

30 Week Maternity Handout

Common Questions about Labor and Delivery

What is the safest mode of delivery? Childbirth is a natural process; thankfully, the majority of the time it occurs with no complications. However, sometimes it doesn't go as smoothly as we hope. VACUUM or FORCEPS ASSISTED, or CESAREAN DELIVERIES are sometimes indicated when emergencies or situations arise where their use is necessary. You will play a role in decision-making if this situation arises as to what is safest for you and your baby.

What is an Episiotomy? This is an incision of the perineum and vaginal wall to help expedite the delivery of the baby or facilitate instrumental delivery (vacuum or forceps). We DO NOT perform routine episiotomy. It is generally performed for specific indications where delivery should occur quickly either for maternal or baby concerns.

What can I use for pain when I am in labor? Pain is a very personal experience and everyone handles pain differently. There are many things you can do in labor to help cope with pain and taking a **Prenatal Class** is highly recommended to help you learn some of the non-medical things you can do (massage, rocking, hip compression, shower/bath, TENS, acupuncture, exercise ball, etc.).

Medication such as narcotics (fentanyl or morphine), nitrous oxide (laughing gas), and epidurals are commonly used during labor. All of these medicines are well documented to be safe in labor and delivery. If you request medicine for pain control in labor, we (as well as your labour nurse) can help you decide which option is most appropriate.

FETAL MOVEMENT COUNTING

This is a simple way for you to check the health of your baby. In general, an active baby is healthy. There is no such thing as too much movement, but you SHOULD NOT IGNORE too little movement. As long as your baby is moving in their normal pattern, it is not necessary to count the baby's movements exactly. If you feel there has been a change or a decrease in your baby's movements then you should do a formal movement count: Have something to eat and drink then lie down on your side and count the movements. You should be able to feel 6 movements in less than 2 hours, at least once per day. Any movement is a movement EXCEPT hiccups. If your baby is continuously moving, count that as 1 movement until there is a distinct pause. ***If you are unable to get 6 movements in 2 hours or you are concerned about your baby's movements, proceed directly to RGH for assessment***

When should I go to the hospital?

You will be going to the Women's Specialty Unit on the 6TH Floor at the Rockyview General Hospital. If you use the main entrance, take the elevator to the 6th floor and turn right when getting off. You will already be pre-registered and your chart will be waiting for you at the hospital. You DO NOT NEED to notify a physician before going to the hospital. A nurse will assess you initially and then contact the Doctor on call.

We advise patients to go to the hospital:

- If you are >37 weeks: when contractions are 3-5 minutes apart AND regular, each lasting 45-60 seconds or at least 2 hours in a row and getting stronger to the point where you can't walk or talk through them.
- You think you have broken your water (obvious gush or subtle leak), whether you're having contractions or not.
- Concerns about fetal movement.
- Vaginal bleeding. We expect a small amount of spotting in your labor (usually with wiping) but if you are soaking pads, passing clots, or trickling blood, we should assess you at the hospital regardless of how far along you are.
- If you have been involved in a car accident.
- If you are <37weeks: if you are having 6 or more contractions per hour for more than 2 hours in a row or think you have broken your water.
- If you have a **NEW**, persistent headache (not resolving with Tylenol), especially if associated with visual changes, or right upper abdominal pain which is persistent and not improving with repositioning.
- any other urgent concerns in your pregnancy (severe abdominal pain, severe headaches, etc.)

Should I circumcise my baby boy?

Circumcision is a personal decision for families. It is not performed in the hospital and not covered by any insurance plan. The cost is about \$300-400. Parents must make arrangements before the baby is 6 weeks old or before 10lbs. We are happy to provide you with info on the physicians who perform this procedure.

Routine Newborn Care

There are a few things you can expect for your newborn while they are in hospital:

- Delayed cord clamping for 60 seconds after birth unless they are showing signs of distress.
- Vitamin K injection within one hour of birth – this is very important as babies are born deficient in vitamin K, which is necessary for blood clotting and to prevent severe bleeding including bleeding in the brain.
- Skin to skin contact for at least the first hour of life.
- Newborn metabolic screen to be done after 24 hours of age (can be done by public health if you go home earlier).
- Hearing screening (can be arranged as an outpatient appointment if not done during your postpartum stay).
- Babies are NOT routinely bathed while in hospital, to help maintain a healthy body temperature.
- Jaundice screening (painless forehead scanner) at least once prior to discharge.
- Blood glucose monitoring on select babies, if risk factors for low blood sugar are present.

What should I bring to the hospital?

For Mom	For Baby
AB Personal Health Care card	1-2 receiving blankets
Housecoat, slippers, PJs, sweat suits	2-4 sleepers or “onesies”
3-4 underwear and 2 nursing bras	Small package newborn diapers
Package of high absorbency pads	Hat for going home
Toiletries (toothbrush, shampoo, conditioner, etc.)	Warm blanket to go home
Loose fitting clothes to wear home	Laundry bag for soiled clothes
Cell phone and camera (and chargers)	Baby’s “going home” outfit
	Approved Infant car seat

Who can visit in the hospital?

Our goal is to provide a safe and supportive environment for all patients. We understand that family is excited to congratulate you and meet your new baby, but keep in mind that new moms and babies need their rest after giving birth and privacy to learn how to take care of the baby. **Currently, you are allowed two (2) support people with you throughout your hospital stay. Both may be with you at the same time on labour & delivery. These people must be healthy and not currently self-isolating for any reason.**

Visiting hours on the postpartum unit are now available for family and friends beyond your two support people. These hours are in the late afternoon/evening daily.

Can I get a private room?

Unfortunately, it is not possible to reserve a private room in advance like a hotel. There are both private and two-person rooms on postpartum and will depend on availability at the time of your delivery.

Privacy

Out of respect for the privacy of your health care team, we respectfully request that no video recording of events take place in the delivery room or operating room. In addition to privacy issues, it is also distracting and the health care professionals need to focus their attention on providing care to you and/or your family member. If you do decide that you wish to record events, you will need to get explicit permission from each member of the health care team, as per Alberta Health Services policy. In the case of an emergency or urgent situation, you will be asked to stop recording, as it is not possible to get permission from every health care team member in that circumstance. Thank you for your understanding.