

## Swedish Medical Center

Welcome to Swedish Medical Center, First Hill campus. I'm Stacy Hammonds, manager for the Lytle Center for Pregnancy and Newborns.

We want you to be as prepared as possible for your upcoming birth. Seeing where you will arrive and where you will deliver will help alleviate any stress you may be feeling as a new parent. So take a tour with me as we show you where to park, how to get to the birth center, and what a birthing suite looks like. You will learn about the amenities and resources that are available to you and what to expect when you arrive to have a happy birthday.

When you think you are in labor, the first step is to call the clinic you go to for your prenatal care. This is very important, no matter what time of day or night it is. Your doctor or midwife will contact the birth center staff to let us know you are coming. This allows our medical team to prepare for your arrival.

When you arrive at the hospital, use the main entrance located at 747 Broadway. If you're experiencing bleeding, shortness of breath, severe headaches, or are concerned you haven't felt your baby move, go to the emergency room entrance on Minor Avenue, and you will be assisted to labor and delivery. Both entrances are open 24 hours a day.

Park in the Broadway parking garage, accessible from the driveway at the main entrance. From the garage, please take the elevators to the main lobby on the first floor. If you arrive at the hospital after hours, a security guard will be at the desk to let you up to labor and delivery. Walk through the lobby to the east elevators, and take them up to the fifth floor. At the birthing suite sign, turn right and you will have arrived.

If your medical provider has scheduled you to have your labor induced or if you're here for a scheduled cesarean, you will check in at the reception desk on your left. Otherwise, go down the hallway to triage. They will be expecting you. OB triage is the first stop for most families. This is the area where you and your baby will be evaluated to see if you are ready to be admitted into the hospital.

Our team will assess the progress of your labor and monitor your baby using an electronic fetal monitor. This machine uses two sensors strapped to your stomach that track your baby's heart rate and also evaluate the frequency and intensity of your contractions. This information gives us a good idea of how your baby is doing with labor.

Sometimes labor is not far enough along for you to be admitted to the hospital. If that happens, then you will get to go home. If you are in labor, then you will be admitted to a birthing suite. Let's go look at a birthing suite.

When you are far enough along in your labor to be admitted, it is usually time to find ways to cope with your contractions. We have many resources and tools available for you to use. Each birthing suite has a private bathroom with a Jacuzzi tub and shower, a rocking chair, and a birthing bed that can be moved into different positions. A squatting bar can be attached if you would like one.

At your request, we are happy to provide you with a birthing ball, a birthing stool, birthing peanuts, a mirror, and hot or cold compresses. If you would like an epidural for your birth, an anesthesiologist is available 24 hours a day. For your media needs, each room has a TV with Blu-ray player and free Wi-Fi access.

We welcome your family and support people to be part of your birth experience, but please note that we can accommodate your partner and two additional support people to be with you in the birthing suite during labor and for the first two hours after labor. Doulas are also welcome and are not counted as one of your three support people.

If there is a need for a cesarean birth, you will be taken to an operating room for the surgery. As long as you are awake for your surgery, you may bring one support person in addition to your doula or an interpreter if needed into the operating room. When you leave the operating room, you and your baby will be taken back to the birthing suite for about two hours to be monitored before you move to a postpartum room.

If your baby is born full term and medically stable, the baby will be placed immediately on your belly or chest, skin to skin, for the first hour after birth or through the first feeding. The first feeding usually happens 30 to 60 minutes after delivery, with the help of your nurse. Feeding your baby is an important skill for every new parent to learn. We have nurses and lactation consultants available to provide you with the support you need.

Our nurses are trained to help you with breastfeeding. If you are experiencing difficulty breastfeeding after 18 to 24 hours, your nurse will have a lactation consultant come to see you before you go home. Usually after your baby's first feeding, approximately an hour after delivery, it will be time to weigh and measure your baby. Your nurse will place your baby on a newborn warmer and complete an assessment in addition to administering eye medication and vitamin K.

You can plan on having your baby with you during your entire hospital stay. This is called "rooming in." If your baby is born preterm or has other medical issues, the medical team from our level 4 neonatal intensive care unit will attend your delivery or be available to provide medical care once your baby arrives. In these situations, it is common for the baby to spend some time receiving care in the NICU.

Once you and your baby are medically stable, you'll be taken to a postpartum room, where you will spend the remainder of your hospital stay. Most families move to postpartum two to three hours after birth. You and your baby can plan to stay in the hospital 24 to 36 hours after a vaginal birth, or 48 to 60 hours after a cesarean birth.

Each postpartum room is equipped with a hospital bed, bassinet for the baby, and a rollaway bed for your support person. Visiting hours in the hospital are from 5:00 AM to 9:00 PM daily. During these hours, there is no limit to the number of visitors you may have. We encourage you to have one adult support person stay overnight with you in your room. Due to space limitations, we cannot accommodate additional family members, and children are not permitted to stay overnight.

It is recommended that you have your baby's provider picked before you arrive at the hospital in labor. This can be a pediatrician, a family practice doctor, or an advanced registered nurse practitioner. Even just knowing the name of the clinic will be good enough. If you do not have one picked out, we can provide you with some options.

We will be doing various health screening tests on your baby, and we will need to send the results of those screening tests to your baby's doctor. These tests include a hearing screening, metabolic screening, and a cardiac screening, which screens for newborn heart defects.

The following services will be available to you during your hospital stay. It is Washington state law that if your baby is traveling in a vehicle, your baby must be in a car seat. We recommend that you practice installing your car seat before you arrive at the hospital for labor, and that you also get it inspected by a certified car seat technician to ensure your car seat is installed safely.

Finally, let us tell you about a few resources that Swedish has to help you adjust to life as a new family. Birth and family education classes are an important way to help prepare you for childbirth, as well as for life after your baby arrives. First time parents find it helpful to take classes in childbirth preparation, newborn care, and breastfeeding. Infant safety and CPR is great for you or anyone who will be taking care of your baby. Additional classes are available, including classes for partners and grandparents. Swedish doula services are available to give you emotional, physical, and informational support during your pregnancy, birth, and after your baby arrives. Here are some of the things birth doulas can do for you.

Here are some of the things postpartum doulas can do for you.

The Lytle Center for Pregnancy and Newborns has many services available to you. Make an appointment to see a lactation consultant, attend a breastfeeding support group, or make a post-delivery wellness appointment with a nurse practitioner or mental health therapist specially trained in providing support and treatment for you and your baby.

You can also shop at our store for up-to-date breastfeeding supplies, gifts, flowers, cards, and more. Or just enjoy the fireplace, ask questions, and weigh your baby at our self-service weigh station.

While you are transitioning into parenthood, don't forget about your mental well-being too. Perinatal mood and anxiety disorders are among the most common complications of childbirth, with at least one in five people experiencing symptoms of depression or anxiety in pregnancy or the year following birth. While there are risk factors, anyone can end up with a perinatal emotional complication.

If you're worried about your mood, can't stop worrying, are having scary thoughts, can't sleep even if your baby is sleeping, or if your connection with your baby is not what you expected, please talk to someone on your care team.

Your prenatal provider, pediatrician, doula, birth and family educator, or lactation consultant can all help get you connected to a Swedish provider who can help you feel like yourself and enjoy this time with your new baby.

Thank you for joining me on this tour of the Swedish First Hill Birth Center. I hope you feel more informed about what to expect that your next visit. For more information, call 1-800-SWEDISH or visit us online at [swedish.org](http://swedish.org). As a patient at any of our Swedish campuses, you have access to the best personalized maternity support. We are here to help you and your family have the best birth experience possible. See you soon.