Congratulations on the anticipated arrival of your baby!
Welcome to the Grey Nuns Community Hospital

We hope this virtual tour will answer some of the questions you may have about giving birth to your baby at the Grey Nuns.
Front Entrance/ Main Admitting

If you arrive at the hospital between 7:00a.m. and 9:00 p.m. Monday to Friday, come through the main entrance of the hospital and go directly to the patient registration desk.

Please do not wait in line, go directly to the front of the line and identify yourself as a maternity patient.
Emergency Department Entrance

DO NOT STAND IN THE TRIAGE LINE.

Go directly to patient registration and tell them you are here due to a pregnancy-related concern.

Emergency admitting is always open
Parking Lots

The best place to park is the front parking lot, south of the main entrance.

You can pay by the hour or pay the daily fee which provides 24 hours of parking.

The machines take:

- **Cash** – coins only
- **Credit Cards**
- **No debit or paper currency accepted**

There is a change machine in the front lobby of the hospital.
There is **no smoking** allowed anywhere inside the hospital. Smoking is permitted outside the Emergency Room in a designated location.
No Scents Makes Sense!

It is very important that you refrain from using any scented products when visiting our facility.

Many of our little patients and staff are very sensitive to the products.
Arrival to the Obstetrical Area

Mom will be brought to the Obstetrical Outpatient triage area on the third floor to be assessed.

She will be moved in a wheelchair, then met by one of our obstetrical nurses.
Triage Area
You will begin your experience in one of our obstetrical outpatient triage/assessment areas on Unit 31.

One of your support people is welcome to be with you. Others are asked to wait in the family lounge or cafeteria area.
What Happens in the Triage Area?

The nurse will discuss the reason for your visit. A baby monitor will be placed on your belly to listen to the baby’s heart rate and record your contractions.

Other procedures or tests may be done depending on the reason for your coming into the hospital. This is a great time for you to ask questions of our staff.
If you are in active labour, you will be moved to a birthing room in Labour & Delivery.

This is a private room with its own bathroom and equipment needed for your labour and delivery.
Birthing Rooms

Each birthing room has a storage bench for your personal belongings. Please leave valuables and large amounts of money at home. You will not require the baby’s car seat until you are ready to go home with your baby.
For your comfort

Please feel free to bring your own relaxing music and pillows to make your labour experience more pleasant.
For your comfort

Each birthing room has a shower which can feel very soothing in labour.
The birthing rooms have a telephone at the bedside.

Dial 9 for an outside phone line to make local calls only.

**Cell phones are permitted.**
For privacy and to reduce noise, please avoid using cell phones in the corridors outside the patient rooms.
Birthing Room Visitor Guidelines

Two support people in the delivery room
One support person in the operating room
and recovery room

Other family and friends are encouraged to wait at home for the good news.

For the safety and to protect the confidentiality of our patients, their families and our staff, visitors are not permitted to wait in the hallways.

Staff will ask all visitors to wait in the family lounge outside Unit 33.
Family Lounge Waiting Area

Visitors may also wait in the cafeteria located on level “0”
Early Labour Lounge

Moms and their partner may relax away from the main waiting room in our early labour lounge.

This room has a television, comfortable chairs and a bathroom.
Labour and Delivery Nourishment Area

There is an ice machine, microwave, and fridge with freezer. This is in the hallway of Labour and Delivery.
The beds in the birthing room are transformed into a chair-type design for the birth of your baby.

Following the birth, the baby is placed upon mom’s chest skin-to-skin where the umbilical cord will be clamped and mom or a support person can cut the cord.
Additional Infant Care

If your baby requires additional care, there is infant care equipment in each birthing room such as oxygen and suction for the baby.
After your Baby’s Birth

Your baby will be placed on your chest skin-to-skin immediately following delivery. Your baby can be held in uninterrupted skin-to-skin until completion of the first feed or for as long as you wish.

The first hours with your new baby is considered the “Golden Hours”.

We encourage you to give your baby this gift and limit visitors and distractions at this time.
After your baby’s birth

Babies held **Skin to Skin** on a parent’s chest right after birth:
- Are happier, calmer, less stressed, rarely cry
  - Enhanced brain maturation
  - Latch on and breastfeed well
    - Have better heart rates
    - Keep warm
    - Have normal blood sugars
- Skin-to-Skin can be done by you or your partner to help initiate bonding.
Holding your baby skin-to-skin during painful procedures helps soothe your baby.

You can hold your baby during Vitamin K administration and during bloodwork.

The Newborn Metabolic Screen at 24 hours involves just a few drops of blood from baby’s heel.

CCHD screen

Hearing screen
After Your Baby’s Birth

Your baby will get an identification band with mom’s name placed on his/her ankle.

If all is well with you and your baby, you will be transferred to the Maternity unit skin to skin in mom’s arms.
Visitors in the Maternity Unit

Visitors can visit in the maternity unit after the baby’s first feed and the nurses assessments are complete.
What is the Baby Friendly Initiative (BFI)?

Covenant Health is working towards attaining Baby Friendly Designation.

The BFI is a global program that Protects, Promotes, and Supports breastfeeding families and formula feeding families by providing accurate information on infant feeding.
Covenant Health respects your feeding decision. Staff will have a one-on-one conversation with you so you can make an informed decision.

Staff will ensure you are knowledgeable about the safe and accurate preparation of formula and to help you consider what option will be acceptable, feasible, affordable, safe and sustainable under your circumstances.
Benefits of Breastfeeding

Breastfeeding has many health benefits for your baby. The World Health Organization (WHO) recommends exclusive breastfeeding up to six months of age, with continued breastfeeding along with appropriate complementary foods up to two years of age or beyond.

**Breastfeeding:**
- Protects against the development of allergies and asthma
- Reduces the risk of heart diseases
- Protects babies from respiratory and ear infections and illnesses such as diarrhea
- Reduces the risk of developing diabetes and obesity
- Decreases the risk of childhood cancers
- Promotes healthy brain development
Our Baby-Friendly Promise

Breastfeeding protects and enhances the health of babies, mothers, families, communities and the environment.

Covenant Health...

**Commits**
to help you and your family achieve the best possible health by providing information on the benefits of breastfeeding.

**Ensures**
that everyone who takes care of you and your baby is educated to help you achieve your breastfeeding goals.

**Believes**
In keeping families together and supports holding your baby in uninterrupted skin-to-skin immediately after birth, while in hospital, and at home.

**Helps**
you learn to understand your baby’s hunger signs so you will know when to feed your baby.

**Encourages**
you to breastfeed your baby as often as your baby needs.

**Assists**
you to build and maintain your milk supply for times when you are separated from your baby.

**Encourages**
you to feed your baby only breast milk for the first 6 months of life. Continue to breastfeed for 2 or more years while starting solid foods at 6 months.

**Provides**
contact information for breastfeeding support programs and groups in your community.

**Protects**
you by not giving out soothers, bottles with nipples, or infant formula gift packs as they can cause problems with breastfeeding and decrease your milk supply.

**Respects**
your choice regarding infant feeding and will provide research-based information to help you make an informed decision. We will provide you the necessary information to feed your baby safely.
Mothers are welcome to feed their baby Anyplace, Anytime.
There are 2 Operating Rooms on the unit where a Cesarean Section can be done if required.

If mom is awake with a spinal or epidural for the surgery, one support person is able to attend the birth.
Double or Triple Blessing

Twins born by vaginal birth or caesarean section will occur in the operating room.

If all is well, skin-to-skin will be initiated with mom and the support person.

Triplets are born via caesarean section
Post Caesarean Section Recovery Room

If all is well, baby will go to the Recovery Room with mom.

Mom will hold her baby skin-to-skin until they go to the postpartum unit.
N.I.C.U.

Neonatal Intensive Care Unit
NICU – Unit 32
Maternity Units

The average stay is 24-36 hours after a vaginal delivery and 2-3 days after a cesarean section.

There are three types of rooms:

- Semi-private
- Private
- Theme room

All rooms are booked after delivery.
Theme Rooms

Theme rooms have a home-like décor with a double bed *without* adjustable positioning. Theme rooms have a private bathroom, a TV, an exclusive menu, and additional seating for visitors.

There is an additional charge for the theme rooms which may be covered by your insurance plan.
Maternity Nourishment Area

There is a small kitchen area for mom to make herself a snack. If you bring any food from home, please label it with your name.
Cafeteria

The Sunshine Café is located in the lower level of the hospital under the front entrance.

The hours are from 7 am to 9 pm with hot entrées served at meal times.
Maternity Unit
Visiting Policy

Visiting hours are from 11 a.m. to 9 p.m. every day.

Partners are encouraged to stay 24 hours.

Grandparents and siblings may visit any time.
Safe Sleep

Always place your baby on his or her back to sleep, at naptime and night time.

Baby should sleep on a firm mattress with a fitted sheet.

Provide a smoke-free environment before and after your baby is born.

No toys, pillows, comforters, quilts, bumper pads in the crib.

Exclusive breastfeeding for the first six months can lower the risk of SIDS by up to 50%.

Baby should wear light sleep clothing instead of swaddling to prevent overheating.

Place your baby to sleep in a crib, cradle or bassinet next to your bed. Do not share your bed with your baby.
Baby’s Car Seat

When discharged from the hospital, it is the law in Alberta that every baby must be in an appropriate car seat. Please bring your car seat to the hospital on the day that baby is discharged.

It is helpful for you to read the manual and practice put it in and out of your car before the baby is born.

If you have car seat questions or concerns, check out https://myhealth.alberta.ca/alberta/Pages/alberta-child-safety-seat-guidelines.aspx
Please check with the business office in the main lobby when you are discharged to pay any outstanding charges.

The business office is open from 8:30 a.m. to 4 p.m. on Monday to Friday, closed on weekends and holidays. For more information about paying hospital charges, you may call 780-735-7041.
Prenatal Education

Call 780-735-7449
or
Register on-line at:
www.covenanthealth.ca
Congratulations in advance on the birth of your baby!

If you have any questions, please speak to your doctor at your regular prenatal appointment.