

Pre-Admission Questionnaire

The Chatham-Kent Health Alliance asks that you complete a pre-admission questionnaire. It can be found at www.ckha.on.ca/women-and-childrens-health, from your health care provider, or through the hospital by calling 519.352.6400 ext. 5634. Bring the completed questionnaire and your birth plan with you when you go on a hospital tour, when you have an appointment at the hospital, or when you arrive for the birth of your baby.

Hospital Tour

Hospital tours can be arranged by calling volunteer services at 519.352.6400 ext. 6484.

A virtual tour is available at www.ckha.on.ca/women-and-childrens-health.

My hospital tour date and time is:

Questions you might ask during your tour:

When should I come to the hospital? Should I call ahead?

Where do we go once we get to the hospital?

On admission, what can I expect to happen?

What options do you have available for comfort measures?

What specific items should I bring to the hospital?

What items (if any) do you have available for me to purchase at the hospital?

Is my partner allowed to room in?

How do you pick which room I will be in (for my labour and birth, and postpartum)?

What are the visiting hours/limits?

Why type of photography/videotaping is allowed?

If my baby should need extra care, what is the typical procedure?

Your Hospital Bag

(supplies needed may vary by hospital)

Mom's Stuff

- 2-4 days worth of comfortable clothes / pyjamas
- Housecoat and slippers
- Toiletries
- Sanitary pads (for heavy flow) min. 24
- Diary (optional)
- Nursing bra and pads

Partner/Labour support

- Snacks for mom & partner
- Lip balm, gum
- Massage tools
- Unscented massage oil or lotion
- Calming music, movies, games i.e. playing cards
- Camera, cell phone, batteries, charger
- Contact list
- Money for parking/vending machines

Baby's Stuff

- Diapers and wipes, at least 36
- Vaseline/diaper cream (optional)
- Receiving blanket
- Baby clothes (sleeper, undershirts, hat)
- Diaper bag
- Approved car seat (to go home)

Tips for Labour Support

- ✓ Be by her side at all times
- ✓ If taking a break, have another support person stay in your place
- ✓ Read her cues - thirsty? hungry? hot?
- ✓ Ask her how you can help - ice chips? snack? cool cloth? Use yes or no questions towards the end of labour
- ✓ Offer massage, comfort or distraction techniques (reading, music, games)
- ✓ Advocate for her with the health care team
- ✓ Keep the encouragement and reassurance coming

Birth Plan

Our names: _____ Due Date: _____

A bit about us:

Important concerns or fears we have:

My labour and birth support people are:

Labour Preferences:

- I would like my labour to begin on its own unless there is a medical reason to induce
- I would like to labour naturally
- If hospital policy is to start an IV, I would like a saline lock so I can stay mobile
- I would like to minimize interventions during my labour unless there is a medical reason and it is safer to intervene than trying other alternatives or doing nothing
- I would like to use the following labour positions:
 - walking
 - squatting
 - slow dancing
 - rocking
 - side-lying
 - kneeling
 - birth ball
 - lunge
 - other _____
 - standing
 - hands & knees
- I would like to use the following comfort measures:
 - shower/tub
 - focal point
 - hot/cold pack
 - massage
 - /visual imagery
 - other _____
 - birth ball
 - breathing
- If needed, I would like to try the following pain relief options:
 - nitrous oxide
 - IV pain medications
 - epidural