Welcome to the Family Maternity Center
Important phone numbers

Family Maternity Centers:
Providence Hood River Memorial Hospital  541-387-6336
Providence Medford Medical Center  541-732-5494
Providence Newberg Medical Center  503-537-1758
Providence Portland Medical Center  503-215-6150
Providence St. Vincent Medical Center  503-216-7391
Providence Seaside Hospital  503-717-7531
Providence Willamette Falls Medical Center  503-657-6723

Neonatal Intensive Care Unit:
Providence St. Vincent Medical Center  503-216-7383

Providence Beginnings:
Providence Portland Medical Center  503-215-9160

Childbirth and newborn care classes:
All Providence Oregon hospitals  503-574-6595 or 800-562-8964

Breastfeeding consultations:
Providence Hood River Memorial Hospital  541-387-6344
Providence Newberg Medical Center  503-537-1400
Providence Portland Medical Center  503-215-6255
Providence St. Vincent Medical Center  503-216-4033

Depression after delivery:
Baby Blues Connection  503-797-2843
Women’s Psychiatric Resource Center  503-629-2131
Providence Resource Line  503-574-6595
Welcome.
Providence is dedicated to caring for the physical health of each mother and infant while strengthening the emotional bonds of families as they welcome their newest member.

Choose a doctor for your baby.
We recommend choosing a primary care provider for your baby before the baby is born. This person can be a pediatrician, family practice physician or nurse practitioner. For help in selecting this provider, you may call Providence Resource Line at 503-574-6595 or 800-562-8964.

Is your suitcase packed?
A week or two before your due date, you should pack an overnight bag with items for your hospital stay:
- Bathrobe
- Slippers
- Bra (nursing style if you plan to breastfeed your baby)
- Clothes to wear home
  For you: comfortable clothes that fit during mid-pregnancy
  For baby: blankets, infant-size sleepers, gown, etc.
- Cosmetics, toiletries
- Camera or video camera with extra batteries
- Personal comfort items
- Infant car seat

Please leave all valuables, such as jewelry, credit cards and cash over $5, at home.

Is it time?
Please call your doctor or midwife before coming to the hospital. He or she can help you decide if it’s time for you to come to the hospital. When you arrive, we will evaluate your progress and notify your provider.
It’s time to come to the hospital when any of the following occurs:
- Your bag of water breaks.
- You have a bloody show similar to starting your period.
- Contractions occur every four to five minutes for more than an hour.
- Fetal movement has decreased.
- Your care provider instructs you to do so.
If you and your baby are healthy, it is best to stay pregnant until at least 39 weeks. To support the best care for you and your baby, Providence wants to ensure that if patients or providers wish to schedule a delivery (cesarean section or induction) that does not have a medical reason, it is scheduled when you are at least 39 weeks along.

**Hospital check-in**

When you enter the hospital, we will pull your pre-admission records. Hospital staff will escort you to the maternity unit if you enter through an alternate entrance. For your safety, we ask that you ride in the wheelchair provided.

Please use the Emergency Department entrance after hours or any time your situation is urgent.

**Your room is ready.**

You will have an attractive room in which to labor. Each room has a private bathroom, portable bed for your baby, sleeping couch for your husband or support person, phone, TV and overhead stereo system.

Each room is equipped for a safe, vaginal birth. If you need a cesarean section, you will be taken to a nearby surgery suite.

**Who will be with you during labor and delivery?**

You may invite your husband, partner, support person or a family member to stay with you during labor and delivery. If it becomes necessary to deliver your baby by cesarean section, one support person may accompany you to surgery if you will be awake, and may stay with you during the first hour of your recovery.

**Providence provides a tobacco-free environment.**

All Providence Health & Services campuses and buildings are tobacco-free. This includes indoor and outdoor areas in our hospitals and clinics.

**About visitors and visiting hours**

We welcome your visitors in the maternity unit. You can decide who may visit you and your baby. Children may participate in the hospital experience and hold the new baby if you wish.
After 9 p.m., visitors should be quiet and respectful of others’ need for rest. We recommend you limit your own visitors during this time to aid in your recovery.

Please advise family and friends who are ill, or who have recently been exposed to a communicable disease, to stay home and refrain from visiting. Everyone, including you, should wash his or her hands before touching the baby.

Visitors may bring or send small gifts, flowers and Mylar balloons. The hospital is a latex-reduced environment, and latex balloons should not be brought to the hospital campus.

*Please note:* For the privacy and safety of all our patients, visitors should remain in the maternity center, hospital lobby or other public areas instead of waiting in hallways in patient care areas when they are not visiting you in your room.

**What’s for dinner?**

Room service is available throughout the day, with orders usually arriving within 45 minutes from the time the order is placed. Family and friends may purchase snacks, beverages or meals and bring the items back to the room in the maternity center.

**Get to know your baby.**

We encourage you to touch and hold your baby as much as you desire. Our staff can help you learn to hold, feed, diaper, swaddle and dress your baby. We will, however, always try to respect your needs and wishes for privacy and rest.

**Newborn hearing screening**

The first two years of a child’s life are the most important for speech and language development. Babies learn by imitating. They learn to talk by imitating the sounds they hear. That’s why it’s important to detect hearing problems early. The state of Oregon requires that all newborns be given a hearing screening soon after they are born.
What about circumcision?
If you have a boy baby and you wish to have him circumcised, tell your care provider. Your care provider will usually perform the procedure before you leave the hospital. A professional fee will be charged for the procedure. Because some care providers require prepayment, you should make arrangements with your provider ahead of time.

We’ll help with paperwork.
Hospital staff will help you complete birth certificate forms according to state requirements. If you wish, they will also file an application for your baby’s Social Security number.

If you are unmarried and want the baby’s father’s name to appear on the birth certificate, you and the father must sign a paternity affidavit in the presence of a hospital staff member. The hospital will submit this affidavit to the state along with the birth certificate.

How long will you be in the hospital?
The answer varies with each patient. Generally, new mothers can safely return to the comfort of their own home shortly after giving birth, usually within 36 to 72 hours. Before you go home, your care provider will examine you. If you are not medically ready to go home, you will be encouraged to stay and continue receiving the care you need.

Before you go home
Your nurse will help you complete any remaining paperwork and will review instructions with you on caring for yourself and your baby. Someone will need to drive you home. You should not drive a vehicle for several days after delivery.

Hospital staff will escort you to your car. Oregon state law requires that babies travel in approved infant restraint seats. Before your baby is born, be sure you have an approved car seat. Practice using it and securing it correctly in your car. This is extremely important to your baby’s safety and welfare. Hospital staff are not certified to install your car seat.
Know your medical insurance.
Before your baby is born, know what your insurance plan covers. Nurses cannot answer insurance questions. You will need to know:
• If preauthorization is required for maternity services
• If the plan covers both you and your baby
• Whether a follow-up home visit is covered

Childbirth and parenting classes
Classes are offered through Providence Health Education Services. Popular classes include childbirth preparation, breastfeeding, infant care and infant CPR. For class information, please call 503-574-6595, 800-562-8964 or visit www.providence.org/classes.
OUR MISSION
As people of Providence, we reveal God’s love for all, especially the poor and vulnerable, through our compassionate service.

OUR CORE VALUES
Respect, Compassion, Justice, Excellence, Stewardship

www.providence.org/pregnancy

PROVIDENCE
Women and Children’s Services

Providence Health & Services, a not-for-profit health system, is an equal opportunity organization in the provision of health care services and employment opportunities.