

Your stay at the Birthing Centre



The Birthing Centre team is pleased to accompany you in this special experience of your child's birth. This fact sheet provides some practical information.

If you have any other questions, feel free to raise them with us at one of your visits.

The Birthing Centre team

To provide you with the care you need and to best support you during your stay, the team includes a variety of health professionals:

- obstetricians and gynecologists
- general practitioners
- pediatricians
- nurses
- lactation consultants
- psychologists
- social workers
- physiotherapists

As the CHUM is a university centre, there may also be medical residents, medical students, or nursing students present during both labour and delivery.

The physician at your delivery may not necessarily be the one who followed your pregnancy. That will depend on the service schedule.

Length of stay

Normally, you'll stay in the hospital 24 to 48 hours after the delivery.

Support

One or two persons can be with you during the labour and delivery (day and night). Children aged 12 years and over are welcome. If you're having a caesarean delivery, it's strongly advised that you have someone with you for the first 24 hours.



The room

Every room has an adjustable bed and a chair. If music can help you relax, bring some along. Bring a cable to plug your device (cell phone, tablet, etc.) into the room's audio system.

Labour and delivery

At your first visit, you were given the fact sheet [Your Delivery at the Birthing Centre](#). There, you can write your expectations and your needs concerning the labour and delivery. We invite you to discuss these with your physician.

It's best to tell your family and friends not to call the hospital for news, but to wait for your call. To respect confidentiality, no information is given by phone.

After the birth

Your newborn will stay in the room with you 24 hours a day, unless there is a need for specialized care.

Visits

- > Visitors are welcome during the day and evenings until 9:00 p.m.
- > Anyone holding or touching the baby must first wash their hands.
- > Anyone with a cold or other infection should not visit, as your baby will still be vulnerable.

What to bring to the hospital

For the mother

- valid health insurance card (required)
- super absorbent sanitary napkins
- breastfeeding equipment: nursing bras (2-3), nursing pads, breast pump if needed, cushion
- personal toiletry kit (toothpaste, toothbrush, soap, shampoo, etc.)



- pyjamas or nursing jacket
- bathrobe, slippers, stockings
- panties (5-6)
- Magic Bag
- juice or cold drinks (to drink during labour)
- snack for the partner or companion

For the baby

- 40 diapers, size 8-12 pounds, #1
- unscented white soap
- wet wipes (as needed)
- pyjamas
- clothes for going home
- regulation car seat (required)



Wishing you a happy pregnancy, and we'll see you at the Birthing Centre!

Who can I contact if I have questions?

If you experience any problems during your pregnancy and are unable to reach your physician, you can call us at any time.

> **514 890-8326**



USEFUL RESOURCES

To learn more about pregnancy, delivery, or follow-up care, visit our website.



Videos, other fact sheets, and more resources are available at:

centredesnaisanceschum.com

The content of this document in no way replaces the recommendations and diagnoses made, or the treatment suggested by your health professional.

To find out more about the Centre hospitalier de l'Université de Montréal
chumontreal.qc.ca