

Information for You and Your Labour Support Person(s)

Having a baby is a personal and private event. We believe it is important for you to have someone close to you to help you during your labour. You may have 1 or 2 people with you to provide support but they must be the same 2 people for your entire labour. Other family members or friends will be asked to wait in the Atrium (the main floor of the hospital) for a phone call from your support person. Visitors can not wait on the third floor as space is limited and hallways must be kept clear for the safety of patients and staff.

Family and friends will not be allowed to visit you on Labour and Delivery (L & D) or Labour, Delivery, Recovery, Postpartum (LDRP) until 2 hours **after** the baby is born. This will allow time for you to breastfeed, spend time with your support person(s) and new baby and to rest. Your support person(s) is welcome to be with you at all times.

Once you are ready to have visitors we ask that:

- You have only 2 visitors at a time and
- Children under the age of 14 not visit unless they are a brother or sister of the new baby

Visiting hours are from 8:30 AM to 8:30 PM. All units on the third floor are secure. Visitors must use the intercom outside of each unit to identify who they are there to visit before they will be allowed on to the unit.

If your support person(s) is arriving at the hospital after 10:00 PM he or she will have to enter through the Emergency Department entrance as the main entrance to the hospital is closed. The Security Department will call the Labour and Delivery Unit to verify that the support person(s) can go up. All other family and friends who are not support people will be informed about the regular visiting hours.

If you have any concerns, please talk to your nurse, doctor or if you have a midwife.

