

About the Antepartum Unit

What to expect during your stay

Welcome to the Antepartum unit! This handout explains what you can expect during your time with us. Please ask your nurse if you have any questions. We want to make your stay here comfortable.

What is the Antepartum unit?

Your care providers on the Antepartum unit specialize in caring for patients during pregnancy. Like you, most Antepartum patients have high-risk pregnancies. For your health and safety, you may need to stay on our unit for a few days or longer.

Some patients start out on our Labor & Delivery unit, but then transfer to the Antepartum unit. Other patients start out on the Antepartum unit and then transfer to Labor & Delivery. Antepartum patients are closely monitored for more urgent care needs while they are on the Labor & Delivery unit.

What can I expect while I am on the Antepartum unit?

Doctor rounds: Antepartum doctors “round” on the unit every weekday. This means they come to your bedside, usually in the morning. These doctors have rotating schedules. They will be on our unit for 4 to 8 weeks, and then move to other units. On evenings and weekends, the Labor & Delivery doctors will round with you.

If you have questions about your care, you may want to write them on the white board in your room. This way, you can refer to the white board during rounds.

Nurse safety checks and rounds: Your nurse will visit you often to check on your well-being. Your nurses will also come to your bedside when they are changing shifts. Shift changes are at 7 a.m. and 7 p.m.



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Antepartum care team: You may also visit with other members of the Antepartum care team. These providers include a neonatal doctor, social workers, dietitians, spiritual care staff, diabetes educators, lactation consultations, and physical and occupational therapists. Your doctor may advise one or more of these consults during your stay.

Parking: Starting on your 15th day on our unit, 1 visitor of your choice will receive full parking validation for each day you remain on the unit. Please ask staff at the front desk about this.

Meals and water: We have menus for both patients and guests. Please order meals by 7:45 p.m., since the cafeteria closes at 8 p.m. There is fresh filtered ice water in our Nourishment Room. The room is locked, so please ask staff for water. There is also a microwave in the unit hallway to warm food.

Visitors: The Antepartum and Labor & Delivery units are locked units. Visitors must use the phone at the unit entrance to gain access. Every time they visit, they must check in at the front desk of the unit. Here they will receive a dated visitor pass. If you have concerns about your privacy or safety, please tell your nurse.

Safety: The space between your bed and the door must stay clear of furniture and personal belongings. Staff must have a clear path to reach you at all times. This is for your safety.

Activities: The Antepartum unit has daily activities you may enjoy. These include prenatal exercises, mother support groups, art class, knit and crochet lessons, and NICU and operating tours. Check with your nurse if you are interested in any activity.

Leaving the unit: If your doctor tells you that it is OK for you to leave the unit to go to other areas of the hospital, you will need to sign the “Patient Sign Out” sheet. Sign this sheet when you leave and again when you return.

Your doctor may limit your time off-unit to 30 minutes at a time. Please check with your nurse before you leave the unit the first time, or if your health changes.

Fetal monitoring: Antepartum doctors will decide how often your baby needs to be monitored. When fetal monitoring is done once a day, it is usually in the morning. When it is done 2 times a day, it is usually in the morning and evening. When fetal monitoring is done 3 times a day, it is in the morning, afternoon, and evening.

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

Antepartum unit:
206.598.4616