



Commonly asked questions

1. When I go into labor, where do I park?
 - If you are in labor when you arrive at the hospital, please enter through the Emergency Department. The valet can park your car or your support person can park in the ER lot and meet you inside.
 - If you have a scheduled delivery, park in the parking garage and enter through the first floor lobby.

2. After delivery, will I have to move to a different room?
 - We have 11 labor and delivery rooms. These rooms are where you will deliver and then recover initially after birth. After recovery, you and your baby will be moved to a postpartum room on the same floor with the same nursing staff.

3. Will my baby stay in the room with me throughout my entire stay?
 - We encourage rooming-in with your baby, but your nurse will take your baby to the nursery for tests and procedures. You can also request that your baby go to the nursery so that you can rest.

4. What is The Family Birth Center doing differently during the COVID pandemic?
 - For the most up to date information please visit www.stclair.org and [click on "Keeping our Visitors and Patients Safe"](#).
 - Currently, we allow only one support person that will accompany you during your entire stay. In addition, you are allowed one visitor who will follow hospital visiting hours.
 - Your support person may order a guest try meal which include:
 - Breakfast: \$5.00
 - Lunch : \$7.00
 - Dinner: \$ 7.00
 - Please make sure that you and your support person bring masks. You will be expected to wear them anytime a healthcare provider is in the room. If you choose to have a visitor, that person will also be required to wear a mask.

5. How long will I be in the hospital after delivery?
 - The average stay for a vaginal delivery is two days and c-section is three days, but this all depends on how you and your baby are doing. If you and your baby are doing well, you can ask for an early discharge. Please keep in mind that we want to discharge you and your baby knowing that you are recovering appropriately and that your baby is eating well, voiding and stooling, and all tests are completed with normal results.

6. What does the hospital provide for me and my baby?

- We provide all linens necessary for your baby, including, baby blankets, hats, socks and t-shirts. Your baby's bassinet will be stocked with diapers, wipes, and burp clothes. If you plan on formula feeding, you will be provided with enough ready-to-feed bottles and nipples for your stay in the hospital.
- We provide sanitary napkins, all linens, and two pairs of disposable underwear for mom. We also have hot water bottles, birthing balls, socks, ice packs and some toiletries available for you. If you are breastfeeding, our lactation department will provide you with any tools necessary to help you, such as nipple shields, lanolin and breast pumps.

7. I have a birth plan. Should I expect that all my requests are honored?

- Birth Plans should be reviewed with your OB care provider prior to hospital arrival. In general, all OB's require you to have an IV placed, that your baby can be monitored during labor and your vital signs taken. Under certain circumstances, you may be allowed to walk during labor, wearing the cordless fetal heart monitor. You may be removed from the monitors for short periods of time during labor to use the bathroom or shower depending on your individual situation. Please provide the nursing staff with your birth plan upon admission, and understand that any request that cannot be honored is truly for your health and your baby's well-being – our goal is open communication so that we as a healthcare team can provide you with the best care to meet your needs and expectations.