

Walnut Creek Medical Center Labor and Delivery Tour Video

Welcome to a brief tour of the Labor and Delivery facilities at our Walnut Creek Medical Center. We're excited to guide you in what to expect when you arrive at our Labor and Delivery unit.

We are conveniently located at 1425 South Main Street in Walnut Creek. Our goal is to make your first steps easy and stress free. Park in our 24-hour Hospital Parking Garage on Newell Avenue, and walk on our outdoor path to the Main Hospital Lobby.

If it's an urgent situation, use one of our special "Stork" parking spaces located in the Emergency Parking Lot, then enter through the Hospital Lobby. Please note that these spaces are temporary. You'll need to move your car to the Regular Garage within one hour.

Once inside, you can walk or use one of our available wheelchairs located in the Hospital Lobby. Our Labor and Delivery Unit is located on the second floor. Use the elevators in the Main Lobby.

We keep our Labor and Delivery Unit secure 24 hours a day. A Security Team Member will welcome you and check you 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 the labor process and your overall clinical situation, you will either be admitted to the unit, do some walking on site before reevaluating you, Or sent home with further guidance and instructions.

If you're admitted, you'll settle into a spacious Labor Room, specially designed for comfort and flexibility. You will generally stay in this room for the entire length of your labor and birth. Our beds adjust to support different positions. We offer Peanut and Birth Balls and a Squat Bar if you'd like one. A mirror is available for visual guidance during pushing, if you prefer.

Each room is equipped with an Infant Warmer where your baby is weighed and assessed. 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 environment. You'll also have controls for lighting and room temperature.

Every room features a Fetal Heart Rate Monitor. It can be used remotely, so you are not physically connected to the monitor. We also can use the Doppler to do Intermittent Auscultation.

You'll be cared for by our Labor and Delivery Nurses in collaboration with a Certified Nurse Midwife or Physician. They all work together to support your preferences and provide safe, respectful care.

There is a Family Waiting Room available for visitors you have during your stay. Note that any visitors that come on to the unit will need to have a picture ID to enter. If you have a Cesarean Section, you will be moved to an Operating Room and then to a Recovery Room. Should it be needed, we have a Level Three Neonatal Intensive Care Unit.

After delivery, you'll recover in a Postpartum Room. These rooms are especially set up for bonding, feeding and rest. They also feature a couch or chair for your Support Person that can convert to a bed.

Know that from the moment you arrive to the time you go home, our team of professionals are here for you. Our team will help you learn your room, answer your questions and support you as you get to know your baby.

We look forward to welcoming you and your family to Walnut Creek Labor and Delivery. If you have further questions about our Birthing Unit, ask your Prenatal Clinician.