

# SAULT AREA HOSPITAL

# PATIENT INFORMATION

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## Sault Area Hospital Prenatal Information

### SAH Website Information

If you are planning to deliver your baby at Sault Area Hospital (SAH) you **are encouraged** to view our hospital website [www.sah.on.ca](http://www.sah.on.ca), go to Programs & Services, and then Maternity. A Mother Infant Care manual is available on the website that provides information about mother and baby care.

### Algoma Public Health (APH) Prenatal Education

Expectant families often seek information about having a healthy pregnancy and birth, becoming parents, and caring for a new baby. Algoma Public Health can help by providing four regularly scheduled prenatal classes, as well as the *Gift of Motherhood* online prenatal education program ([www.algomapublichealth.com/pregnancy](http://www.algomapublichealth.com/pregnancy)) at no charge. APH suggests that you attend *Healthy 9 Months* class as early as you can in pregnancy and the *Labour & Birth, Breastfeeding, and After the Birth* classes around your 7<sup>th</sup> month, but you can schedule them at your convenience. To register, call the Parent Child Information Line at 705-541-7101 or contact your local APH office in Wawa (705-856-7208), Blind River (705-356-2551) or Elliot Lake (705-848-2314). For additional prenatal support, be sure to also register for the Canada Prenatal Nutrition Program (milk program) and the Healthy Babies Healthy Children home visiting program.

### Maternity Triage or Labour Admission Registration

When you come to the hospital for any prenatal or labour assessment, you must first register in the Admitting department before proceeding to the Maternity Triage area.

### Where to find Admitting Registration

Using the Emergency entrance, the Admitting Registration desk is next to the emergency triage area, across from the security office.

### Maternity Unit Tour

A pre-hospital tour of the Maternity unit is offered one day/week. To make an appointment, call Admitting at 705-759-3627.

### Rhogam

SAH provides Rhogam injections. If your physician orders Rhogam, please call as soon as possible **after 20 weeks gestation** to schedule a Rhogam appointment by phoning the Admitting Department at **(705) 759-3627**, Monday to Friday between 8:00a.m.-4:00p.m. A Rhogam appointment will be booked for you at 28 weeks gestation. Blood work is to be done at Lifelabs 2 days prior to your appointment to ensure blood results are available.

The Rhogam appointments will be in the Maternity Triage (A1006), level 1, A wing.

### C-section Preoperative Phone Consult

If you are having a planned c-section, you will be contacted by the SAH Admitting department to book a pre-operative phone consult with the Maternity nurse. This will be scheduled within a month of your delivery date. If your Obstetrician also ordered

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an anesthesia consult, this will also be booked through the Admitting department and this visit will require you to come to the hospital to meet with the anesthesiologist.

## Labour and Delivery Support

During your labour you may have two consistent support persons (partner/coach). Other visitors are not allowed during the labour process. There is no labour family waiting area. There is however opportunity for all family and friends to come to the hospital for a visit shortly after the baby is born.

Once the mother is transferred to the post-partum room, visiting is 6:00 AM to 10:00 PM (limited to two visitors at a time and for children, only the siblings of the newborn baby are allowed).

## Patient Right to Privacy

For patient right to privacy, no information about your admission or condition can be disclosed by the nursing staff and so we ask that you keep your family/friends informed to avoid unnecessary phone calls to the unit.

## Preparation for the Hospital

- **Baby Doctor** – You need to know who your baby’s doctor is going to be before the baby is born. If you do not have a family doctor, speak to your obstetrician for options. The baby needs to be seen by his/her physician within one week of discharge from the hospital. A baby appointment needs to be booked prior to leaving the hospital.
- **Baby Car Seat** – must be bought in Canada and meet safety standards. Read instructions & be familiar with how it works prior to coming to the hospital. If it is not a new car seat, check the expiry date.

You can have your car seat checked to see if it is installed properly at the **Algoma Public Health Car Seat Installation Clinics**. Call **705-541-7101** or **1-888-537-5741** for more information.

## What to Bring to the Hospital

For mother	For baby
<ul style="list-style-type: none"><li>• Any medications mom is taking in their original containers</li><li>• Nightgowns, housecoat, slippers, underwear</li><li>• Personal items - sanitary napkins, unscented lotion, shampoo, deodorant, toothbrush, toothpaste, hairbrush, facial tissue</li><li>• Nursing bra if breastfeeding</li><li>• Pen/pencil</li><li>• Snacks /Juice</li><li>• Money...for gift shop, food court and parking</li><li>• Cell phone and charger</li><li>• Clothes to wear home</li><li>• If you have a copy, <i>SAH Mother Infant Care Manual</i> and <i>Breastfeeding Matters</i> booklet</li></ul>	<ul style="list-style-type: none"><li>• Newborn diapers &amp; wipes</li><li>• Sleepers to wear in hospital, hat</li><li>• Cotton mittens to prevent baby from scratching face</li><li>• Comb, baby wash and shampoo</li><li>• Outfit to wear home (sleeper, hat and blanket)</li><li>• CSA approved car seat</li></ul>