

# 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 health 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.

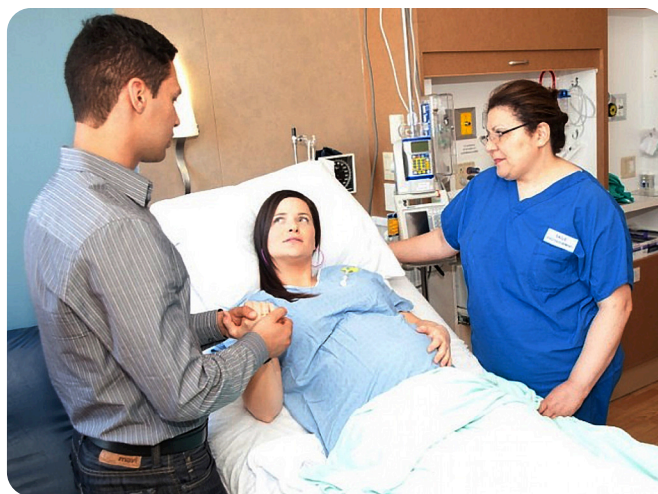
The physician at your delivery may not necessarily be the one who followed your pregnancy. That will depend on the service schedule.

## 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

Each room has an adjustable bed and a reclining armchair. A closet is available to store your belongings. However, space is limited. We recommend using air travel carry-on style luggage: a small wheeled suitcase, backpack, or tote bag.

## 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

- After the birth, visitors are welcome between 9:00 a.m. and 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

See the list of what to bring in the appendix to this sheet.

### Smoke-free environment

Keep in mind that, for everyone's health, smoking and vaping are prohibited everywhere at the CHUM. There is no smoking area. When you're in the hospital, you may be given quit-smoking products. This is part of your care.



## Who can I contact if I have questions?

You can ask your care team at your next follow-up visit.

For general information about the services and the hospital stay, you can also call the Obstetrics clinic at:

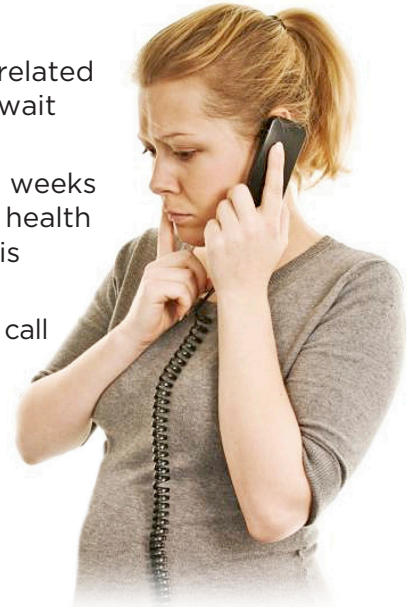
 **514 890-8355**

For any pregnancy-related concerns that can't wait until your next visit:

- if you're under 20 weeks pregnant: call the health professional who is following you

- 20 weeks or more: call

 **514 890-8326**



### USEFUL RESOURCES

#### Infant car seat

To find out how to choose and install a car seat, consult the guide *From Tiny Tot to Toddler*, which was given to you at your first medical visit. It's also available online: [inspq.qc.ca/en/tiny-tot](https://inspq.qc.ca/en/tiny-tot)

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



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

[centredesnaissanceschum.com](https://centredesnaissanceschum.com)

*The content of this document in no way replaces the advice of your healthcare professional.*

To find out more about the Centre hospitalier de l'Université de Montréal  
[chumontreal.qc.ca](https://chumontreal.qc.ca)

This document is intended to help you pack for your stay at the Birthing Centre. Please bring only what you need.

We suggest that you leave all valuable and non-essential items at home. The CHUM is not responsible for lost or stolen items.



### For the mother

#### To bring

- ☐ Current valid health insurance (RAMQ) card (mandatory)

If you don't have one, or if your card has expired, call the CHUM Accounts Receivable Department at 514 890-8072



- ☐ Superabsorbent sanitary pads (30 to 36)
- ☐ Breastfeeding supplies: nursing bras (2), breastfeeding pillows, lanolin nipple cream.
- ☐ If you plan to bottle-feed (only, or with breastfeeding), bring: bottle and nipples (6 to 8) and breast pump if required. Commercial formula **is provided** by the hospital.
- ☐ Personal toiletry kit
- ☐ Comfortable panties (5 or 6)
- ☐ Socks
- ☐ Closed shoes with good soles: safer for walking during labour, and even required for walking with a certain type of epidural.
- ☐ Clothing that opens in front, to facilitate breastfeeding and skin-to-skin contact.



#### To bring if you want:

- ☐ Bathrobe and slippers
- ☐ Extra pillow or breastfeeding pillow
- ☐ Refillable water bottle
- ☐ Cold juice or drinks and snacks
- ☐ Squeezable plastic bottle for perineal care

#### To create a calm environment and relieve pain during labour, depending on your preferences:

- ☐ Hot-water bottle or Magic Bag
- ☐ Visualization materials
- ☐ Large-tooth comb (acupressure for pain relief)
- ☐ Speaker and wires for music
- ☐ Lamp with soft light for ambience
- ☐ Essential oils for aromatherapy



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## For the baby

### To bring

- ☐ Diapers (around 30)
- ☐ Bonnet (1 or 2)
- ☐ Small blankets, as the baby will be in diapers most of the time (2)
- ☐ Pyjamas (1 or 2)
- ☐ Clothes for going outside, suitable for the weather

In winter: warm covering, blanket, and hat

- ☐ **Regulation car seat for discharge (mandatory)**

To find out what type of seat to choose and how to install it in your car, consult the guide

[\*\*From Tiny Tot to Toddler.\*\*](#)



### To bring if you want

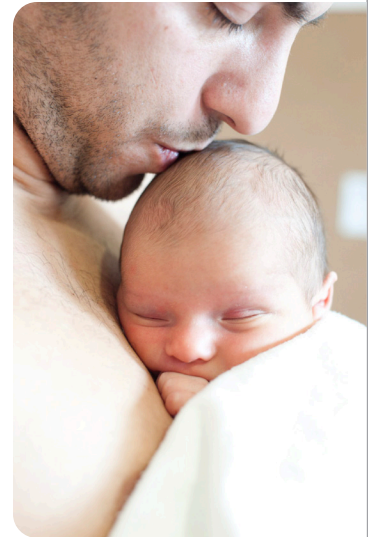
These items are provided by the hospital. Bring some only if you want your own.

- ☐ Wet wipes
- ☐ Unscented liquid baby soap for body and hair
- ☐ Ointment for baby's bottom
- ☐ Soft bath towel

## For the person accompanying you

### To bring if you want

- ☐ Clothing with a front opening to facilitate skin-to-skin contact; for example, a bathrobe, jacket or shirt.
- ☐ Personal toiletry kit
- ☐ Change of clothes
- ☐ Pillow
- ☐ Shower towel (towels provided by the hospital are small)
- ☐ Snacks and meals in sealed containers marked with your name



**A refrigerator and a microwave oven are available for parents on the unit.**



### Questions


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Pour en savoir plus sur le Centre hospitalier de l'Université de Montréal  
**[chumontreal.qc.ca](http://chumontreal.qc.ca)**