

Welcome to the
**Richmond Hospital
Birth Centre**

Richmond Hospital
7000 Westminster Highway
Richmond BC V6X 1A2
Tel. 604-278-9711

Thank you for planning to have your baby in the Birth Centre of Richmond Hospital. Our goal is to make your stay pleasant and restful for you and your family. This booklet has information that you will find useful.

What you can expect...

Richmond Birth Centre provides family centered care. We encourage your family/partners to be involved in your care. We will work with you and we encourage you to ask questions. All of our team work together to support you during this important time.

Our Vision

Birth Centre staff support families during childbirth and the early days of postpartum. We ensure that families receive the best care based on evidence-based practice. We provide care to you and your family in a welcoming, nurturing and safe setting.

The Health Care Team

The Birth Centre staff includes registered nurses as well as family physicians, midwives, anesthetists, obstetricians, pediatricians and social workers.

Richmond Hospital is a teaching hospital where student nurses, doctors and midwives receive their education. You may have a student caring for you with the guidance of your health care providers.

Childbirth Education

Prenatal classes are available in Richmond by calling Douglas College at 604-527-5472. If you would like to take classes, be sure to register early.

For prenatal classes in Chinese, call SUCCESS at 604-279-7183.

Baby's Best Chance Book

This book has information on pregnancy, childbirth and the first 6 months of baby's life. It is free and available from some drugstores and Richmond Public Health.

In the Pregnancy Information package, there is a list of the locations where you can obtain a copy. You can also read it online: <http://www.healthyfamiliesbc.ca/parenting>



What to bring to Hospital

Bring a small bag with the items you may need for labour, during your hospital stay and for when your baby goes home. Pack before you go into labour.

In your copy of "**Baby's Best Chance**", there is a list of suggested things you may want to bring.

When you come to the Hospital

Before you come to hospital, call the Birth Centre at 604-244-5133 and talk to a nurse.

To get to the hospital, drive along Gilbert Road and enter through the driveway on the west side of the building. Park in the Emergency department parking lot. Enter through the **Emergency** doors and go to the admitting desk. After you have been admitted, you and your partner (or support person) will go to the Birth Centre on the 3rd floor. Once you are in your room, your partner must move the car to the parkade.

If you have been asked by your health care provider to go to the Birth Centre during your pregnancy, enter through the **Westminster Health Centre** entrance of the hospital and go to the Admitting department before going to the 3rd floor.

Preferred Accommodation

Patients have the option of enrolling in the Preferred Accommodation Program and requesting a private room after the birth of their baby. There is a fee for the Preferred Accommodation Program. You will receive a letter in the mail with information on how to enrol in the program. If you or your partner has extended health insurance, your plan may pay for all or part of the daily room charge and we are able to directly bill most extended health benefits insurers on your behalf.

If you choose Preferred Accommodation and you do not have extended health insurance, you can pay with a credit card. You will labour and give birth in one of our private rooms, regardless of your choice about Preferred Accommodation.

If you choose Preferred Accommodation, we will make every effort to keep you in the same room as your birthing room until you return home. Proceeds from the Preferred Accommodation Program benefit the hospital and are used to support patient care and purchase needed equipment.

Families Stay Together

You are encouraged to have your partner or support person stay with you while you are in hospital. Having families stay together, helps with bonding, breastfeeding and getting to know your new baby.

You will need another person to look after older siblings while you are in hospital. Older siblings are encouraged to visit the new baby not to stay overnight.

Our Infant Feeding Policy

The policy promotes, supports and protects breastfeeding. It helps women make an informed choice about feeding their babies. We promote skin to skin contact after birth. We provide education and assistance to initiate breast feeding and ongoing support is available when you go home.

A Guide to Visitors

Visiting hours are between 10:00 am and 8:00 pm. Partners are welcome 24 hours.

During labour most women need to focus. We suggest 1–2 people to help support you during your labour. If you wish to have more, please discuss this with your Health Care Provider.

Extended family members are encouraged to stay at home and await a phone call from you or your partner. Once your baby is born your family is welcome to come and meet the new baby.

Limit friends and extended family from visiting while you are in hospital. This is a good time for rest and getting to know your baby.

Anyone who has a cold or is unwell should not visit.

No Scent Policy

Scented products can cause a variety of health problems. We have a no scent policy. Please don't wear or use any scented products and advise your visitors of the same.

Neonatal Intensive Care Unit (NICU)

The Birth Centre has a nursery for babies who may need special care after birth. During this time you, your partner, grandparents and older siblings of the baby are welcome to visit. Time for skin to skin contact and getting breastfeeding started will be encouraged. If you go home and your baby is staying you are encouraged to be involved with your baby's care.

Baby Safety

Identification bands are placed on you, your partner and baby after birth. Keep these on until you go home. Your baby should be with you at all times. If you need to leave the unit, tell your nurse. Hospital staff wear visible photo identification tags.

Newborn Screening Blood Tests

Before going home, your baby will have a blood test to check for a group of rare, serious disorders.

Other Information

Meals are served at 9:00 am, 1:00 pm and 5:30 pm. There is a fridge in your room and you are welcome to bring your own food and beverages.

Cell phones can be used but should be kept on **vibrate**.

Televisions can be rented during your stay. Forms are found in the hallway near the nursing station.

Public Health

A public health nurse from Richmond Public Health will visit you in the hospital. Follow up in your community will be explained to you. Once you are at home, a public health nurse will contact you.

Going Home

Your baby must go home in a Canadian approved car seat. For your baby's safety, your nurse will check that the baby is properly secured in the car seat before you go home.

Refer to your Baby's Best Chance and www.icbc.com for car seat information.



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