

Having your Baby at Cariboo Memorial Hospital



Welcome to a quick tour of Cariboo Memorial Hospital's Maternity Services

This tour covers several topics, including:

- Parking
- Getting to the Entrance
- After Hour Access
- Things to Bring
- Patient Registration
- Public Elevators
- Arriving on the Unit
- Accommodation
- Privacy
- Newborn Experience
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- Special Care Nursery
- Family Waiting Space
- After Delivery
- Going Home
- Breastfeeding

Congratulations!

This is an exciting time as you prepare for the birth of your child. We want to make sure you are as comfortable and confident as possible when you arrive at Cariboo Memorial Hospital.

This tour will provide an overview of our maternity services so you know what to expect when you come to the hospital.



Introduction

Note

Did you know...

We deliver almost 365 babies each year!



Student Practice

Cariboo Memorial Hospital is a teaching hospital where nursing and medical students complete practical (hands-on) parts of their learning.

During your stay, you might meet students and be asked to have them play a part in your care.

Students give you care under the guidance of an instructor.



In the Hospital

You may use your cell phone and other wireless devices in most areas of the hospital. Please speak quietly when using your cell phone so you do not disturb others. CMH has WIFI available.

CMH buildings and grounds are smoke free. If you or your support person are smokers, please talk to your doctor about ways to cope while you are in hospital.

! Help To Quit

Quit Now Services provides free support 24/7 for people who want to quit smoking. Visit their website at <https://www.quitnow.ca> or call 8-1-1.



Parking

We are located at 571 North 6th Avenue in Williams Lake BC.

When you arrive, have your birth partner park in any of the public parking areas.



Getting to the CMH Entrance

Walk from the parking lot to the main public entrance of the hospital. If it is at night, after 9:30pm, enter through the Emergency Entrance.

There are wheelchairs available in the main lobby for your partner to help if you cannot walk comfortably.

An Emergency Nurse may ask why you are at the hospital – let them know that you are pregnant and they will direct you to go up to the 2nd floor where the maternity department is located.



Admission

During your prenatal care your care-provider will have preadmission forms available for you to fill out. This means that the hospital will have the information they need ahead of time and helps ensure we are ready for you when you go into labour.

If you have preregistered you do not need to report to the admitting desk. Instead, you may proceed to the elevators located beside the gift shop and go up to the 2nd floor and follow the signs to the labour and delivery area.



After Hour Access

You will find the maternity door on the 2nd floor locked. There is an intercom on the wall you can buzz. The maternity nurses will let you in.



Things to Bring

Only bring those items you will need:

- slippers, flip flops for the shower
- toothbrush
- hairbrush
- nightgown or T-shirt
- Medication – Please give these to the nurses on admission
- Your own pillow/blanket if you'd like
- Cell phone and charger
- Camera
- Chapstick
- Snacks for yourself and your support person

Items for the baby can be left in the car until later.



Arriving on the Unit

When you arrive to the maternity unit, proceed to the nursing desk.

They will have your information on file. The nurse will ask you some questions about your labour and will direct you to the most appropriate area.

The nurse will contact your physician.



Assessment

You may be directed to a labour room or assessment room. The nurse will determine how your labour is progressing. At this time you may have a fetal monitor placed on your belly to assess your baby, if the nurse deems it necessary.

If it is deemed that you are in early labour after your assessment, you may be provided with an Early Labour Teaching sheet and education and sent home for awhile.



Accommodation

Cariboo Memorial Hospital has two delivery rooms, and three Postpartum rooms.

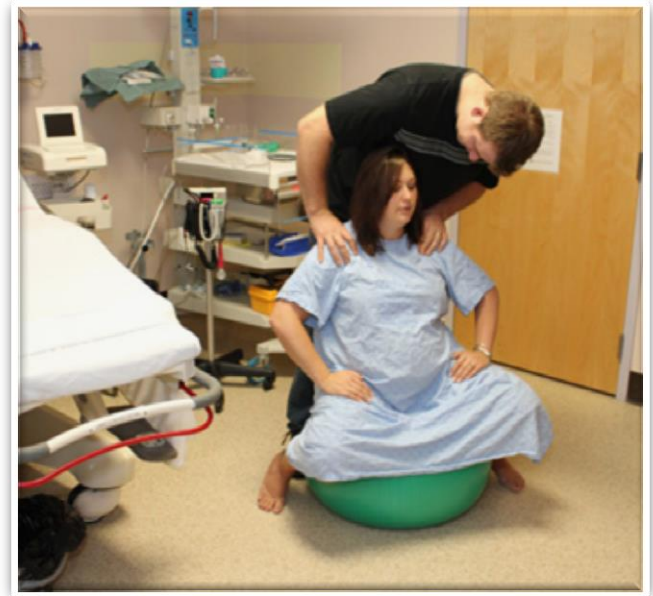
One postpartum room is a private room and the other two rooms will accommodate 2 moms and their babies as well as a birthing partner or support person who can stay the entire time if they wish. Each room is equipped with:

- a cozy sleep chair that extends into a bed for your support person
- a rental television
- Shared bathroom



Birthing Room

Cariboo Memorial has two delivery rooms. A shower will be available, as will items to assist you in your labour and delivery, such as a birthing ball and squatting bar. The beds in these rooms change position to ensure you are as comfortable as possible.



Accommodation

We encourage support people to bring snacks, which they can keep in the our small fridge throughout the birthing experience. Just ask the nurses to place your food in the fridge.



Privacy and confidentiality are of the utmost importance.

Photos and videos are permitted before and after the birth however there is to be no photography during medical procedures of the mother or newborn or during the birth unless your care provider has given permission. You must ask permission to take photos of any hospital staff member.



Newborn Experience

At birth, your baby will be placed on your chest skin-to-skin to support the baby's breathing, initiate breast-feeding within the first hour of birth, and bonding. Your baby will be assessed by your care provider and the nursing staff while on your chest or beside you on the warmed infant care bed.

Prior to you moving from the delivery room to the postpartum room, your baby will have ID bracelets placed on both ankles. You and your support person will also have ID bracelets placed on your wrists to identify you and match you to your baby.



Special Care Nursery

CMH practices rooming-in – that is, allowing mothers and babies to remain together 24 hours a day.

If your baby needs some extra help, he or she will be taken to the Nursery for special treatment. CMH does not have an open nursery at this time so if your baby requires a higher level of care, you and your baby may be transferred to another hospital.



Cesarean Delivery

If your care provider recommends a caesarean section (c-section) you will be taken into the operating room. Your partner may be able to go with you. Your partner will put on a gown, booties and a cap to support you during the procedure.

To support breastfeeding within the first hour of birth, your nurse may place your baby skin to skin with you. Once your surgery is done, you and your baby will be recovered in the nursery together to promote bonding and breast feeding.

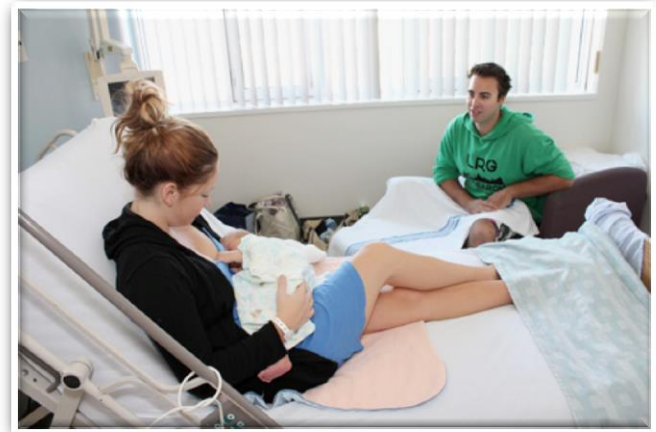
Once you are recovered, you will be placed in a postpartum room with your baby.



After Delivery

After some time in the delivery room, you and your new baby will be taken to a postpartum room for you to rest and get to know one another. The room includes a chair that pulls out into a bed, for your support person to stay with you while you are in hospital. Your support person should bring something appropriate to wear for sleeping. Your support person can stay in the room with you 24 hours per day.

Although this is an exciting time that you may want to share with friends and family, it is also important that you rest. General visiting hours are 3 pm – 8 pm. The baby's siblings can also visit at anytime. Children must be attended at all times by a responsible adult. Visitors must be free of infectious illness such as flu, colds, etc.



Staying in Hospital

In addition to physicians, and our wonderful team of nurses, Cariboo Memorial has a Social Worker, Aboriginal Patient Navigator, and a Discharge Planner on site to answer your questions and assist you during your hospital stay.

After your delivery, you can expect to stay at the hospital for 24 – 48 hours. If you have a C-section your hospital stay will be approximately three days.

It is important that your baby is never left alone while at the hospital. Do not leave the postpartum area with your baby until you have been discharged.

While here, your baby will have a blood test to identify a number of treatable disorders (PKU) and Newborn Hearing Screening. You can ask your nurse for details about these tests.



Aboriginal Patient Navigator Services

Interior Health offers the support service of an Aboriginal Patient Navigator to patients and their families who identify as Aboriginal.

[www.interiorhealth.ca/
YourHealth/AboriginalHealth](http://www.interiorhealth.ca/YourHealth/AboriginalHealth)

The Aboriginal Patient Navigator can assist with:

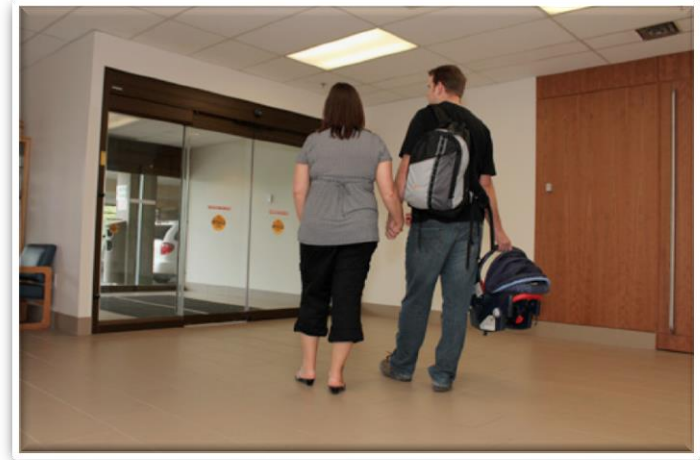
- Understanding the hospital care system
- Spiritual connection
- Discharge planning
- Community and hospital linkage
- Promote access to community services



Going Home

You will need an approved car seat to take your baby home, even if you are getting a ride from a friend or taking a taxi. Have your partner bring your car seat to your room when you are ready to go home.

Your nurse will check that your baby is secure in the seat before you leave. For information about car seats, go to www.bcaa.com/roadsafety or call the Child Seat Information Line: 1-877-247-5551.



After Discharge: Public Health Nurse

A Public Health Nurse will contact you 24 to 48 hours after you are discharged from the hospital. The nurse will do an assessment of you and your baby and answer any questions you may have.

If you have concerns before the nurse calls contact [HealthLink BC](#) at 8-1-1 or your doctor.



Breastfeeding

The Pregnancy Outreach Program (POP) offers information and hands-on support for breastfeeding moms. Call 250-392-3583 for information.

Public Health Nurses specialized in breastfeeding can also assist you with any breastfeeding needs. They can be reached at 250-302-5000

You may also find more breastfeeding information at:

- [Best Chance](#)
- [La Leche League](#)
- [HealthLink BC](#)
- [Breastfeeding.com](#)
- [Dr. Jack Newman: Breastfeeding online](#)



You have reached the end of the Virtual Tour of CMH's Maternity Services ward.

If you need further information, you can try these links for general resources:

- [Best Chance Website](#)
- [Newborn Screening Health File](#)
- [Period of Purple Crying](#)
- [Postpartum Depression](#)

