

## Commonly asked questions

1. When I go into labor, where do I park?
  - If you are in labor when you arrive at the hospital, please enter through the Emergency Department. The valet can park your car or your support person can park in the ED lot and meet you inside.
  - If you have a scheduled delivery, you need to park in the parking garage and enter through the first floor lobby.
2. After delivery, will I have to move to a different room?
  - We have 11 labor and delivery rooms. These rooms are where you will deliver and then recover initially after birth. After recovery, you and your baby will be moved to a postpartum room on the same floor with the same nursing staff.
3. Will my baby stay in the room with me throughout my entire stay?
  - We encourage rooming in with your baby, but your nurse will take your baby to the nursery for tests and procedures. You can also request that your baby go to the nursery so that you can rest.
4. What is The Family Birth Center doing differently during the COVID pandemic?
  - For the most up to date information please visit [www.stclair.org](http://www.stclair.org) and click on “Safe in our Hands”
  - Currently, we allow only one support person that will accompany you during your entire stay. If he or she needs to leave, please make the nursing staff aware so we can make arrangements.
  - Your support person will be given a meal tray for breakfast, lunch and dinner. They will also be provided with drinks and snacks. Feel free to bring any of your own snacks and drinks from home.
  - Please make sure that you and your support person bring masks. You will be expected to wear them anytime a healthcare provider is in the room, with the exception of pushing during labor.
  - Please be sure to bring everything that you and your support person will need for your entire stay when you arrive at the hospital. Neither you or your support person will be permitted to leave to retrieve items out of your car or to get food or drinks. The items you need include the baby's car seat, clothing for you, baby and support person and any toiletries.
  - You and your support person will be screened every 12 hours for symptoms of COVID, including temperatures. If your support person starts to show symptoms of COVID during your stay, they will be asked to leave the hospital.

5. How long will I be in the hospital after delivery?

- The average stay for a vaginal delivery is 2 days and c-section is 3 days, but this all depends on how you and baby are doing. If you and baby are doing well, you can ask for an early discharge. Please keep in mind that we want to discharge you and baby knowing that you are recovering appropriately and that baby is eating well, voiding and stooling and all tests are completed with normal results.

6. What does the hospital provide for me and my baby?

- We provide all linens necessary for your baby. Including, baby blankets, hats, socks and t-shirts. Your baby's bassinet will be stocked with diapers, wipes, burp clothes. If you plan on formula feeding, you will be provided with enough ready to feed bottles and nipples for your stay in the hospital.
- We provide sanitary napkins, all linens, and two pairs of disposable underwear for mom. We also have hot water bottles, birthing balls, socks, ice packs and some toiletries available for you. If you are breastfeeding, our lactation department will provide you with any tools necessary to help you, such as nipple shields, lanolin and breast pumps.

7. I have a birth plan. Should I expect that all my requests are honored?

- This is mostly up to your OB doctor and the pediatrician. In general, all OB's require you to have an IV placed, that your baby be monitored during labor and your vital signs be taken. Under certain circumstances, you may be allowed to walk during labor, wearing the cordless fetal heart monitor. You may be removed from the monitors for short periods of time during labor to use the bathroom or shower depending on your situation. Please provide the nursing staff with your birth plan upon admission, and understand that any request that cannot be honored are truly for your health and your baby's well being.