

Welcome to Labor and Delivery at Kaiser Permanente Santa Rosa

Welcome to a brief tour of the Labor and Delivery facilities at our Santa Rosa Medical Center! We're honored to welcome and guide you through what to expect when you arrive at our Labor and Delivery unit. We are conveniently located at 401 Bicentennial Way in Santa Rosa. Our goal is to make your first steps easy and stress free.

When you arrive, park and enter through the hospital's front entrance. We also have special "Stork Parking" available outside of the parking garage. Complimentary valet parking is available at the hospital main entrance. If it's after 8 p.m. at night, park and enter our facility through the Emergency Room. If it's an urgent situation at night, you may park in the Emergency parking lot and enter through the Emergency Room.

Once inside, you can walk or use one of our available wheelchairs located with valet services or at the Emergency Room. Our Labor and Delivery unit is located on the 3rd floor. Use the elevators down the hall from the main lobby. On the 3rd floor, follow the signage to the Labor and Delivery unit. We keep our Labor and Delivery unit secure 24 hours a day. A security team member will welcome you and guide you to the nurse's station to finish your check-in. If you are accompanied by a support person or a doula, they will need a picture ID to enter and will receive a temporary visitor's badge. A staff member will bring you to a triage room. Here, we'll do a medical assessment to check how you and your baby are doing and decide next steps. Depending on where you are in your labor journey and how you and your baby are doing, we will either admit you or help you return home with clear guidance and support on when to come back. Our goal is always to ensure you feel safe, informed and cared for every step of the way.

When you are admitted, you will remain in the spacious and private Labor Room throughout your labor and your baby's birth, allowing you to settle in, feel comfortable, and stay in one supportive space as you welcome your baby. Our Labor and Delivery beds are specially designed to move and adjust with you, supporting a variety of positions that can help you stay comfortable and work with your body throughout labor and birth. We offer peanut balls, birth balls, and squat bars to support your movement and comfort during labor. These tools can help you change positions, work with your body's natural rhythm, and find what feels most comfortable as your labor progresses. We offer 24-hour anesthesia coverage for epidural placement, so this option is available whenever you need it during labor. Our nurses are specially trained to support you through the process and help keep you as comfortable as possible.

We also provide many comfort options that do not involve medication. We can create a calming environment while you labor by dimming the lights, playing music, and using essential oils. Our nurses are trained in hands-on comfort techniques, such as positioning, breathing support, massage, and the use of TENS units to help ease the intensity of contractions and support your body through labor. A mirror is available if you'd like it, allowing you to see your baby's progress during pushing and feel even more connected and involved in the birth experience.

Each room includes an infant warmer, so your baby can be weighed and assessed right there with you. This allows you to stay close, remain connected, and begin bonding with your baby from the very first moments. There's a private bathroom, a comfortable couch for your support person, that can also fold into a bed. Natural light from the window adds a calm touch to the room environment. You'll also have controls for lighting and room temperature. Every room is equipped with fetal heart rate monitoring to help us safely watch over your baby during labor. We offer a variety of monitoring options, including ones that support freedom of movement so you can continue to change positions and stay as comfortable and active as possible while we care for you and your baby.

We have a comfortable family waiting room available for the loved ones you choose to have nearby during your stay. To help keep you, your baby, and all families safe, visitors will be asked to show a picture ID when they arrive. You'll be surrounded by a dedicated team of Labor and Delivery nurses working closely with a certified nurse midwife and physician.

Together they partner with you, listening to your wishes, honoring your preferences, and providing safe, respectful care. If your birth includes a cesarean birth, you will be gently moved to a nearby operating room, where your care team will continue to support you and keep you informed, comfortable, and cared for every step of the way.

Afterward, you'll be brought to a recovery space where you can rest, begin bonding with your baby and continue to be closely supported by your care team. If your baby needs extra support after birth, we have a level two neonatal intensive care unit right here, with specially trained nurses and providers ready to care for your baby and support your family during the transition. After delivery, you and your baby will move to your postpartum room, where you will stay together as a family until you are ready to go home. These rooms are designed to support bonding, feeding, recovery, and rest, with our team here to care for and guide you during those first important days together. They also feature a couch for your support person that can convert to a bed. Meals for you and your support person will be provided during your stay to help keep you nourished and supported as you recover and care for your baby. If desired, a lactation consultant can assist you with breastfeeding during your hospital stay. We also have outpatients support provided by lactation consultants and breastfeeding medicine physicians, if you need help once you go home.

From the moment you arrive until the day you go home, you will be surrounded by a team who is here to care for you and your baby. We are here to answer your questions, support your recovery, and gently guide you as you begin to get to know and bond with your baby. We look forward to welcoming you and your family to Santa Rosa Labor and Delivery. If you have further questions about our birthing unit, ask your prenatal clinician.