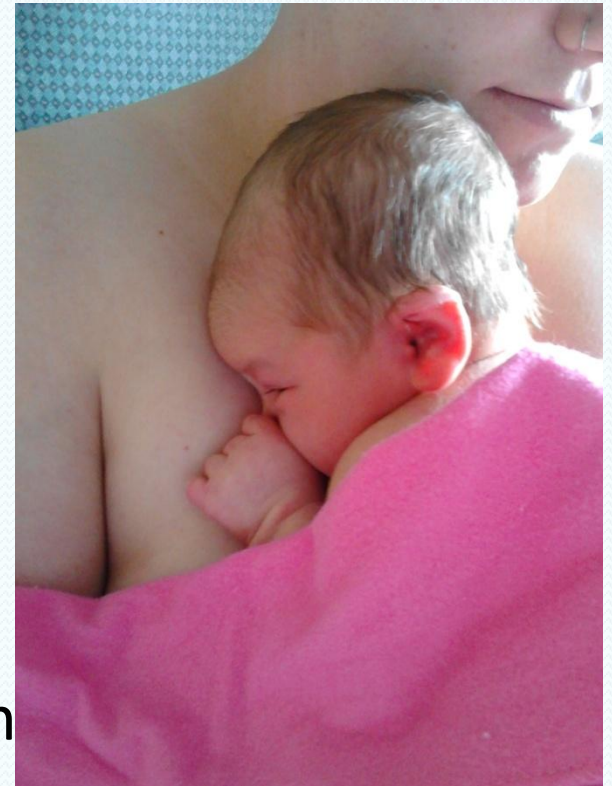
Operating Room

- If needed, a caesarean section can be performed under a spinal (preferred) or general anesthetic
- One support person may be allowed to be present in the operating room



Infant Care

- Most of the time a baby can be placed skin to skin with mom immediately after birth. This is encouraged for the first hour with assessments by the nurses and doctors taking place on the chest if possible.
- If breastfeeding, it is encouraged that baby have an opportunity to feed in the labour and delivery room



More Infant Care



- If baby needs extra attention, the baby will be taken to the infant care center in the labour and delivery room
- Baby will receive a leg band that matches mom's wrist band prior to leaving the room

NICU

- Whitecourt Hospital does not have a NICU (neonatal intensive care unit)
- Babies that require more care are taken to a NICU in Edmonton



Postpartum Room

- After delivery of your baby, you will be transferred by wheelchair with your baby to the postpartum room
- Most of the rooms are private
- *Very rarely*, a new mom and baby may have to share a room with another mom and baby, though every effort is made to avoid this
- For an uncomplicated vaginal delivery, mom and baby stay for 1-2 days and 2-3 days for uncomplicated c-section delivery
- Cots are available for one support person to stay with mom and baby

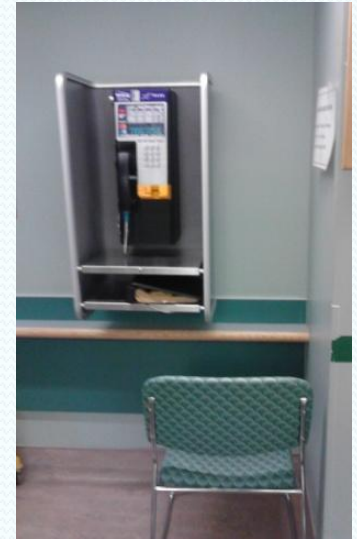
Newborn Care

- Baby stays with mom 24 hours a day and sleeps in a open bassinet (as pictured here)
- If walking with baby, push in bassinet; for safety reasons DO NOT carry baby in arms
- For safety, do not leave baby unattended in the room. Babies are not allowed to leave the hospital until discharged
- Babies may be taken to the assessment room for a weight check, bath or bloodwork
- Parents should always ask to see photo identification of hospital staff who ask to take baby from the room
- Parents have the right to remain with their baby at all times if they wish



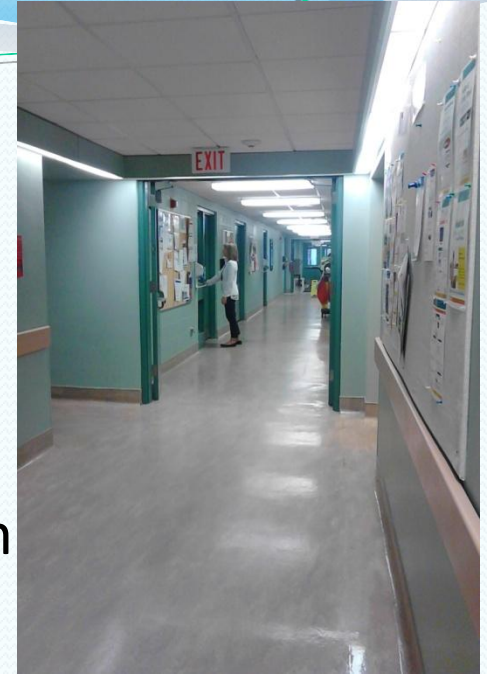
Telephones/Technology

- Cellphones can be used in the hospital
- There is free WIFI
- If you want to listen to music, you will need to bring your own speakers/docking station/earphones, etc.
- TV's in the rooms have channels provided by Eastlink
- Telephones in the postpartum rooms have free local outgoing calls. Incoming calls can be received if you give the person the phone number and extension
- There is a payphone by the admitting desk



Cafeteria

- The cafeteria is located down the hall from the nursing desk
- The cafeteria is open from 7:00 am til 5:30 pm
- Hot lunch is available 11:30 am – 1:00 pm
- Food items available at other times include fruit, sandwiches, yogurt, cold drinks, and baked goods
- Cash only



Kitchenette/Ice Machine

- There is a kitchenette and an ice machine beside the nursing desk for patient and family use
- If placing any items in the fridge, please label with patient name



Vending Machines

Vending machines are located near the admitting desk.
Cash only.



Family Lounge

The day lounge is located at the end of the hallway. It has a TV, books, and a telephone. It is a quiet space for families to visit.



Gift Cupboard

- There are some comfort and gift items available for purchase from the gift cupboard located in the main hallway between the admitting area and the nursing desk
- The gift cupboard is stocked by the Friends of Whitecourt and the money goes back to them to support the hospital
- Please see the admitting staff to purchase items
- Cash only



Carseat



- 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 carseat manufacturers instructions and your vehicle owners manual for correct installation
- For more information on purchasing and installing a carseat check out www.albertaseatbelts.ca

Best wishes to you!

- For more information or to register for prenatal classes contact:
 - Health Link at 811
 - Contact your local Public Health Centre: Whitecourt Public Health Unit (located in the hospital) ph. 780-778-5555
- For other phone numbers and locations go to www.albertahealthservices.ca (search “Public Health Centre”)
- A free online AHS Prenatal class is available at www.online.birthingbabies.com