



BC WOMEN'S HOSPITAL
& HEALTH CENTRE
*An agency of the Provincial
Health Services Authority*

Welcome:

Family Information About Your Stay

The following information will be helpful during your stay. If you have any questions or concerns, please speak with your nurse.

Visiting Hours:

12 noon to 2:00 p.m. and 6:00 p.m. to 9:00 p.m.

- ▶ Please respect these visiting hours as new families need quiet time to recover from the birth and begin to learn about their baby.
- ▶ Partners and brothers and sisters of the new baby may visit anytime.

Length of Stay: Many mothers and their babies go home within 24-36 hours after vaginal birth and 48 hours after cesarean section. Some families go home as early as six hours after birth. The Community Health Nurse, Midwife, or Doctor continues your care at home. You go home from BC Women's when you:

- ▶ begin to know how to care for your baby
- ▶ begin to know how to care for yourself
- ▶ know when and where to get help

Rooming in:

- ▶ Your baby will stay in your room with you twenty-four hours a day except in special situations
- ▶ **Never leave your baby alone at any time**

Sleeping and your baby

- ▶ Your baby should always sleep on his or her back
- ▶ The current hospital policy discourages you from sleeping with your baby in bed
- ▶ Read the "Safe Sleeping" poster in your room

Support Person:

- ▶ We encourage you to have someone you are comfortable with, stay in your room to help you during your stay
- ▶ This person may sleep over night
- ▶ Please have them bring their own bedding, towels and pajamas. We have a mattress they can use

Baby's Best Chance - A Parent's Handbook of Pregnancy and Baby Care:

This book has a lot of helpful information on how to care for your self and your baby. Please use it as much as possible. You can get a copy from your community health unit or online at <http://www.vch.ca/women/pregnancy/docs/babysbestchance.pdf>.

Television: We have free Family Education on channel 68. Please ask your nurse or refer to the T.V. Guide for program information. Cable T.V. is available at an extra fee.

Safety and Security:

- ▶ Please leave all valuables at home
- ▶ Have no more than \$20.00 in your room

Personal Supplies: We give you a few sanitary pads, mesh panties, diapers and wipes. You can buy more supplies from the gift shop or mobile cart.

Refreshments:

- ▶ Meals are served around the following times:
Breakfast: 8:00 a.m. - 9:00 a.m.; *Lunch:* 11:30 am - 12:30 p.m. and *Dinner:* 4:45 p.m.-5:30 p.m.
- ▶ Juice, milk, tea and coffee are available for patients only and are found at the nursing station. Snacks are offered by dietary services twice daily; afternoon and evening. There is an ice machine in the rear hallway on each Square. Please help yourself.

Smoking and scent free: BC Women's Hospital and grounds are "Smoke-Free". Please do not wear strong scents such as perfume and aftershave for the comfort of others.

Patient Lounges and Patios: These areas are for your comfort and enjoyment. There is an indoor lounge and one or more patios beside some units.

Government Forms: (located with the packet you received when you arrived on the unit). You are responsible for filling in and mailing the following forms:

- ▶ Registration of Birth
- ▶ Family Allowance Application
- ▶ Birth Certificate Application
- ▶ Medical Insurance Application

The Registration of Birth form must be sent to Vital Statistics within 30 days.

Telephone: There is a daily charge for the telephone in your room. Please tell your nurse if you do not wish to have it. To make an outside call from your room, dial (9) and then the number. For long distance calls, dial (0) for operator. Calls may be billed collect, or your home number or BC Telephone calling card.

You can use your cell phone and other wireless devices in most areas of the hospital. This includes computers and smartphones such as Blackberry or iPhone. Please always use your cell phone courteously so you do not disturb others.

There are some places where you cannot use your cell phone or wireless device. This is because it may disrupt patient care or interfere with equipment. Look for signs or stickers on the equipment to know if you are in an area where you cannot use your cell phone or other wireless device.

Baby Photos:

- ▶ Baby photos are available every day from 9:00 am to 12:00 noon.
- ▶ For more information, look for the display by the nursing station.

We hope you will leave BC Women's having enjoyed your experience