



**Five Hills  
Health Region**

*Healthy People – Healthy Communities*

**Having your baby at  
the  
Dr. F.H. Wigmore  
Regional Hospital**



## **ABOUT US**

The Women's health unit at Dr. F.H. Wigmore Regional Hospital is an integral part of the Five Hills Health Region. The staff of the Women's health unit is dedicated to caring about you and family's needs. We offer our knowledge, skills and resources to provide you with the best possible care.

It is important that you be fully prepared for the birth of each child. We hope this booklet will guide you in planning and to resolve the concerns which you may have.

## **PREPARING FOR CHILDBIRTH**

When you first realized you were expecting a baby, you and your partner probably voiced many questions. An expectant couple who are well informed about pregnancy, labour, delivery and parenting will find the experience of childbirth most rewarding.

We strongly encourage expectant parents to enroll in the prenatal classes offered by Public Health services, 306-691-1500. Please call to register. If you cannot attend these classes, do read about the childbirth process. The public library has of books on this subject. Your physician will answer any specific concerns you may have. Please reveal them.

## **ADMISSION**

The admitting office is just inside the main entrance of the Dr. F.H Wigmore Regional Hospital which is at 55 Diefenbaker Dr.. Evening or night registrations will be done thru emergency department. After 8pm, you must go through the emergency entrance which is to the left of the main entrance.

On your arrival you will be given an identification bracelet which you must wear until you are discharged. Bring your identification for ie; Saskatchewan health card for health services coverage.

## **WHAT TO BRING**

For yourself, bring a bathrobe, slippers, sleepwear, brush, comb, shampoo, toothbrush, extra panties, Kleenex, cosmetics and if you intend to breastfeed, nursing bras.

Please leave jewelry and large amounts of money, however there is a charge for public parking. And you can obtain a weekly parking pass if required to stay longer than expected.

The hospital will not assume responsibility for the loss or theft of any valuables left at the bedside. If you must bring items of value, please leave them at admitting for safe keeping.

To take your baby home, you will need a night gown or sleepers, diapers, sweater or bonnet, a receiving blanket and an extra blanket if the weather is cold. Arrange to have a certified baby car seat and bring it to the hospital at time of discharge.

### **FAMILY CENTERED MATERNITY CARE**

The belief of the Five Hills Health Region is that the birth of a baby is a family event. Our nursing care reflects this in that we focus our attention on the mother, father, baby, brothers and sisters.

This concept allows family to spend time together. Fathers are able to be present during labour and delivery. Your other children and grandparents may visit and hold the baby in your room. By providing family centered care, we hope the adjustment to your new baby will be smooth, pleasant and relaxing. There is a waiting room just outside the unit for family members to wait while you are laboring. Due to confidentiality visitors may not wait in hallway outside the LDRP rooms. We will accommodate your spouse/partner or one support person 24 hours a day; however, we are unable to accommodate your other children during the night. All children need to be accompanied by a caregiver, other than the patient at all times.

### **ROOMING IN**

Your baby will “room in” with you in your room during your entire stay. This provides an opportunity for the mother and the father to become acquainted with and to gain confidence in caring for their newborn baby.

When you are “rooming in”, a nurse is available to assist you at all times in caring for your baby. Please do not hesitate to ask for help and to voice any concerns you may have.

We ask that all visitors who hold the baby wash their hands prior to doing so.

### **LABOUR AND DELIVERY**

When labour begins, follow the instructions which your physician has given you. If your membranes have ruptured (the bag of water around the baby), come to the hospital immediately. The nurse will notify your physician of your arrival. If you are in active labour, you will be taken directly to the labour area. If not, you will follow the normal admission procedures of the ward.

On admission, the nurse will ask you questions regarding your health and may examine you vaginally to assess the state of labour.

Your spouse or a significant other person may join you and stay with you until after delivery. They can assist by timing your contractions, rubbing your back and giving praise and encouragement.

The labour room staff will come in regularly to assess your condition and progress. They will check your blood pressure, pulse rate and the baby's heart rate. The interval between contractions and the strength of the contractions will be assessed. During labour, the nurse will examine you vaginally when necessary to determine the dilation of the cervix (neck of the womb) and the descent of the baby in the birth canal. The staff in the labour room will keep your physician informed of your progress.

The baby's condition during labour is also closely checked. A fetal heart monitor will be used periodically to listen to the baby's heart rate. Under certain circumstances the baby's heart beat may be monitored continuously via a fetal heart monitor (a special machine which picks up baby's heart rate and records it on a graph).

When the time of delivery is near, the nurse will call your physician. You will be positioned on the birthing bed and draped with sterile sheets. If your husband or significant other person wishes to join you in the delivery room he/she may do so to offer support and together witness the birth of your baby. After the baby is born the cord is clamped and cut. Excess mucous is suctioned from the baby's nose and throat and the baby is placed on your abdomen, unless otherwise indicated. Two identification bands will be secured to the baby's wrists to match yours.

Stitches may be needed in the perineal area and, if so, this will be done after the placenta (afterbirth) is expelled. Both mom and dad will have an opportunity to hold the baby. If you are breastfeeding, you will be encouraged to begin soon after delivery. Ilotycin ointment will later be placed in baby's eyes to prevent infections and a Vitamin K injection will be given to your baby also. RH negative mothers are tested and may be given Winrho (AntiD) as a protective measure for a baby in future pregnancies.

### **A NOTE TO FATHERS**

Fathers or significant others are encouraged to be present during deliveries at the Dr. F.H. Wigmore Regional hospital, but are reminded to:

1. Attend, if possible with your partner, the prenatal classes.
2. Pictures may be taken with your physicians consent.
3. Must have appropriate sleep attire.
4. There is a fridge available to store extra food/drinks/snacks for your stay.

## **HOSPITAL SERVICES**

During the day, fathers and or visitors may use the hospital cafeteria for meals. The prices are as listed in the cafeteria.

Visitor parking is located on the west side of the hospital. There is a fee for parking. Please note, parking along Diefenbaker drive is not allowed. Emergency entrance parking is temporary parking to allow for patient drop off. Please park in the parking lot.

## **MEAL SERVICES**

Well balanced meals are provided by the dietary department. The environmental service worker will take your order for each meal so you are able to choose options that best fit your preferences. As stated above there is a fridge available if you choose to bring food in.

There is also a nourishment center located on the ward that you are able to help yourself to.

## **VISITORS**

During labour and birth: Two designated support people are allowed through this period.

Following delivery: the timing and length of family and friends visitation is determined by you and your partner. It is important that visiting does not interfere with your rest, bonding, breast feeding, and learning needs.

## **SMOKING**

The Dr. F. H. Wigmore Regional hospital, in order to protect the health, comfort and safety of the patients and employees, has established a policy to control smoking. Smoking is only allowed in the designated outdoor patio shelter located just to the left of the main entrance.

## **CAESAREAN SECTION**

In the event you are having a planned caesarean section you will be asked to come to hospital a few days prior for your pre op assessment. You will see a Nurse who will obtain your medical history and the Anesthetist will discuss the preferred anesthesia for your surgery. Simple tests such as urinalysis and blood tests will be performed.

On the day of your planned caesarean section you will be admitted to the hospital 2 hours prior to your surgery time for pre-operative preparations.

In the event you require an unplanned caesarean birth during labour due to fetal distress or irregular labour, you will be immediately prepared for surgery.

Pre-operative preparation includes fetal heart assessment, abdominal shave, the insertion of a urinary catheter and an intravenous catheter for the provision of fluids or medications. For your safety, you must remove contact lenses or glasses, dentures and jewelry including body piercing jewelry and place them for safekeeping. There are no exceptions for safety sake.

In the operating room, which is located on the Women's Health Unit, the attending physicians, anesthetist and the nursing staff will take care of you. The father or a significant other may enter the operation room theatre to witness the birth of their baby. Then they will accompany the pediatrician with the baby to the nursery. If for some reason a general anesthesia is required for the C/S the Father or significant other will not be allowed in the OR.

After the surgery begins, the baby is born within 5-10 minutes, and then transferred to the nursery. A caesarean section takes approximately one hour from the time you enter the theatre until you move to the recovery area.

Medications will be given to ease the discomfort. Your baby will be brought to you once you are back to your room.

### **ABOUT THE BABY**

If your baby is healthy following a normal vaginal birth all assessments and routine newborn care will be done in your room. A baby that is having difficulty breathing, is premature or from a diabetic mother may be taken to the nursery for further assessment. An unwell baby may be placed in an incubator and require monitors for closer observation.

Mothers are encouraged to view the infant care/infant bathing teaching video and participate in the baby's care.

### **FEEDING THE BABY**

Nutrition is of major importance for the baby's physical and mental development. We will encourage and assist all mothers, regardless of which way a mother chooses to feed her baby. The nursing staff, however, promotes breastfeeding because research has proven that breast milk is nutritionally superior and protects the infant against infection and food allergies. We encourage that breastfeeding start immediately after birth with skin to skin and suckling to promote milk production. We will assist you with infant position and latching.

## **THINGS TO KNOW ABOUT YOUR BABY**

### **Baby's Head Shape**

Because of the pressure in the birth canal, many babies are born with irregular shaped heads. After a few days the head will begin to return to normal proportions.

### **Jaundice**

A common occurrence in newborns is jaundice. All infants will have a bilirubin level assessment prior to discharge. As long as the condition is mild, treatment is by phototherapy. You will still continue to feed your baby as usual, unless otherwise directed by physician.

### **Circumcision (surgical removal of foreskin)**

At present, there appears to be no medical reason for routine circumcision. A handout is provided about circumcision.

Questions about circumcision should be directed to your physicians. If you wish to have your baby circumcised, physicians usually do so on the second or third day of life. This procedure is no longer an insured medical procedure. Therefore circumcisions will be done for a fee set by the physician.

### **Lab Work**

All Infants will have routine PKU test done on 2<sup>nd</sup> day of life. Some infants may require blood test such as glucose level testing, total blood count or blood cultures. We will inform you if the physician orders additional testing.

## **BIRTH REGISTRATION**

Prior to discharge, you will be given a Birth Registration Form to complete. We ask that you complete this form and give to staff before going home. Also you will receive application forms for Saskatchewan Birth Certificate, Saskatchewan Health Card, Canada Child Benefits and Social Insurance Number. These also should be completed and our Administration staff will submit them to eHealth.

## **TAKING BABY HOME**

Your Physician will advise you regarding the best day and time for your discharge. We will discuss your and your baby's discharge care. The nurse will remove one identification bracelet from your infant.

It is law in Saskatchewan that you transport your baby home in an approved infant car seat. It is our recommendation that you have your car seat prior to birth of your baby and you know how to adjust straps to keep your baby safe.

## **DISCHARGE**

Once receiving a discharge order from your doctor, your nurse will review your discharge instructions for you and your baby. We ask that you then check out within one hour. If you are unable to arrange a ride home within the hour you will be moved to the family lounge to wait.

## **THE MATERNITY VISITING PROGRAM**

During your hospital stay and after discharge you will be contacted by the local Public Health Nurse.

The “Maternity Visiting Program “ provides supportive nursing services to families at home as shortened length of stays in the hospital now occur. She will check you and your baby as well as provide information about breastfeeding, nutrition, and care of yourself and your infant.

If you need to speak with the Public Health Nurse you may call 306-691-1500 (Moose Jaw) or your local office.