

## About Labor & Delivery

*At UW Medical Center - Montlake campus*

*We are sorry we cannot offer hospital tours at this time. We hope that this handout answers most of your questions about Labor & Delivery. To learn more, ask your provider or read your booklet "Pregnancy and Giving Birth."*

Thank you for choosing UW Medical Center - Montlake for your care needs! We consider every birth, every newborn, and every family special. We pledge to provide you with the best possible care.

There are 2 operating rooms (ORs) on the Labor & Delivery unit. These are used for Cesarean sections, as needed.



*A Labor & Delivery room.*

### When should I come to the hospital?

**Call Labor & Delivery BEFORE you come to the hospital.** Call 206.598.4616 any time of the day or night. Most times, we will ask you to come to the hospital when:

- Your contractions are 5 minutes apart for 1 hour, if this is your first baby. If you have had a baby before, we will ask you to come to the hospital when your contractions are 7 to 10 minutes apart.
- Your water breaks, **even if you are not having contractions.** When your water breaks, you may feel a trickle or a gush of fluid.
- You have any other warning signs.

### What should I bring with me to the hospital?

It's a good idea to have a bag packed and ready! It will help ease stress when it's time to go to the hospital. Please see "Pregnancy and Giving Birth" for ideas of what to bring.

**Please note that we cannot allow people to come and go in the unit at this time.** This includes your support person. Please bring all items with you when you arrive that you may want for your stay.



*You will move to a private room on our Mother Baby Unit after you give birth.*

## Questions?

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

### **UWMC - Montlake Labor & Delivery**

1959 N.E. Pacific Street  
Seattle, WA 98195  
6th Floor (use Pacific elevator)  
206.598.4616

## Who is on my care team?

When you come to Labor & Delivery to give birth, our **front desk staff** will greet you. A **registered nurse (RN)** will be a key member of your care team. This RN will be your advocate and will be with you during and right after the birth of your baby.

UWMC is a teaching facility. This means that your care team will include **resident doctors**, in addition to your **attending provider**.

Your **pregnancy care provider** is also on your care team. You may see the same provider you see in clinic or one of the other providers your provider works with.

During your labor and birth, you may also meet some of these providers: **anesthesiologist, neonatologist, pediatric team, and lactation consultants**.

## What is my birthing suite like?

- All birthing suites in Labor & Delivery are private. They have their own bathroom with a whirlpool tub.
- Most rooms have a small refrigerator, a TV, and a DVD player.
- All rooms have Wi-Fi access and a couch with linens for your support person.
- Birthing accessories include a birthing ball, a peanut ball, a mirror, and a squatting bar.

## What happens after I give birth?

- About 2 to 3 hours after delivery, you and your baby will move to our Mother Baby Unit. You will have a private room for you and your family.
- To help you recover after giving birth, we will “cluster” your care. This means that we will provide many aspects of your care at the same time. This helps you get better rest in between our visits.
- We will provide all essential supplies for you and your baby during your stay. This includes baby diapers and pads for you.

## How long will I be in the hospital?

You can expect to be in the hospital for about 1 day after a vaginal delivery. After a Cesarean delivery, the stay is about 2 to 3 days. If you have other health concerns, you may need to stay longer.