



## HELPFUL HINTS

### *For a Smooth Delivery at Presbyterian*

We are delighted that you have chosen Presbyterian Women's Center for your family's birth. Our goal is to provide you with excellent family care and make you feel as comfortable as possible during your stay. Here are some helpful hints to guide you through the birthing process. If you have any additional questions or special needs, please let us know.

#### **PARKING**

Inside our parking deck we have spaces reserved for "Moms in Labor." These spaces are located to the right upon entering the parking deck.

Once Mom is with the Admitting staff, her birthing partner will need to move the car to a regular parking space in the parking deck. This allows other laboring moms to park in the specially-designated parking spaces.

You will receive a ticket when you enter the parking deck. Our parking charge is a maximum of \$3 per day. When Mom delivers her baby, the birthing partner will receive a baby bracelet that will let him in and out of the parking deck free of charge.

#### **ARE YOU IN LABOR?**

When mom arrives in the center, she may be evaluated in our Triage area. This is where she will stay until a doctor or midwife decides if it's time to have the baby.

She may have one support person with her during this time.

#### **BIRTHING ROOM**

Once Mom is admitted into the labor area, she will be staying in a birthing room, which has two chairs, a rocker and a table, along with a lounge chair that conveniently converts into a bed for her birthing partner's overnight stay.

The thermostat in your room can be adjusted to help make Mom feel as comfortable as possible. For the baby's birth, the room temperature may need to be a little warmer.

For safety reasons, please do not let children play on the tall blue computer chair marked "Staff Only."

**Presbyterian** WOMEN'S CENTER

*Remarkable People. Remarkable Medicine.*



## PHONE

A direct phone line will be available in your room, and the number will be posted on the whiteboard in your room.

When using the telephone, dial 9, then 704, then the number you are trying to call. If you need to make a long distance call, you will need a calling card.

Please be courteous with your use of cell phones, Nextels and walkie-talkies.

## FOOD AND DRINK

While Mom is in our unit, we will provide her with a clear liquid diet. This includes water, ice, juice, soft drinks, popsicles and hot drinks.

The smell of food can make some women in labor feel sick, so please do not bring food into Mom's room. Instead, feel free to visit our cafeteria, The All Spice Cafe, located on the main floor of the hospital.

There are also vending machines in the waiting areas for your convenience.

## VISITORS

We ask that no more than four visitors be in Mom's room at a time. During some procedures, a doctor or nurse may ask all visitors (except Mom's coach) to leave the room temporarily for Mom's privacy.

We love brothers and sisters and want them to be included in the birthing experience. But please keep in mind that the comfort and safety of Mom is our top priority, so any visiting children should be under supervision at all times.

For fire safety reasons, we ask that visitors do not stand or wait in the hallway. Please understand that we are responsible for ensuring the safety and privacy of all patients in our Birthing Care Unit.

Mom may have two people with her during the actual birth, her coach and one other person. Please notify your nurse if you have previously made alternate plans with your physician.

## PHOTOGRAPHY/VIDEO/AUDIO RECORDING

A doctor or nurse will let you know when you may start taking pictures or recording after the baby's birth.

No cameras are allowed in the operating room during a cesarean.

## AFTER BABY ARRIVES

Visiting hours are noon to 8:30 p.m. daily.

Visitors must be 12 or older unless they are a brother or sister of the baby.

One person may spend the night with mom after baby is born.

## DISCHARGE TIME

Check out time for Mom and baby is 11 a.m. daily.

*Thank you for choosing Presbyterian to share this very special occasion!*

*For more information, please visit [www.presbyterian.org](http://www.presbyterian.org)  
or call 704-384-4949.*