

FAQ

BIRTHPLACE FREQUENTLY ASKED QUESTIONS



When should I come to the hospital?

We generally encourage moms to come to the hospital when they're having painful contractions every five minutes, each lasting about 60 seconds. If you're able to easily ignore your contractions and you can walk and talk normally throughout them, it's probably not time to come yet. There are some exceptions, though. If you are group B strep positive, you need to talk to your doctor about when he or she wants you to come to the hospital. Also, we want you to come in immediately if:

- Contractions start but you're planning on having a C-section
- Your water breaks
- You have bright red vaginal bleeding (as opposed to mucousy pink or brown vaginal discharge or "show")
- You were more than 3 centimeters dilated at your last doctor visit and are having contractions
- You have a history of having very fast labors
- Your baby isn't moving as much as usual

What should I bring?

When you arrive at BirthPlace, we provide everything you and your baby need until it's time to go home. For mom, we have gowns and robes, peri pads and instant ice packs, as well as soap, shampoo, a toothbrush and toothpaste. For baby, we have T-shirts, blankets, diapers, wipes, and a digital thermometer. All you really need to bring are a going home outfit for you and your baby, along with a car seat and blanket to cover baby with.

We encourage you to bring any items that will make your stay more comfortable and add to the cozy, home-like atmosphere of your desire. Here are a few suggestions:
Personal Items: Your favorite pillow, shampoo, soap, cosmetics, curling iron, blow dryer, toothpaste and toothbrush.

Baby Items: Soft baby booties or mitts (to cover sharp little fingernails) come in handy.

Extra Clothes: You might like to include your own bathrobe and slippers, or your favorite nightgown or pajamas.



What about food?



Patients can order what they want, when they want it from our room service menu at no additional charge (food prices for room service are the same as prices in the Red Sage and no gratuity is added). For dads and visitors, the Red Sage Café in the hospital is open from 6:30 am to 7 pm. In addition, there is also a separate "Visitor" room service menu located in each room. Just as with mom, there is no additional charge for food ordered from this menu, however, payment for dad's or your visitors meals is expected at time of food delivery.

We also have small refrigerators and microwave ovens in each patient room. You are welcome to bring food with you or have friends bring food to you. You're also welcome to order food from outside the hospital to be delivered to your room.

Are there any restrictions on visitors or on when they can visit?



We have an open policy on visitors in your room. Who you wish to visit and when is up to you and your partner. Our only restriction is that due to space limitations we ask that you have no more than five visitors present in the room at the time of birth. If you choose to limit visitors at any time during your stay, however, we will be glad to support you.

The exception to our open visitor policy concerns babies in the nursery. To allow us to provide the best quality care for our tiniest patients, only parents of a child staying in the nursery will be allowed entrance.

To protect your baby's privacy, as well as that of all our patients, the nursery blinds will be closed and your visitors will be asked to remain in the day room or your room rather than entering the nurses' station to watch through the nursery windows.

What is your policy on taking pictures or recording our stay?

You are welcome to record your hospital stay via photos, video, or audio recordings whenever there is not a medical procedure or care occurring. To avoid interruptions and to allow everyone's focus to be on the patient, we will request you to turn off cameras and recording equipment during your baby's birth.



What about sharing baby photos with family and friends?

We will take a digital photo of your baby and also one of your family if you choose and post it on our hospital website for your friends and family to see.

Can I get help with breastfeeding?



Yes! At the BirthPlace, we strive to help families achieve their breastfeeding goals. Our lactation consultants are available to help get breastfeeding off to a great start and support your needs after discharge with the Caring for Baby program. If you are experiencing any difficulties breastfeeding, you can schedule a lactation appointment by calling (509) 336-7401.

Schedule a Tour

We encourage our future guests to tour our BirthPlace and become acquainted with our staff and services. (509) 336-7401

Financial Planning

Get your questions answered with Financial Planning or speak with a Patient Financial Counselor. (509) 336-7466.

24-Hour Line

24-Hour access to registered nurses to answer your questions and concerns. (509) 336-7401.