

Preparing For Your Delivery At St. Cloud Hospital

Before delivery

- Complete and send in your *Preregistration and Birth Certificate Information Form* to St. Cloud Hospital. Have this completed by your 28th week. **Completion of this form is REQUIRED.**
- Check with your insurance company about coverage for yourself and your baby.
- If you do not have insurance or need information about Medical Assistance, please contact the social worker at (320) 251-2700, ext. 52257, or case manager at (320) 251-2700, ext. 53525
- We encourage you to participate in Childbirth education classes. To register for classes, go to www.centracare.com and click on Classes & Events tab. Select Childbirth education to view class offerings.

Admissions (how to find us)

WEEKDAYS 6 a.m. until 9 p.m.: Drop patient off at the CENTER entrance. Go to CENTER elevator, then to third floor. Go right, FBC admission will be on the left. Look for sign on hallway ceiling. Then go park in South Ramp (visitor parking). To return, take South Ramp elevator to second floor, follow hallway to CENTER elevator and then up to third floor. (No direct access from ramp)

NIGHTS 9 p.m. to 6 a.m. & WEEKENDS: Go to SOUTH/EMERGENCY entrance. Take a right to ADMITTING just outside the Emergency Trauma Center on Floor 1. Park in South Ramp (visitor parking).



Comfort

- Discuss options to manage discomforts of labor with your provider ahead of time.
- Alternate comfort methods include: Ice, heat, aromatherapy, massage, position changes, tub baths, and acupressure.
- Medications can be provided for your comfort during your labor at your request. See the Gift of Motherhood book for details.
- There are medical options and non-medical interventions that can be used to manage discomfort after delivery.
- Your care team will work together with you to manage your discomfort until you are satisfied.
- It is normal to experience some discomfort after having a baby even with medication use.

Bring with you

- **Insurance Card and Photo ID**
- If you wear glasses or contacts; bring cases
- If you wear contact lenses, please bring your glasses with you.
- If you use a CPAP, you should bring that with you.
- Bring an extra change of clothes for yourself and your baby to wear home. Make sure your infant's outfit has legs (not a sleep sack) in order to fit in your car seat properly.

Valuables

- Do not bring valuables or money, including jewelry to the hospital.
- Remove all body piercings.
- If Jewelry is worn to the hospital, you will be asked to remove it if surgery is needed. During surgery, the cautery equipment could cause burns where metal jewelry touches your skin. Taping it does not stop the burns that may happen.

Nails

- No nail polish or acrylic nails (or leave 1 finger or toe without polish or acrylic nail on each hand or foot).

Car Seat

- Bring your baby's car seat with you when you come to have your baby.
- Please practice using and installing your car seat before your baby arrives.

Going home after having a baby

Mom and baby are sent home when medically stable. This may be at different times, and occasionally different days. That does not mean that you will not be with your baby. It means that one of you is not quite ready to leave the hospital.

To go home after having a baby you will need to be able to:

- Eat and drink
- Walk
- Go to the bathroom
- Care for yourself
- Have a plan to maintain your comfort

1. **If you deliver by vaginal birth** you will be discharged when you are medically stable. This is usually 24-48 hours from when you deliver.

OR

2. **If you deliver by cesarean**, you will be discharged when you are medically stable. With a cesarean delivery, this is usually 48-72 hours after delivery.

Babies can usually go home at or around 24-48 hours of age (1-2 days old). This decision is made by your baby's provider with input from you and your nurses.

Reasons for going home

- **Rest:** Hospital routines do not allow for enough rest during the night or day.
- **Cost:** Staying in the hospital longer than medically needed increases everyone's price for medical costs.
- **Safety:** Once you and your baby are medically stable, you are both safest at home.
- **Quiet:** Hospitals are not quiet places. They run 24 hours a day/7 days a week and do not have "quiet time" where everything stops.
- **Cleanliness:** The hospital is a place where very sick people come for treatment. If you are well, you will do better at home.
- **Activity:** Limited activity while in the hospital can delay your recovery.
- **Family Time.** Hospital routines often interrupt family visiting time and bonding.