

Birth Unit Tour

Date: Friday, January 18th, 2019

How to get to the Birthing Unit

Congratulations on the upcoming birth of your baby!

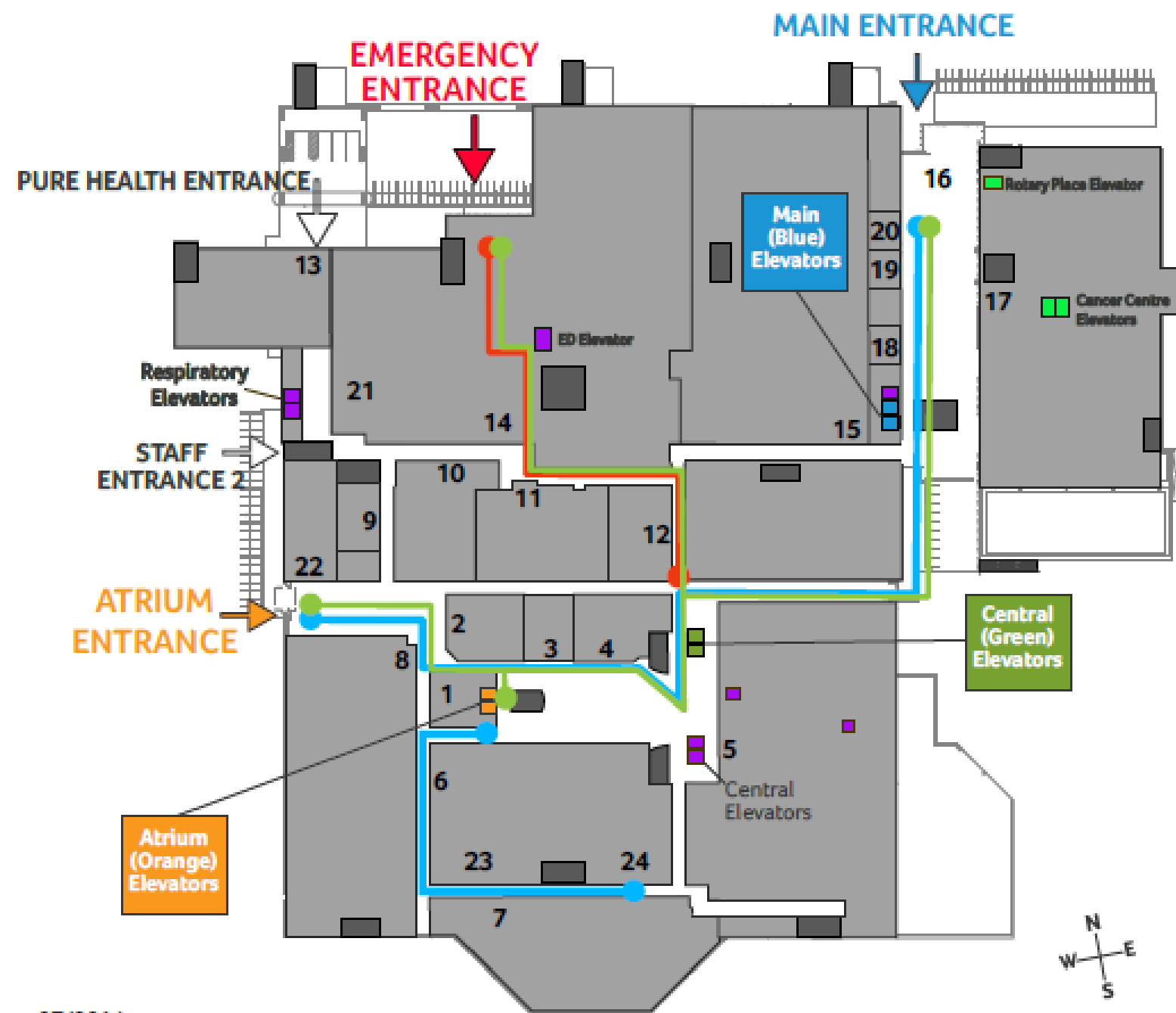
The following presentation will help guide you from any of the entrances to the 4th floor Birthing Unit.

When you arrive at the Royal Victoria Regional Health Centre, park in the Visitor Parking lot (north side of the building facing Georgian Drive) – you can also get dropped off either at the Main Entrance, Atrium Entrance, or the Emergency Entrance after hours.

If you require a wheelchair, they are available at all entrances.

If you arrive at RVH between 7 a.m. – 9 p.m. use either the Main or Atrium Entrance. After 9 p.m. until 6 a.m., use the Emergency Entrance.

How to get to the Birthing Unit from the Main Entrance



07/2014

Follow the Blue Line to the Atrium (Orange) Elevators and continue to Level 4 to the Birthing Unit

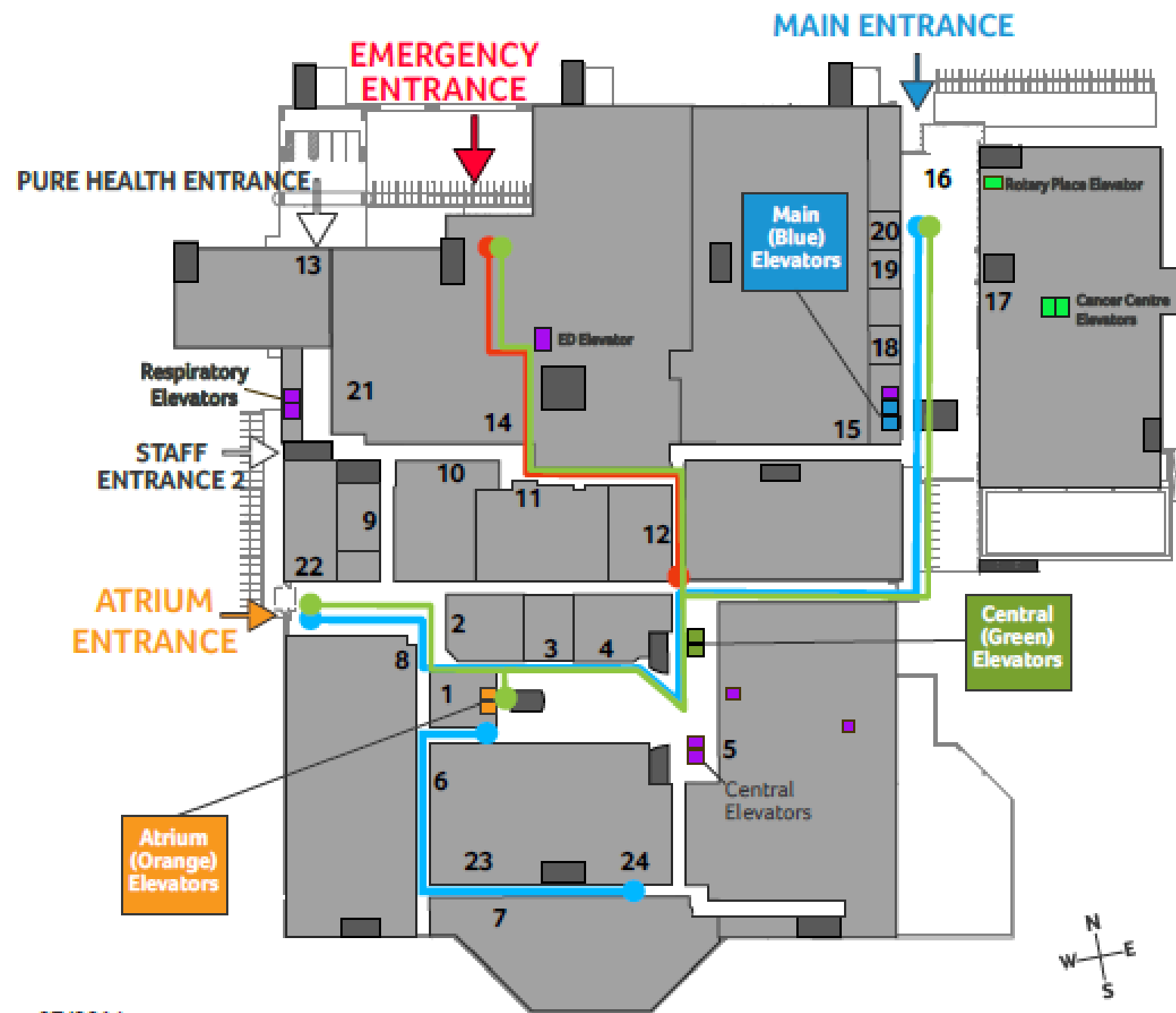


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How to get to the Birthing Unit from the Atrium Entrance



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Follow the Blue Line to the Atrium (Orange) Elevators and continue to Level 4 to the Birthing Unit

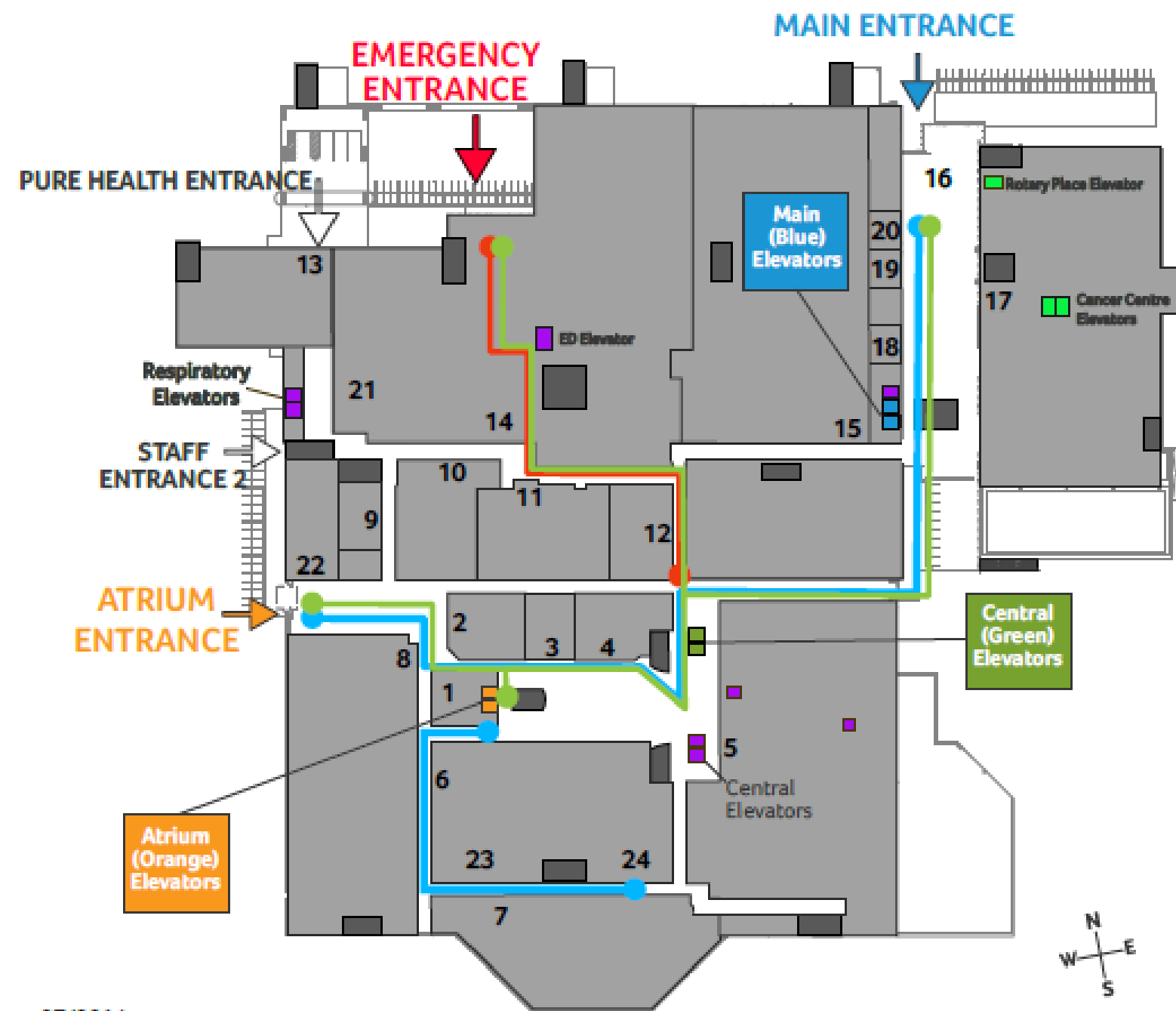


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How to get to the Birthing Unit from the Emergency Department



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Follow the Red Line to the Blue Line.

Follow the Blue Line to the Atrium (Orange) Elevators and continue to Level 4 to the Birthing Unit



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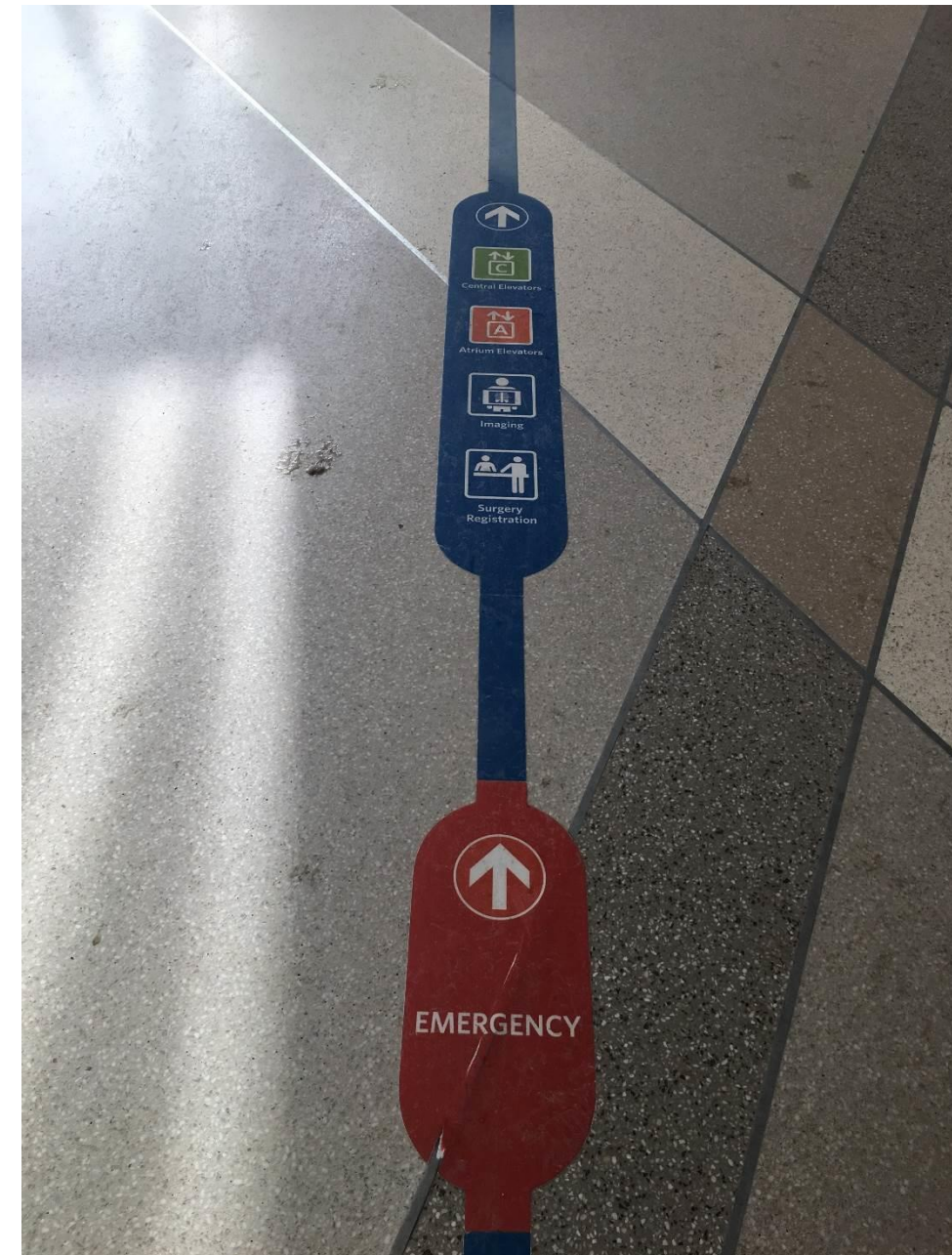
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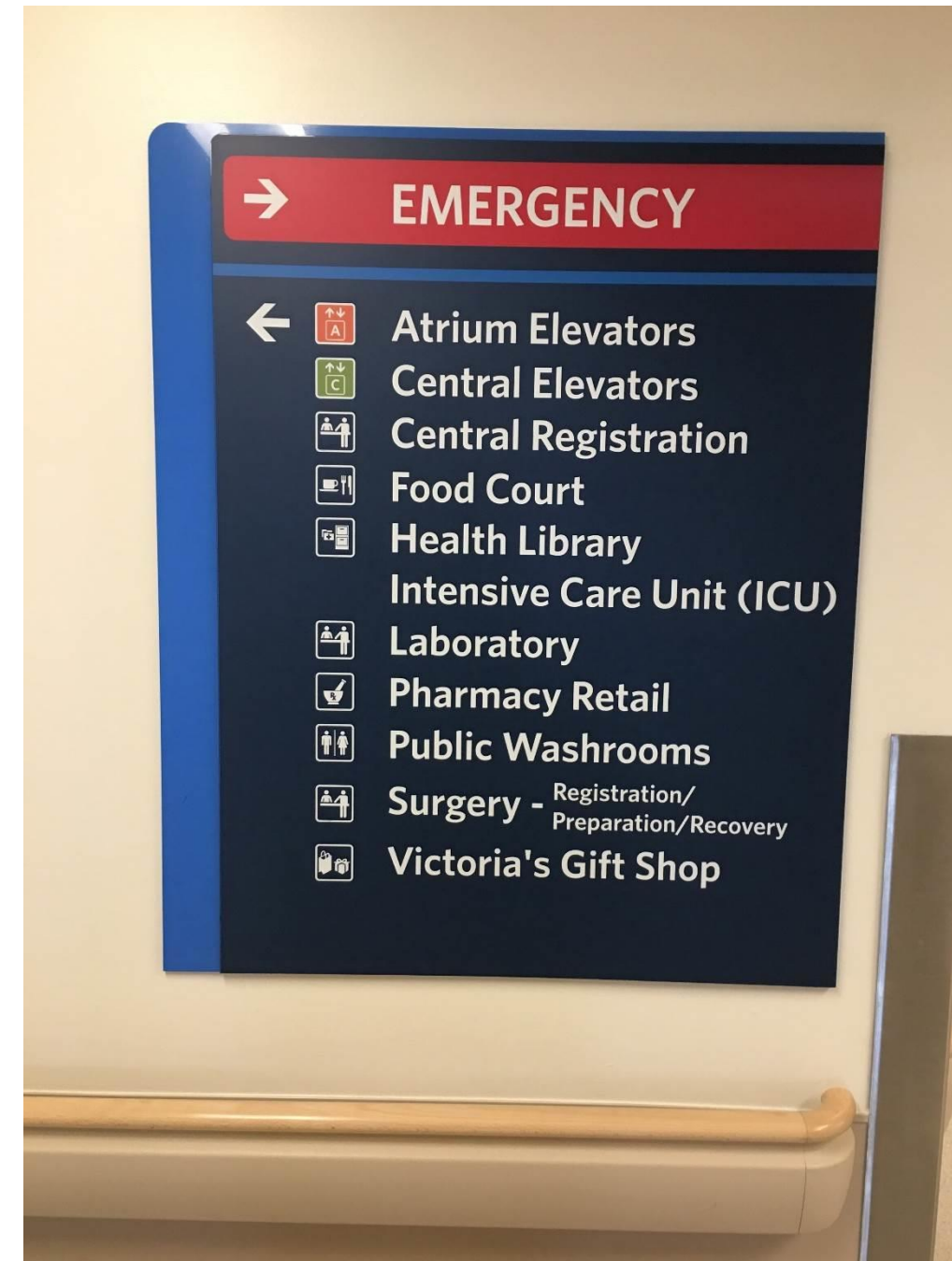
www.rvh.on.ca

How to get to the Birthing Unit



Main Entrance Blue Line

How to get to the Birthing Unit



Atrium Elevators and Signage

How to get to the Birthing Unit

When exiting from the Atrium elevators, turn left, and then left again to get to the Birthing Unit.



Hallway from Imaging to the Atrium Elevators

How to get to the Birthing Unit

Please buzz in for assistance. After getting registered by the Patient Service Clerk, you will get assessed in the Birthing Unit Triage. Birthing Mother and one support person may go into the triage area. Here, an experienced Obstetrical Registered Nurse and Physician will examine you to determine the progress of your labour.



Birthing Unit Triage

How to get to the Birthing Unit

If you are in active labour, you will be admitted to the Birthing Unit.

Three support people (birthing partner and two others) are allowed in the Birthing Unit with you.



Entrance to the Birthing Unit



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Inside the Birthing Unit



Hallways to the Birthing Rooms

Inside the Birthing Unit



Birthing Unit Nursing Station



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Inside the Birthing Unit

If you are admitted, you will be taken to a Birthing Room.

There are 8 private labour rooms equipped with a birthing bed, fetal monitor, and infant care center as well as a private shower and bathroom.



Birthing Room



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Inside the Birthing Unit

Some laboring patients like to relax in the whirlpool tub.

Ask your nurse for more details.



Whirlpool Tub



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Inside the Birthing Unit

A small Nourishment Room is available for patient use only.

You can store food and drinks in the refrigerator – please label everything with your name.

*RVH cannot be responsible for lost or stolen goods.



Nourishment Room



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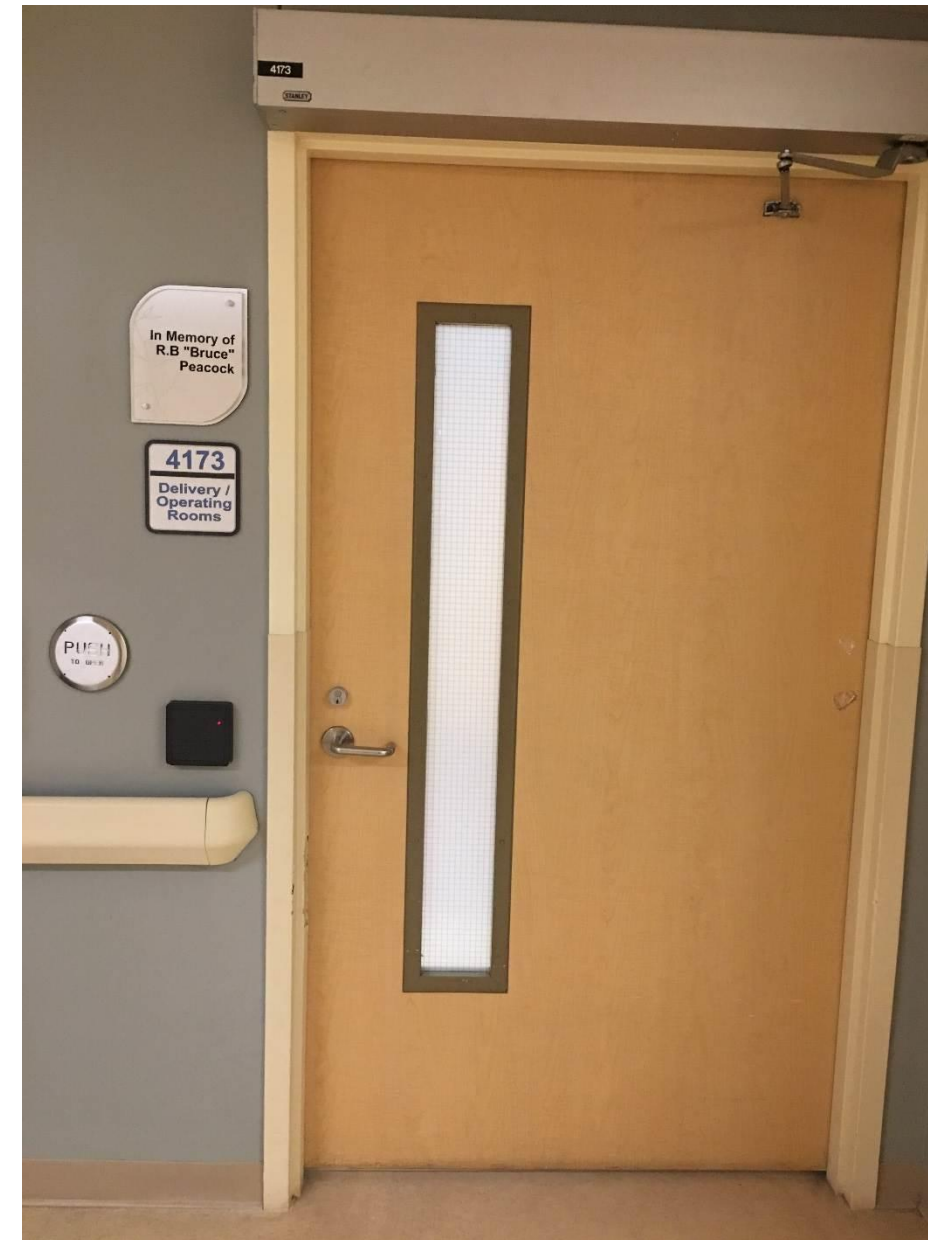
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Inside the Birthing Unit

The safety of you and your baby is our top priority.

If you require a Caesarean Section, the Birthing Unit is fully equipped with an Operating Room.



Delivery & Operating Room



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After the Birth of Your Baby

After delivery, your baby will be examined by a Registered Nurse and/or Physician or Midwife. In most cases, your baby will be placed skin to skin with Birthing Mother or the Father.

Up to 2 hours after delivery, you and your baby will be transferred to a room on the Obstetric Unit.



After Delivery



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Obstetrics Unit

Private rooms are requested on your Patient Responsibility Form in your Pre-Registration Package and confirmed upon Admission to the Birthing Unit.

Each private room is equipped with a bathroom and shower.

One support person can stay the night with you in a private room setting.



Obstetrical Private Room



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Obstetrics Unit

One guest is permitted in semi-private room overnight.

Bathrooms are for patient use only.

There are showers on the unit for patient use only.

On the unit:

4 Private Rooms

5 Semi-Private Rooms

1 Ward Room (4 beds)



Obstetrical Semi-Private Room



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Obstetrics Unit – Visiting Hours

RVH believes families are an integral part of the patient's care team because no one knows our patients better than their loved ones. That's why we welcome visitors 24 hours a day, 7 days a week.

We ask that you please respect the need for patient rest and recovery by being mindful of excessive noise and by being sensitive to the needs and wishes of roommates.

Visitors who are not feeling well should not visit RVH as you may risk exposing patients to infection.



Obstetrical Nursing Station



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Obstetrical Unit



Visitor Waiting Room



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Neonatal Intensive Care Unit (NICU)

In the event your baby needs some extra care, he/she will be transferred to our Level 2 Neonatal Intensive Care Unit.

Parents have access 24 hours a day to the NICU.



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What To Bring:

- ☐ **Health card – a valid health card must be presented for each health centre visit – patients without a valid health card will be billed directly**
- ☐ Pre-Registration package, if not already submitted and any records that your doctor has given you to bring to hospital

For Mother's stay you will want to include:

- ☐ Toothbrush and paste
- ☐ Soap , Shampoo
- ☐ Kleenex
- ☐ Brush / Comb
- ☐ Any medication you are currently taking
- ☐ **Sanitary pads** (large, absorbent)***
- ☐ Nightgown
- ☐ Housecoat
- ☐ **Extra underwear** *** (large comfortable)**
- ☐ Slippers and warm socks
- ☐ Snack/food for partner or self (vending machines, cafeteria and coffee bar available) – all meals and

snacks are provided for the patient only and delivered directly to patient – unit kitchen only provides tea, coffee and ice water for patient between meal times – refrigerator available for your own labelled supplies

- ☐ Change for vending machines and parking
- ☐ Lip balm
- ☐ Popsicles or sour lollipops (optional)
- ☐ Extra pillows/body pillows (optional)
- ☐ Camera
- ☐ Personal phone list, pen/pencil, paper
- ☐ Large, reusable cup for ice water (optional)
- ☐ Breast pads if breastfeeding

For baby:

- ☐ **24-36 diapers** ***
- ☐ Baby's own sleepers if you wish
- ☐ Baby car seat. Up to date and CSA approved

Refer to: <https://www.simcoemuskokadistricthealthunit.org>
and <https://www.tc.gc.ca/en/services/road/child-car-seat-safety.html>

- ☐ Going home outfit could include undershirt, sleeper, sweater, hat
- ☐ Blanket

***Please bring enough for entire length of stay – if your stay is extended please have family members bring additional supplies or they are available for purchase at Victoria's Gift shop.