

Providence Sacred Heart Medical Center

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Hi. I'm Brandi, a registered nurse here at The Birth Place at Providence Sacred Heart Medical Center and we're excited to have you join us on a tour of our unit. If you are scheduled for a procedure or you arrive to be seen between the hours of 5:00 AM and 8:00 PM, you'll be parking in the west addition women's health center parking lot. Valet parking is available.

Parking at The Birth Place is not validated. A kiosk to pay for parking is available on the main floor, located by the elevators. If you arrive after hours, please enter through the emergency department, where they will bring you up to the labor and delivery unit. They will work out parking arrangements at the time of arrival.

You will check in here. During this time, you'll be asked to identify which doctor you have chosen to care for your newborn. If you are scheduled for a cesarean section, only your primary support person will be allowed to accompany you to your pre-op admission room.

In the labor room, we have a refrigerator, wireless Bluetooth speaker, birthing bed, birthing ball, as well as a Jacuzzi tub in most rooms. We do not do water births at our facility. If you choose pain relief in labor, we have several options available. Please see the anesthesia link available on our website.

A waiting room with coffee and a restroom is available for your visitors. We ask that no one waits in the hallway to respect patient privacy. We offer full OB care, encompassing high-risk antepartum care, low- and high-risk labor and delivery, high-risk NICU, and postpartum care. We fully support uninterrupted skin-to-skin with mom and baby for the golden hour after delivery.

In your postpartum room, you will find all the amenities needed to promote 24-hour rooming-in with your baby. These amenities include a recliner, sleeper couch for your support person, a refrigerator, an electric breast pump, newborn bassinet, and a private attached bathroom. Once you have settled into your postpartum room, you'll be cared for by one of our highly-trained RNs, who will be able to assist you with all your care needs and support your breastfeeding journey. For those with complex breastfeeding concerns, one of our specialized lactation consultants will be able to assist you.

The Birth Place is a locked unit for our patient, visitor, and staff safety. Your guests will be required to have your first and last name in order to visit you. While laboring, our patients are allowed four people in addition to their primary support person, who will have unlimited access during your labor process. After delivery, your visitors will be expected to follow the visiting hours of 8:30 AM to 8:30 PM. There is no limit to the number of visitors once a patient is admitted and settled on the mother-baby unit during visiting hours.

In preparation for discharge, your newborn will receive various health screenings during the first 24 hours of their life, including the completion of the birth certificate worksheet. You will order your legal birth certificate through the Department of Health. You will also be required to have a non-expired and weight-appropriate car seat for your baby in order to go home. Please be sure to familiarize yourself with the car seat manual and proper installation into your car.

For your convenience, we are happy to fill your discharge prescriptions at our outpatient pharmacy, which is located on the main floor by the gift shop. If additional supplies are needed, such as breast pumps, newborn supplies, or nursing bras, these can be purchased at our care shop, located one floor below the birthplace. In an ongoing effort to support exclusive breastfeeding for your baby, our outpatient lactation office is available Monday through Friday. The office hours are 8:00 AM to 4:30 PM, and available by appointment only.

From pregnancy through the teen years, the Circle app has answers to your questions about raising healthy children. It contains articles about babies, kids, and parenting. A to-do checklist from Providence experts is available to guide you from pregnancy through parenthood. Please take advantage of this free app.

Childbirth education classes are available for your convenience at three local locations. Please see our Providence Sacred Heart Medical Center website for registration and details on dates, times, and fees. Providence offers infant CPR and basic first aid for your newborn. Information on how to register, dates, times, and fees can be found on the Providence Sacred Heart Medical Center website.

Thank you so much for joining us on this virtual tour of The Birth Place. If you have any further questions, please refer to our website for information on childbirth education classes and group tours.

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