



**ISLAND BIRTH CENTER**

360.299.1331

[islandhealth.org](http://islandhealth.org)



**Patient  
Education  
Information**

## Thank you for choosing Island Birth Center.

We look forward to providing you with an exceptional birth experience. The information in this booklet will help you know what to expect when you arrive for your delivery and will enhance your experience.



### CHILDBIRTH EDUCATION CLASSES

Our Childbirth Education classes are designed to prepare parents-to-be for the arrival of your new baby. If you are first-time parents, we strongly recommend taking a class. We offer weekly classes which include sessions by a physical therapist and by one of our pediatric providers. We also offer shorter classes on Saturdays. All classes include a tour of the Birth Center.

To register or for questions, call 360.299.1309 or visit [islandhealth.org/classes](http://islandhealth.org/classes). Class fees are covered by Apple Health.

If you are interested in a tour, contact the Birth Center at 360.299.1331. Photos of the Birth Center are on our website at [islandhealth.org/birthcenter](http://islandhealth.org/birthcenter).



[islandhealth.org/classes](http://islandhealth.org/classes)

### SIGNS OF LABOR

There are a few signs that tell you when labor is approaching:

#### **Lightening or “baby dropping”**

The baby’s head settles deep into your pelvis. This can happen a few weeks to a few hours before labor begins.

#### **Bloody show/mucous plug**

A thick, vaginal discharge of pink or bloody mucous. When the cervix begins to open the mucous plug is pushed into the vagina. This can happen several days, or even weeks, before the onset of labor.

#### **Water breaks**

A continuous vaginal discharge of watery fluid. The fluid-filled sac that surrounded your baby during pregnancy breaks. It can be a large gush or slow leak. This can happen before labor or any time during labor. If you suspect your bag of water broke you should call the Birth Center and your provider.

#### **True labor contractions**

Regular, strong contractions lasting 50–80 seconds that feel like cramps and do not go away. This is your uterus tightening and relaxing and can be painful. This happens at onset of labor. Call your provider when contractions are four to five minutes apart for one hour to determine whether or not you need to come into the hospital.

# YOUR STAY AT THE HOSPITAL



Upon arriving at the hospital, please check in at one of these two entrances:

<b>Main entrance</b>	24th Street	Monday–Friday, 6:00 a.m.–6:00 p.m.; Saturday, 8:00 a.m.–1:00 p.m.
<b>Emergency Department entrance</b>	26th Street	24 hours a day, 7 days a week

Between 6:00 p.m. and 6:00 a.m. visitors must enter through the Emergency Department and receive a temporary visitor badge.

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Please check our website for our most current visitation guidelines: [islandhealth.org/visitor](https://islandhealth.org/visitor)

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## Birth Rooms

Temperature control and lighting options are within your reach. The type of monitoring we use can be tailored to your needs, and we'll choose the least disruptive option whenever possible. All rooms have a private bathroom and shower. A tub room is available; however, occasionally it may already be occupied.

Your bed accommodates multiple positions for labor and birth. We have a variety of labor tools available including exercise and peanut balls, squat bars and a CUB (comfortable upright birth) chair available. A recliner or cot is available for your support person.

## Family and Support

Partners and other support people must remain clothed while accompanying the laboring person in the tub or shower. If you plan on utilizing these options for labor pain relief, have your support person bring swim shorts or other suitable attire.

We encourage documentation of your labor through the use of video and photography. Please know that we cannot allow video recording at the time of delivery, but do support the use of still photography during this time. Your support person, including doulas, must be at least 16 years old and self-sufficient.

## Birth Center Security

For you and your baby's safety, the Birth Center is a secured department. Individuals leaving the Birth Center must ask staff to be let out of the department. The door will alarm if someone attempts to open it manually. This is for your newborn's safety.

## Food Services

Island Health is happy to nourish you during this life transition by providing complimentary meals during your stay in the Birth Center. You can find the menu in your birthing suite featuring scratch made soups, freshly cooked vegetables, fresh fruit cut daily and more. You are also welcome to bring outside food and snacks. Birthing partners may order meals bedside for a charge or choose to dine in the Island Bistro during business hours: 7 a.m.–2 p.m., Monday–Friday and 11:30 a.m.–1 p.m. on weekends and holidays.

## Pain Management

We offer a variety of pain management options to use during labor: IV pain medication, nitrous oxide, epidural and a number of non-medication options.

## Lactation Support

All of our nurses have advanced skills in breastfeeding and are available to help you. A lactation consultant (IBCLC) is also available, most days.

The Lactation Clinic is available to schedule follow-up lactation appointments for breastfeeding assistance. To set up an appointment, call 360.293.3101.



# INDUCTION OF LABOR

Induction is the process of starting labor before it happens naturally. Labor is induced in the hospital with the use of medications.

## When is Labor Induction Used?

Labor may be induced when the health of the mother or baby makes it necessary to start the birth process early, or when the mother is one to two weeks past her due date.

## Scheduled Induction

The Birth Center is unable to predict how many patients and births it will have each day. Unfortunately, there are days when there may not be enough resources available for patients with a scheduled induction. When this happens, your induction will be rescheduled. The nurse and your healthcare provider will decide on another date for your induction. We appreciate your understanding in this situation and will do everything we can to help you have a safe and healthy childbirth experience.

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Call the Birth Center one to two hours prior to your scheduled arrival time to confirm scheduled induction time: **360.299.1331.**

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## How is Labor Induced?

Labor is induced in the hospital using one or a combination of different methods. These include prostaglandins, foley bulb, amniotomy and Pitocin.

**Prostaglandins** are hormones that help the cervix soften and thin. The two types of prostaglandins products typically used are called Cervidil or Cytotec.

**Foley bulb** is a procedure where your doctor inserts a catheter into your cervix. A balloon on the catheter is inflated and helps to put pressure on your cervix to encourage dilation.

**Amniotomy** is the term used for the breaking of the bag of waters that hold the baby.

**Oxytocin** is a natural hormone that causes the uterus to contract, and is given intravenously in the form of Pitocin. If you have Pitocin infusing, you will need to be continuously monitored.



## Day of Your Induction

- Eat a light dinner or breakfast depending on your scheduled induction time.
- After you are admitted and settled into your room, your care team will place an IV and draw blood to help us provide you with the best care. The nurse and healthcare provider will work with you to plan your care and answer any questions you have about the induction process.
- Your healthcare provider will discuss with you which induction options are most appropriate for your particular needs.
- A fetal monitor will be used continuously to closely monitor you and your baby during labor. You'll be encouraged to change positions frequently, and you may get up to use the bathroom while still being monitored. We have several monitoring methods available, depending on how clearly we can track your baby's heart rate.
- The length of an induction can vary from several hours to several days. After a vaginal delivery, you should plan to stay in the hospital for 18–24 hours.



# CESAREAN PROCEDURE

## For Planned Cesarean or Cesarean After Labor

Your care team will take you to the Operating Room in a wheelchair. A nurse from the Birth Center and the Operating Room will accompany you. Your support person will remain in the Birth Center until after your anesthesia is placed and you are prepped for surgery.

**Spinal anesthesia** is most commonly used for cesarean deliveries. This type of anesthesia stops the feeling from the top of your uterus down to your feet. With spinal anesthesia, you can be awake during the entire birth while avoiding the pain of surgery.

**General anesthesia** is rarely used for delivery and puts you to sleep. Currently, during these cases your support person will not be allowed into the Operating Room.

Various monitors will be used so that the anesthesiologist can continually watch your blood pressure and pulse. Your nurse will listen to your baby's heart rate. You may be given an oxygen mask or have tubing placed by your nose. The nurse will place a catheter in your bladder and prep your abdomen with an antiseptic solution. Sterile drapes will be placed so that you and your support person will be unable to see the incision area. A clear drape is available upon request.

Once surgery begins, your baby will be delivered shortly. The doctor makes a cut above your pubic bone and into the lower part of the uterus to deliver the baby. The doctor delivers the baby and the placenta. Caregivers will immediately examine your baby at the infant warming bed. Your baby will be brought to you as soon as possible for skin-to-skin contact.

Your doctor will suture the uterus, close the abdomen and a dressing will be placed over the incision. Once you are moved to a bed, you will be taken to the recovery room in the Surgery Department. As long as you and your baby are medically stable, your baby may remain with you in the recovery room. To maintain the privacy of other surgical patients, your support person will not be able to accompany you to recovery but will be waiting for you in your postpartum room in the Birth Center.

You will be in recovery for approximately 30 minutes. Afterwards, you will be brought back to a Birth Center post-partum room and reunited with your partner or support person. Your blood pressure, temperature and bleeding will be monitored frequently. We will apply matching identification bands to you, your partner and your baby, as well as complete a newborn exam and administer newborn medications, as desired.

You will be assisted out of bed 8–12 hours after your surgery. Your diet will be advanced, as you can tolerate. The nurse will provide you with expert guidance with selfcare, breastfeeding and assist you with newborn care.

Your support person may stay with you and your baby in your room overnight, and your baby will be in your room with you during the entire hospital stay. You should plan to stay in the hospital for two days.



# POST-DELIVERY NEWBORN CARE & SCREENS



## Immediately After Birth

**Skin-to-skin:** When possible, we encourage skin-to-skin contact, or kangaroo care, immediately after delivery. All early assessments and procedures can be performed while your baby remains skin-to-skin with you, typically for the first hour after delivery.

**Delayed cord clamping:** Delayed cord clamping involves prolonging the time between delivery of the newborn and clamping of the umbilical cord. It is usually performed between 25 seconds to five minutes after giving birth. It allows more blood to transfer from the placenta to the baby. Most of our providers practice delayed cord clamping when possible. If you deliver via cesarean section, delayed cord clamping is possible as long as baby is stable.

## Before Leaving the Hospital

### Vitamin K

Vitamin K is used by the body to form clots and to stop bleeding. Babies are born with very little vitamin K stored in their bodies. Without enough vitamin K, babies cannot make the substances used to form a clot. Vitamin K deficiency bleeding is a serious and potentially life-threatening cause of bleeding in infants up to six months of age. A vitamin K injection given at birth is the best way to prevent low levels of vitamin K and bleeding.

### Erythromycin

Erythromycin is an antibiotic ointment that is applied to the baby's eyes within the first two hours of birth to prevent infections and blindness caused by bacteria.

### Hepatitis B Vaccine

Hepatitis B is a contagious liver disease caused by the hepatitis B virus. The hepatitis B vaccine is an important first step to protecting your baby against a deadly disease. All babies should get the first shot of hepatitis B vaccine shortly after birth. This shot acts as a safety net, reducing the risk of getting the disease from mom or family members who may not know they are infected with hepatitis B.

### Newborn Screen (PKU)

The newborn screen identifies rare conditions and diseases in babies. It is performed 18–48 hours after delivery by taking drops of blood from a heel stick.

### Heart Screen (CCHD)

A small sensor is wrapped around your baby's right hand and foot to measure heart rate and oxygen levels in the blood. This screening is done 24 hours after birth or prior to discharge.

### Hearing Screen

A hearing screening helps to identify hearing loss early and potentially decrease speech and language problems later in life. This test is performed by our nurses prior to discharge.

### Transcutaneous Bilimeter

This non-invasive screening tool is used to assess a baby's level of jaundice through the skin on their forehead. If the screening results are high, your provider will request a bilirubin blood draw be completed prior to discharge.

### Additional Resources

We recommend visiting the **Centers for Disease Control** website for additional information on vitamin K and hepatitis B, and the **American Pregnancy** website for information on delayed cord clamping.

Please contact us if you have any questions or if we can be of assistance in any way. Our phone number is **360.299.1331**.

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Your baby will be assessed by an Island Health pediatric care provider or your midwife.

Always remember to consult with your pediatrician about vaccines and newborn care.

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Thank you for choosing Island Birth Center for the birth of your baby. We are dedicated to providing you with the safest and best possible birth experience.



1211 24th Street  
Anacortes, WA 98221  
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