

Birth Centre



You will be giving birth soon; your doctor or nurse has undoubtedly spoken to you about your stay at the Chicoutimi Hospital Birthing Centre. This leaflet will provide additional information to what you have received during your follow-up visits.

Sectors

During your stay at the hospital, you may possibly need the following three services: obstetrics, perinatal care and neonatal care.

Obstetrics

The obstetrics or delivery room (D wing, level 3) includes:

- Rooms for normal labour and delivery and / or requiring special supervision for you and your baby
- A room to evaluate the progress of labour
- A room with a birthing tub that may be used during labour depending on certain conditions

During labour and delivery, your spouse, and a support person (if desired) are allowed to accompany you. Filming is not permitted during childbirth.

Perinatal

Perinatal care (C wing, level 3) includes private and semi-private rooms.

Our centre promotes bonding of new parents and their babies. Your newborn will therefore be in your room 24 hours a day (cohabitation) unless their state of health requires neonatal care. Cohabitation allows you to observe your baby during periods of sleep and wakefulness and thereby allows you to get to know your baby from day one.

The presence of your spouse or support person is always encouraged but is not mandatory.

- Your spouse or support person is invited to actively participate in the care of the baby.
- Appropriate attire is required for your support person (pants and shirt).
- Children are not admitted at night.
- Meals are not provided for accompanying individuals.
- It is possible for your support person to use the showers, but you must first verify with the nursing staff.

In the event of a caesarean:

The presence of your spouse / support person is necessary during the cohabitation.

N.B: Your spouse may stay with the baby at all times, if the baby's condition permits, until you return to the room for the perinatal period.

Neonatology

Neonatology offers specialized care for premature or sick newborns.

If your baby remains hospitalized and the mother has been discharged from the hospital, there are housing services (for a small fee) that allow you to stay close to the neonatal clinic. Talk to your healthcare team.

Hospital Stay

Maternity care team

The Birthing Centre team cares about your health and that of your baby. They are there to support you in the caring for your baby, whether it is done in your room or in neonatal care. In addition, the team is qualified in breastfeeding support. Please feel free to ask questions and share your concerns.

Visiting hours

The period following the birth of a child is an intimate one. Thus, the mother takes advantage of the baby's sleeping hours to rest.

Too many visitors tire mother and newborn and may disrupt the family dynamic taking hold. It is therefore important to notify relatives and friends of the visiting hour policy.

The visit of the newborn's brothers and sisters, as well as, the grandparents are allowed at all times during the day.

All other visitors are allowed from 2 p.m. to 3 p.m. and from 7:00 p.m. to 8:30 p.m. with no more than 2 people at a time.

Security measures

- During the entire hospital stay, wear your identification bracelet. Make sure your spouse is also wearing their bracelet. Do not remove those from your baby.
- Never sleep with the baby in your bed. The baby should be placed in their bed and on their back when you want to sleep.
- Never leave the baby alone in your room.
- Do not leave the unit with your baby.

Length of stay

- 36 to 48 hours for a vaginal delivery (may vary depending on your state of health)
- 48 to 72 hours for a caesarean section (may vary depending on your state of health)

To contact the delivery room at all times

418-541-1000 ext. 2362

To get to the delivery room

Use elevators 8 or 9 opposite the main entrance. Go up to the third floor and turn left when exiting the elevator towards:

D3-Obstetrics

*** The information in this document is subject to change in the event of an outbreak, pandemic or other unusual situations.

Items to bring to the hospital

You must bring the following items to the hospital. It is recommended to prepare and check the items so as not to forget anything:

- "From Tiny Tot to Toddler" book given to you during your prenatal visits
- Pregnancy follow-up file, provided by your doctor
- Health insurance and Chicoutimi Hospital cards
- Telephone numbers of people to reach in case of emergency
- List of medications you are currently taking
- Name and number of the personal insurance policy (if applicable). **Please note it is your responsibility to check with your insurer concerning the reimbursement of a hospital room**
- Personal toiletries and sanitary pads
- Clothes: bathrobe, pajamas, underwear, non-slip slippers, comfortable clothes
- Box of tissue paper (Kleenex)
- Cotton swabs
- Nursing pads (if needed)
- Pen
- Diapers for newborns (about 20)
- Clothes for your newborn: bonnets, pajamas, mittens, socks, etc.
- Soother (if you like)
- Baby blankets
- Water bottle
- Preferred snacks (bring the necessary container for storage e.g. lunch bag. Refrigerator not available for patient use)
- Baby clothes adapted to the season (for your departure)
- A car seat including the instruction booklet if available (leave the anchor installed in your vehicle). **At home, take the time to read the manufacturer's recommendations and the car seat installation information. Check the SAAQ website for information about your car seat. Before your departure, the staff will verify the type of seat as well as its installation.**