

See you soon ...

At The Credit Valley Hospital we believe that the birth of a child is an exciting and rewarding experience. We would like to leave you with some information that will remind you of what to do when you come to the hospital for your delivery.

Getting Ready for your Stay at The Credit Valley Hospital

In a small bag, pack the following to bring to the Labour & Delivery Unit:

- Slippers
- Housecoat
- Hair Brush
- Camera
- Any medication you have been taking at home
- toothbrush & toothpaste
- snack for coach
- lip moisturizer
- Focal Point

You may want extra pillows for your comfort. Put colourful pillowcases on them and bring them over to the post partum unit.

In addition to the above, in a separate bag to be taken to the post partum unit after transfer, bring the following:

- nightgown or pyjamas
- sanitary napkins
- underwear
- breast pads
- sweatsuit
- pen/notebook
- watch
- cosmetic and grooming aids
- a comfortable outfit to wear home
- water jug and cup with your name on it
- snacks for in-between meals



For the Baby bring the following:

- disposable diapers
- baby soap
- vaseline
- clothing for going home
- car seat and extra blankets for support

Bring your Health Card and any Insurance information that you may have.

When you arrive, a nurse will ask you a number of questions to assess your labour and decide how best to care for you at this stage.

Visiting hours in labour and delivery are now open. Make sure to discuss with your physician if you are planning on having more than one support person with you at the delivery.

Once your baby is born, you will be cared for in Labour & Delivery for another hour. The baby will be weighed and you will have the opportunity to breastfeed.

Post Partum Unit - 3C

You will be transferred to your room with your baby. Here you will receive assistance and support from your nurse. She will work with you to meeting your learning needs.

If you have had a Vaginal Birth or Caesarian Birth:

Eight hours after delivery you should,

- have your IV out
- be able to urinate
- be able to stand & walk
- know how to care for your perineum or your incision
- have fed your baby at least twice

The nurses will check you and your baby's temperature, pulse and breathing. Your baby will be checked for jaundice. You will have your uterus checked for position and firmness and your vaginal discharge will be monitored.

If you have had a Vaginal Birth:

Twenty four hours after delivery you should:

- have bathed your baby
- be caring for yourself
- know how to hold, diaper, do cord care, and position your baby for sleep
- know how to feed and burp your baby

If you have had a Caesarian birth, you will be able to do the above within 48 hours after delivery.

Before going home, you and your baby will be checked by a nurse and given further information about our post-discharge support program as well as information about what to expect in the first few days at home.



Discharge Time

You and your baby will be discharged by your doctor when you have met the discharge criteria. Extended lengths of stay will be given when beds are available.

Visiting Hours

Visiting hours for fathers and siblings are open. All other visitors are welcome between 1100 and 2030. Remember that children under 12 that are NOT siblings, are not allowed to visit in the rooms.

Support Programs

HOTLINE: 24 hours a day for 7 days after you go home.

FOLLOW-UP CALL: A nurse will call and check on Mother & Baby when you leave the hospital. Within 24 hours of a vaginal birth or 72 hours of a Caesarian Birth.

Post Partum Clinic:

A clinic appointment is offered for all mothers and babies leaving 48 hours after a vaginal birth and 72 hours after a Caesarian birth.



Breastfeeding Clinics and Lactation consultants available for mothers with Breastfeeding problems.

Common Questions

What should I have at home for my baby?

When at home with your baby, you may wish to consider having the following items on hand:

- two complete outfits for your baby in newborn size, this should include undershirt, socks, sleeper, sweater, hat and booties
- outerwear if during the fall or winter months
- thermometer
- mild soap, cotton swabs and vaseline

Will I be expected to do all the baby care when in the Hospital?

The nurses will work closely with you to meet your baby's needs. Our goal is to teach and support you as you learn how to care for your baby.