

Having your Baby at Royal Inland Hospital



Welcome to a quick tour of RIH's Maternity Services

This tour covers several topics, including:

- Parking
- Getting to the Entrance
- After Hour Access
- Things to Bring
- Patient Registration
- Public Elevators
- Arriving on the Unit
- Accommodation
- Privacy
- Newborn Experience
- Cesarean Delivery
- Special Care Nursery
- Family Waiting Room
- After Delivery
- Going Home
- Breastfeeding

Introduction

Congratulations!

This is an exciting time as you prepare for the birth of your child. We want to make sure you are as comfortable and confident as possible when you arrive at Royal Inland Hospital.

This tour will provide an overview of our maternity services so you know what to expect when you come to the hospital.



Introduction

Note

Did you know...

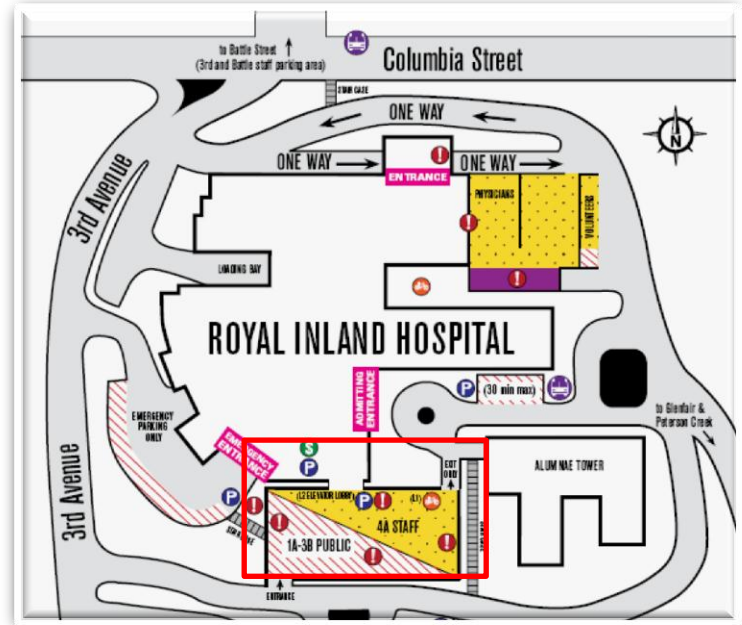
We deliver almost 1,300 babies each year!



Parking

We are located at 311 Columbia St. in Kamloops, BC, on the corner of Columbia and 3rd Avenue.

When you arrive, have your birth partner park in the public parking in the parkade behind the hospital.



Parking

Your partner will need to make note of the stall number where you have parked to prepay at the meter located within the hospital to the left of the parkade entrance, beside the Emergency Department.

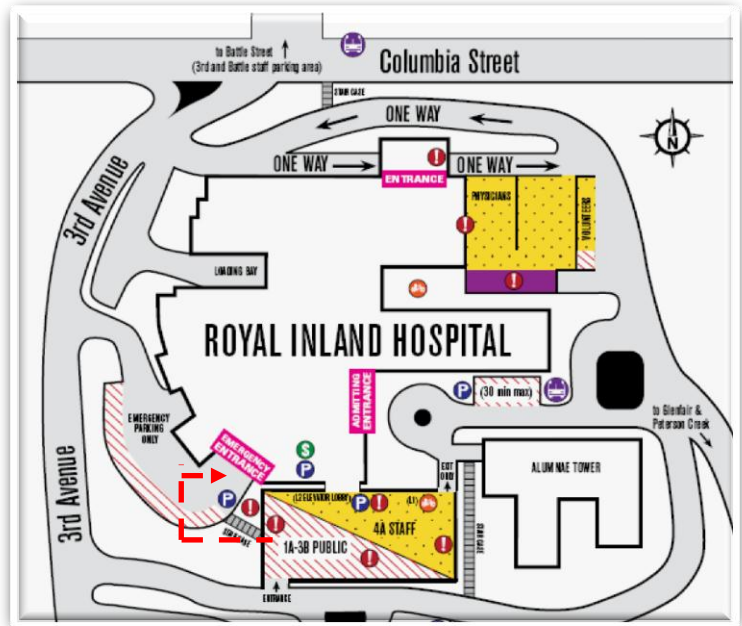
Make sure your partner brings a small amount of cash for the parking meter. The machine will also accept credit cards.



Getting to the RIH Entrance

Walk from the parking lot to the main public emergency entrance of the hospital.

There are wheelchairs available in the main lobby for your partner to help you if you cannot walk comfortably.



After Hour Access

After hours you will find the door within the hospital entrance locked. There is an intercom on the wall you can buzz.

Once you advise where you are going, switchboard will open the door or a security guard will come to escort you to the maternity unit.



Things to Bring

Only bring those items you will need:

- slippers
- toothbrush
- hairbrush
- nightgown or T-shirt
- medication.

Items for the baby can be left in the car until later.

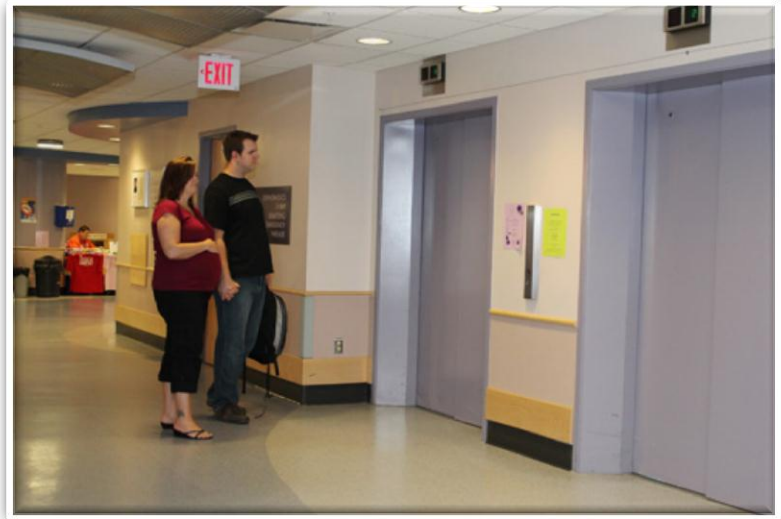


Admission

During your prenatal care your care-provider will have pre-admission forms available for you to fill out. This means that the hospital will have the information they need ahead of time and helps ensure we are ready for you when you go into labour.

If you have preregistered you do not need to report to the admitting desk. Instead, you may proceed to the elevators located beside the gift shop and go up to the 3rd floor and follow the signs to the labour and delivery area.

Learn more about the [Preferred Accommodation Program](#) for information about private and semi-private rooms.



Arriving on the Unit

When you arrive at the unit, proceed to the nursing desk in the centre of the ward.

They will have your information on file. The nurse will ask you some questions about your labour and will direct you to the most appropriate area.

The nurse will contact your physician or midwife.



Assessment

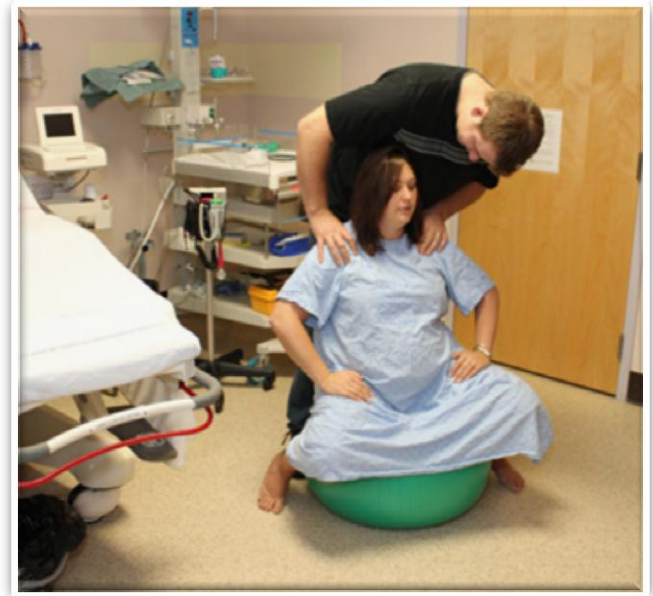
You may be directed to the assessment room. The nurse will determine how your labour is progressing. At this time you may have a fetal monitor placed on your belly to assess your baby, if the nurse deems it necessary.

When you are in active labour you will be moved to a birthing room.



Birthing Room

Royal Inland has four birthing rooms. A shower will be available, as will items to assist you in your labour and delivery, such as a birthing ball and squatting bar. The beds in these rooms change position to ensure you are as comfortable as possible.



Accommodation

There is a small kitchen in the delivery area with an ice machine and a coffee maker. We encourage support people to bring snacks, which they can keep in the kitchen's small fridge throughout the birthing experience.



Privacy and confidentiality are of the utmost importance.

Photos and videos are permitted before and after the birth however there is to be no photography during medical procedures of the mother or newborn or during the birth unless your care provider has given permission. You must ask permission to take photos of any hospital staff member.



Newborn Experience

At birth, your baby will be placed on your chest skin-to-skin to support the baby's breathing, initiate breast-feeding within the first half-hour of birth, and bonding. Your baby will be assessed by your care provider and the nursing staff while on your chest or beside you on the warmed infant care bed.

Prior to you moving from the birthing room to the postpartum unit on 3-West, your baby will have ID bracelets placed on both ankles.



Special Care Nursery

RIH practices rooming-in – that is, allowing mothers and babies to remain together 24 hours a day.

If your baby needs some extra help, she will be taken to the Special Care Nursery for special treatment in our nursery. The staff in the Special Care Nursery are trained to give your baby a higher level of care if the need arises.

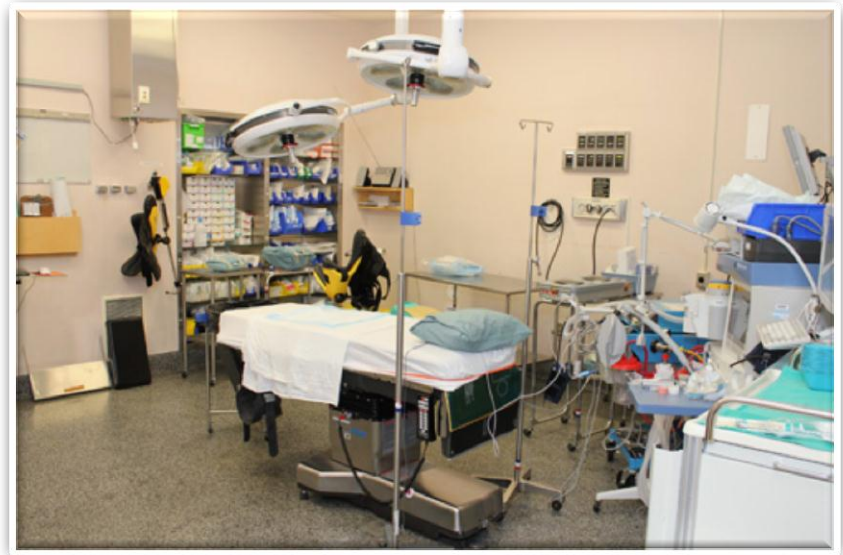


Cesarean Delivery

If your care provider recommends a caesarean section (c-section) you will be taken into the operating room. Your partner will change into scrubs and will be able to go into the operating room with you to support you during the procedure.

To support breastfeeding within the first hour of birth, if nursing staff are able, newborns are taken to the recovery room to initiate breastfeeding.

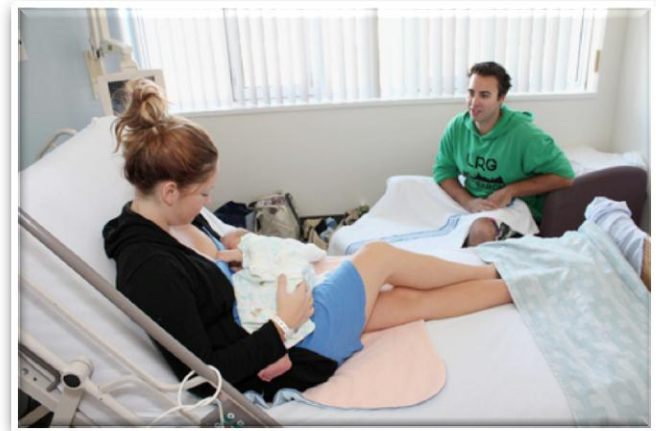
If you deliver by caesarean section your baby and your partner will spend time in the Special Care Nursery until you return to your bed on 3-West.



After Delivery

After some time in the delivery room, you and your new baby will be taken in a wheelchair to a postpartum room on 3-West for you to rest and get to know one another. There are 10 private postpartum rooms with washrooms, including showers. They also include a chair that pulls out into a bed, for your support person to stay with you while you are in hospital. They should bring something appropriate to wear for sleeping. Your support person can stay in the room with you 24 hours per day.

Although this is an exciting time that you may want to share with friends and family, it is also important that you rest. General visiting hours are 3 pm – 8 pm. The baby's siblings can also visit at anytime. Children must be attended at all times by a responsible adult. Visitors must be free of infectious illness such as flu, colds, etc.



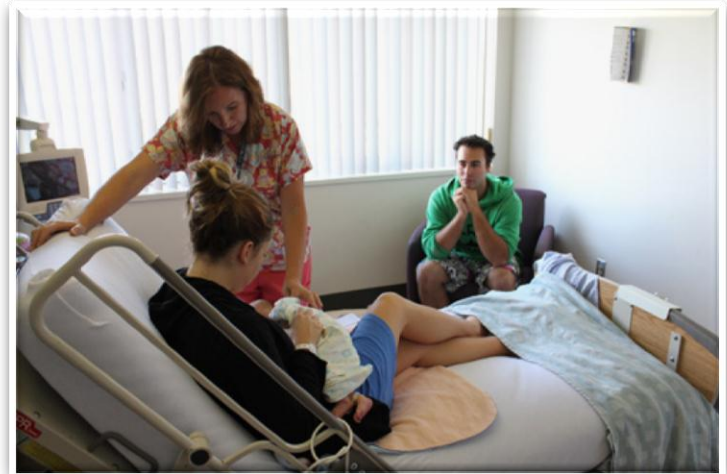
Staying in Hospital

In addition to physicians, midwives, and our wonderful team of nurses, Royal Inland has dedicated Lactation Consultants (Breastfeeding Experts), Social Workers, Aboriginal Patient Navigators, and a Chaplain (Spiritual Care Coordinator) on site to answer your questions and assist you during your hospital stay.

You can expect to be at the hospital for 24 – 48 hours. If you have a c-section you will be in hospital for approximately three days.

It is important that your baby is never left alone while at the hospital. Do not leave the postpartum area with your baby until you have been discharged.

While you are here, your baby will have some tests done such as a PKU blood test, and Newborn Hearing Screening. Ask your nurse for details about these tests.



Going Home

You will need an approved car seat to take your baby home, even if you are getting a ride from a friend or taking a taxi. Have your partner bring your car seat to your room when you are ready to go home.

Your nurse will check that your baby is secure in the seat before you leave. For information about car seats, go to www.childseatinfo.ca or call the Child Seat Information Line: 1-877-247-5551.



After Discharge: Public Health Nurse

A Public Health Nurse will contact you 24 to 48 hours after you are discharged from the hospital. The nurse will do an assessment of you and your baby and answer any questions you may have.

If you have concerns before the nurse calls contact [HealthLink BC](#) at 8-1-1 or your doctor or midwife.



Breastfeeding

The Kamloops Breastfeeding Centre offers information and hands-on support for breastfeeding moms. Call 250-851-7300 for information.

It is staffed with Public Health Nurses specialized in breastfeeding (Breastfeeding Counsellors or Lactation Consultants)

You may also find more breastfeeding information at:

- [Best Chance](#)
- [La Leche League](#)
- [HealthLink BC](#)
- [Breastfeeding.com](#)
- [Dr. Jack Newman: Breastfeeding online](#)



You have reached the end of the Virtual Tour of RIH's Maternity Services ward.

If you need further information, you can try these links for general resources:

- [Best Chance Website](#)
- [Newborn Screening Health File](#)
- [Period of Purple Crying](#)
- [Postpartum Depression](#)

