

Preparing For the Birth of Your *Baby*



We are with you, helping to ease your way at every stage



The Richland Hospital, Inc.

333 East Second Street | Richland Center WI 53581
(608) 647-6321 | Toll Free 1 (800) 467-7485
www.richlandhospital.com

Welcome to The Richland Hospital, Inc.

Congratulations & Thank You

The birth of your baby is one of the most memorable, life-changing, exciting experiences of your life. The Richland Hospital is honored to be a part of that experience. During this time of your pregnancy and birth, we want to provide you and your family with a sense of safety, support, and compassion.

To prepare for this day, we are providing you with information on registration, information regarding birth classes, visiting hours, infant security, pain management, our rooming in policy, and breastfeeding. Please use this information to help educate yourself on the choices available to you.

To make your admission go smoothly, you are encouraged to stop in at the hospital admissions desk and pre-register. This can be done when you are about five weeks from your due date.

Registration personnel are available at any time and you could pre-register before or after a doctor's appointment.

Please visit our website for additional information: www.richlandhospital.com

■ Phone Directory

If you have any questions regarding your upcoming birth, feel free to call a Birth Center Nurse at: (608) 647-6321 or Toll Free 1-888-467-7485. Your nurses are available to you 24 hours a day.



The Richland Hospital, Inc. 608 647-6321

Our Hospitals / Clinics

Richland Hospital

608-647-6321 or 1-888-467-7485

Richland Medical Center

608-647-6161

Muscoda Health Center

608-739-3113

Spring Green Medical Center

608-588-7413

Pharmacies

Bohlman Pharmacy

(Boscobel) 608-375-4466

Family Prescription Center

(Richland Center) 608-647-8806

Spring Green Pharmacy

608-588-2541

Thrifty White Pharmacy

(Richland Center) 608-647-8918

Wal-Mart Pharmacy

(Richland Center) 608-647-8941

Other _____

www.richlandhospital.com



Translation Services

The Richland Hospital, Inc. has translation services available for patients who do not speak English. For a list of available languages, please visit us online at: <http://www.richlandhospital.com/translation-services/>

The Richland Hospital, Inc complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. The Richland Hospital, Inc. does not exclude people or treat them differently because of race, color, national origin, age, disability or sex.

■ What to Pack for Your Stay

What to bring for you and baby

You've been preparing for your baby's birth for nine months, but the first contractions may still come as a surprise. To reduce your list of things to worry about once labor begins, pack for your stay with us at The Richland Hospital.



We've prepared a handy checklist for you on the back of this page.



The following checklist includes items you may want to consider packing:

- A comfortable nightgown or nightshirt.
- Socks or slippers with nonskid bottoms, in case your feet get cold or you want to walk around.
- Loose, comfortable clothes for you to wear while nursing, or on your trip home.
- Toiletries such as lip balm, shampoo, conditioner, etc.
- Hair ties (if you have long hair).
- Snacks for your coach or partner, so they won't have to leave you
(When your labor is intense, meals will be provided for your partner).
- Camera.
- Reading materials, games, or puzzles to help you keep your mind off labor.
- A comfortable pillow.
- Focal point.
- Change of clothes for your support person.
- Change for vending machines.
- Nursing bra (if breastfeeding) and panties.
- Car seat and car seat base.
- Blanket for baby.
- Going-home outfit for baby.
- Baby Book (We'll be happy to put your baby's footprints right in your book).
- DVDs – all of our Birthing Suites have DVD players for your entertainment.
- Other _____



■ Signs & Symptoms of Labor – *is it time to go to the hospital?*

This information is being provided to help you understand and determine the difference between the signs and symptoms of true labor, preterm labor, pre-labor, and to address conditions that require immediate medical attention.

Signs and Symptoms that require IMMEDIATE MEDICAL ATTENTION

- Bag of water breaks (even if contractions are not present). A gush of fluid or a steady trickle, which you cannot control, are both signs that your water has broken. Fluid may be clear, yellowish, green or pink tinged.
- Constant, severe abdominal pain.
- Bright red vaginal bleeding.
- Constant rectal pressure.
- Continued or severe headache, blurring of vision or spots before your eyes.
- Chill / fever.
- Fainting spell or loss of consciousness.
- Severe or continued nausea and or vomiting.
- Decreased baby movement or kick-counts.



Signs and Symptoms of True Labor

- Contractions occur at regular times.
 - With your first baby, when contractions are 5 minutes apart or closer for 1 hour.
 - If this is not your first baby, when contractions are 6-8 minutes apart for 1 hour.

Timing contractions: time in minutes from the *beginning* of one contraction to the *beginning* of the next contraction.

Signs and Symptoms of True Labor – *continued*

- Time between contractions becomes shorter.
- Discomfort Increases; difficulty walking / talking through contractions.
- Contractions are stronger when walking and do not subside when resting.
- Bloody (show) discharge.
- Rectal pressure, feeling as if you need to have a bowel movement.

Signs and Symptoms of Pre-term Labor

Pre-term labor is labor that begins more than 3 weeks before your due date.

- Menstrual-like cramps, stomach feels like it is “balling up.”
- Pelvic Pressure.
- Low Backache.
- A new vaginal discharge or any increase in vaginal discharge especially red or pink.

Signs and Symptoms of Pre-Labor

Pain / cramps every 10 minutes or less that do not subside with rest, drinking fluids, or after emptying your bladder. Pre-labor may or may not go into true labor and may happen several times before true labor starts and last several days.

- Contractions may be regular or irregular (come and go) but do not get stronger.
- Contractions subside or are less frequent when resting.
- Time between contractions remains the same or contractions become further apart.
- No cervical change when examined by a physician or nurse.

How to do Kick-Counts

- 1** Lie down on your side or sit in a comfortable chair. Pay attention to the movement of your baby.
- 2** Counting every kick or movement until your baby has moved 8 times.
- 3** If your baby does not move 8 times in 2 hours, drink or eat something and count for another 2 hours.
- 4** If your baby has not moved 8 times in the next 2 hours you should contact the Birth Center or your physician.

■ Relaxing, Breathing & Positioning

Most women experience some pain during labor and delivery. We as a staff are dedicated to providing hands-on-labor support and to provide the experience you want whether it is “natural”, pharmacological, or a combination. Every woman is different and has her own individualized needs during labor. This information is provided to help you make educated choices and to help provide you with a fulfilling birth experience.

Relaxation / Breathing Methods

- Relaxation keeps you from getting too tired to work with the labor and makes labor less painful.
- Breathing techniques facilitate the relaxation response and provide a means of attention focusing in order to decrease pain and anxiety.
- Relaxation/breathing methods are known for their rhythmic breathing technique, which help women turn their attention away from their contractions. This method encourages laboring women to direct their attention to a focal point – something you will look at, listen to or feel.



Music Therapy

Soft music decreases both sensation and distress of active labor pain especially during early labor. We have CD players in each room and several CD's available and you may bring your own favorites.

Aromatherapy

Therapeutic use of Aromatherapy can promote physical and psychological well being. We have Aromatherapy patches available for your use.

Water Therapy

This can be extremely effective for relaxing and reducing pain. A woman can feel almost weightless when submersed in water. This reduces pressure on joints and relieves muscle tension. The whirlpool can offer a gravity advantage to bring the baby into the birth canal as well as offering relaxation and relief of back pain. There is a whirlpool tub in each labor room.

Massage

Massage has been shown to promote labor progress, decrease pain perception and increase ability to cope with labor. This can be done with hands or different types of massagers which are available.

Positioning

During labor, positioning can increase the size of the pelvic cavity (birth canal) to help speed up labor. Sitting or standing in an upright position allows gravity to assist with speeding up the labor process. Lying on your side allows relaxation. A knee to chest position can help to open the pelvic cavity and assists with pushing.

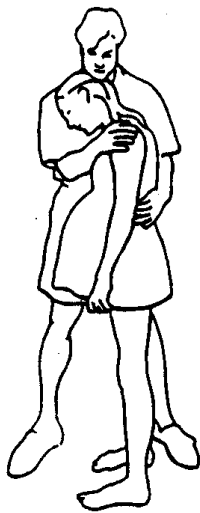
Birth Ball

Also known as a Swiss or exercise ball, this may be used to relieve a backache by leaning forward on a support. It can also be used for pelvic rocking.

Simply getting up and walking helps to relieve a backache and encourages the baby to descend into the pelvic cavity to speed up labor.



■ Positioning Options



Standing



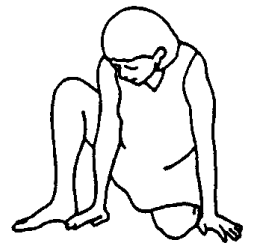
Standing, leaning forward



Slow dancing



The lunge (standing)



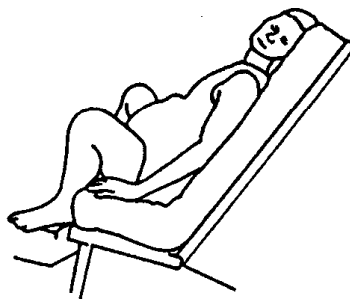
The lunge (kneeling)



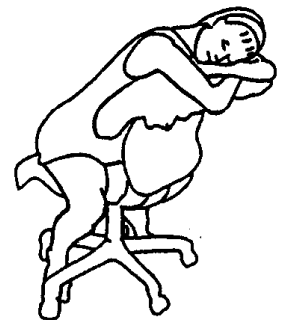
Sitting upright



Sitting on commode



Semi sitting

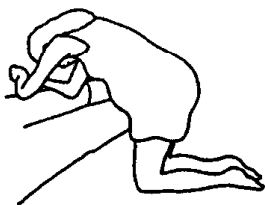


Sitting leaning forward with support

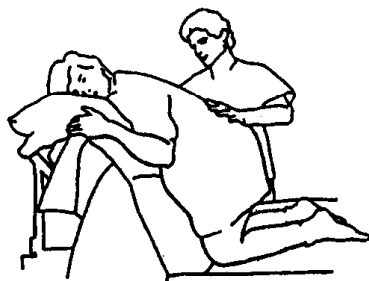
Positioning Options – *continued*



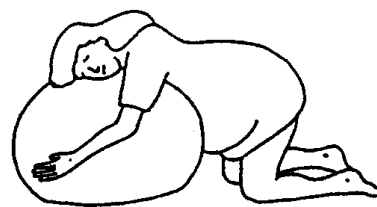
Hands and knees



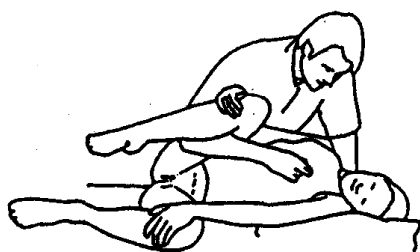
Kneeling over chair seat



Kneeling leaning on head of bed



Kneeling over birth ball



Side lying



Squatting



Supported squat



The dangle

Pain Management & IV Medications

IV Medication and Nitrous Oxide

IV Medications	Description of Medication	Advantages	Disadvantages
Fentanyl	This is a short-acting medication and helps to relax the mother. It can be given every one to two hours as needed.	For Mom • Usually fast-acting. • Effective pain relief in early labor.	For Mom • Causes sedation or drowsiness. • Can increase or decrease the speed of labor. • Can cause nausea or vomiting. For Baby • If given too close to delivery, can cause respiratory depression and a less alert newborn after birth.
Nubain	Another short-acting medication that is fast acting and can be given every one to two hours.	For Mom • Usually fast-acting. • Effective pain relief in early labor.	For Mom • Causes sedation or drowsiness. • Can increase or decrease the speed of labor. • Can cause nausea or vomiting. For Baby • If given too close to delivery, can cause respiratory depression and a less alert newborn after birth.

Procedure	Description	Advantages	Disadvantages
Nitrous Oxide	Can help to manage moderate to severe pain during labor, Inhaled 30 seconds before a contraction begins will provide relief when contraction peaks.	For Mom • Self-administered • Reduces anxiety and increases feelings of relaxation and well-being • You are not confined to bed For Baby • No known effects for baby	For Mom • Cannot be used within 2 hours of IV pain medication. For Baby • No known effects for baby

Spinal Anesthesia

Preparations for either an intrathecal or an epidural block include a bolus of IV fluids and signing a consent form after the anesthetist explains the procedure and the risks.

Procedure	Description	Advantages	Disadvantages
Intrathecal	Given by an anesthetist through an injection in the lower back. A spinal narcotic can give immediate relief. This is sometimes used when a mother is close to delivery but is exhausted and needs some rest before pushing. This will usually last one to two hours.	For Mom • Allows mobility during labor and after labor. • Immediate pain control. • Increases ability to relax, resulting in possible decrease in length of labor. • Allows the mother to participate in labor with effective pushing.	For Mom • Side effects may include nausea, vomiting, itching, brief drop in blood pressure, urinary retention, and / or headache. • Pain relief may not meet mother's expectations. <i>Little or no effect to baby</i>
Epidural	Given by an anesthetist after active labor has been established. It is injected through a small flexible catheter placed in your lower back that provides pain relief in the lower abdomen, legs and birth canal. Catheter is inserted, a small test dose is injected and relief follows shortly.	For Mom • Can be given in the active phase of labor. • Provides pain relief with no sedation. • Can lengthen or shorten length of labor. • Increases the ability to relax. <i>Little or no effect to baby</i>	For Mom • Side effects may include nausea, vomiting, itching and / or decrease in blood pressure, decreased ability to push, which leads to higher incidences of vacuum assisted deliveries, confinement to bed and possible headache. • A catheter will be placed in the bladder, because you will not feel the urge to urinate.

Other Anesthesia

Procedure	Description	Advantages	Disadvantages
Pudendal Block	Performed by your doctor, the pudendal block provides pain relief to the lower abdomen, legs and birth canal. This procedure blocks the pudendal nerve, which supplies sensation to the lower portion of the vagina and the skin around the opening of the vagina and rectum.	For Mom • Used during delivery process in providing anesthesia for perineal area. • Also provides anesthesia for episiotomy if needed.	For Mom • Some disadvantages might be numbness of legs and the fact that there is no relief of uterine contraction pain.
Local Anesthesia	Given by your doctor, this provides local numbing for the repair of laceration after delivery.	For Mom • No sensation of repair during suturing process	

■ Feeding Your Baby

Whether or not you choose to breastfeed your child is one of the most important choices you will make. We know from many years of research how important breastfeeding is to the optimal health of a mother and her newborn.

Breastfeeding Makes a Difference

- Breast milk helps infants fight infections and develop healthy immune systems.
- Breastfeeding helps develop strong mother-child relationships.
- Mothers who choose to breastfeed are healthier, with less risk of breast cancer and ovarian cancer.
- Breastfeeding families save money on formula and healthcare costs.
- Employers and communities benefit from healthier infants and children, and less parent absenteeism from work.
- Breastfeeding contributes to a better environment by using less energy and creating less waste.



Breastfeeding is a learned skill. Years ago women grew up learning about breastfeeding from the nursing mothers and babies around them. Today, a mother may have grown up without ever having seen a baby breastfed. What a mother knows is only part of the picture. The baby, too, affects how breastfeeding goes. Some babies take to breastfeeding easily and others need time, practice, and encouragement to do well.

Breastfeeding can be challenging during the early weeks. Our goal is to provide each mother with education and support. Breastfeeding almost always gets easier with practice and our staff is available 24 hours a day and 7 days a week to help you make your experience a positive one.

[illegible]

■ Visitor Restrictions & Recommendations

For those visiting the *Joan Woodman Orton McCollum Birth Center*

Our goal is to provide the new mother with a special time to bond with her newborn and to provide her an environment that will promote rest and recuperation.

Please inform your family and friends of the following visitor's guidelines.

Labor & Delivery:

- Labor support persons should be kept to a reasonable number (3).
- Visitors remaining with the patient during the night will be asked to wear name tags.
- Visitors may be asked to leave the room during procedures.
- To improve security elevators and stairwells will be locked at designated times.
- Only children that are siblings of the newborn will be allowed to visit during labor or be present during the birth.
- Children attending the birth must be accompanied by an adult other than the mother's support person.
- Following the birth the baby will be placed skin to skin with mother and will remain there for at least 60 minutes.
- No visitors (except the significant other) will be admitted to the room for the first 90 minutes after the birth of the baby.
- Following a cesarean birth the mother, baby and significant other will be taken to the patient's room for recovery. No visitors will be admitted for the first 2-3 hours after the delivery.



Postpartum:

- All visitors will be asked to wash their hands prior to holding the new baby and to cover soiled clothing. If visitors are ill they will not be allowed to visit.
- Visiting hours are from 9am until 9pm.
- There will be a designated quiet time between the hours of 1 and 3pm. This 2 hour time period encourages peaceful rest in a quiet environment for mom and baby. We strongly encourage you to take advantage of this restful environment and let your visitors know to plan their visits around this mom and baby nap time.
- Visitors will not be allowed to visit during the night-time hours unless there are special circumstances.



[illegible]