

# YOUR GUIDE TO THE BIRTHING CENTER AT THE METROHEALTH GLICK CENTER

Preparing for Your Baby's Birth



Baby-  
Friendly  
USA





**MetroHealth**  
Devoted to Hope, Health, and Humanity

As an academic health center, MetroHealth is home to leaders in obstetrics and gynecology. We are ranked as a Center of Excellence in women's healthcare and research. For you and your baby, this means you receive the highest-quality patient care, specially trained doctors, midwives and a compassionate care team devoted to your health and well-being.

## DESTINATION: THE BIRTHING CENTER AT THE METROHEALTH GLICK CENTER

We're excited you've chosen the MetroHealth Birthing Center to welcome your little one! When you are in labor, it's important to come to our healthcare facility, so we can implement the birth plan you put in place. Plus, as one of the area's top hospitals for high-risk pregnancies and deliveries, this is where you want to be if anything unexpected occurs during labor.

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**Reminder: In the event of an emergency, always go to the nearest hospital, even if it's not MetroHealth. The safe delivery of your baby is of the utmost importance.**

# What To Pack

## FOR YOU

- Slippers/slip-on sandals
- Nightclothes with easy front access for breastfeeding
- Personal care items (i.e., toothbrush, toothpaste, soap, facial tissues, deodorant, shampoo, etc.)
- Camera
- Cellphone charger
- Loose-fitting clothes to wear home

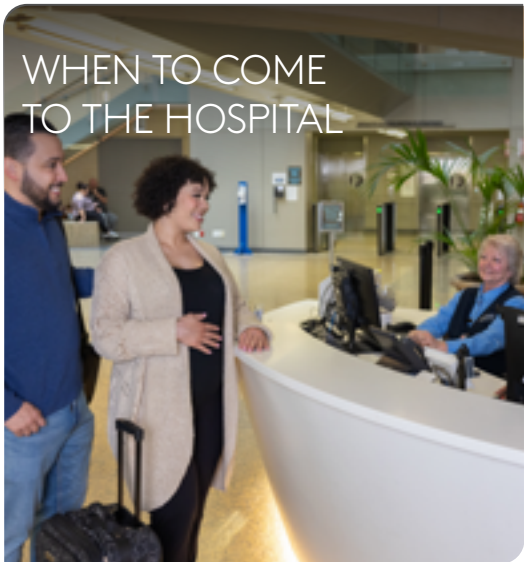
*We have several toiletries on hand for anything you forgot.*

## FOR BABY

- Infant car seat (bring in the day you are taking baby home)
- Outfit to take baby home in (Wash before using)
- Sleep sack or receiving blanket
- Hat or cap
- Extra blanket, depending on the weather



## WHEN TO COME TO THE HOSPITAL



It's time to come to the MetroHealth Birthing Center if:

- You are having painful, regular contractions that are coming every four to five minutes.
- You are having contractions and your due date is more than one month away.
- Your water breaks.
- You have bleeding from the vagina.
- Your baby is moving less than normal.
- Your doctor provides you with other instructions.

## NOT SURE WHAT TO DO?

If you are unsure whether you should come in, call MetroHealth's Labor & Delivery Unit at **216-778-4830** for a midwife or doctor to advise you. Keep in mind that if this is your first baby, early labor can last many hours.

## WHEN TO CALL AN AMBULANCE

Most people have plenty of time between noticing their first labor symptoms and the time of the baby's birth. However, you should call 911 and ask to be taken to the nearest hospital if you:

- Have heavy vaginal bleeding
- Can see the baby when looking between your legs
- Pass out or have a seizure





## How To Get Here

As your delivery date approaches, be sure to have a transportation plan in place.

- Do not drive yourself while in labor!
- Have someone on call to drive you to the hospital.
- Ask another person to be your back-up driver.
- Make sure you and your driver are familiar with the best route to MetroHealth, as well as where to park for the MetroHealth Birthing Center.

## Where To Park

### Prenatal Visits

Parking is FREE for prenatal visits ONLY. Please bring your parking ticket with you to your appointment to be stamped.

Appointments at our community health center locations also include free parking.

### Labor and Delivery

Please use either valet parking or hospital parking garage marked P1 on the map.

- Enter through the Emergency Department.
- Visit the guest services desk and ask for directions to The Birthing Center or take the F elevators to the third floor.
- Check in at Labor & Delivery.

The Birthing Center at  
The MetroHealth Glick Center  
2500 MetroHealth Drive  
Cleveland, OH 44109

216-778-4830



## Once You Arrived

Be prepared to provide the following information:

- Photo ID
- Insurance card
- Emergency contact person and phone number

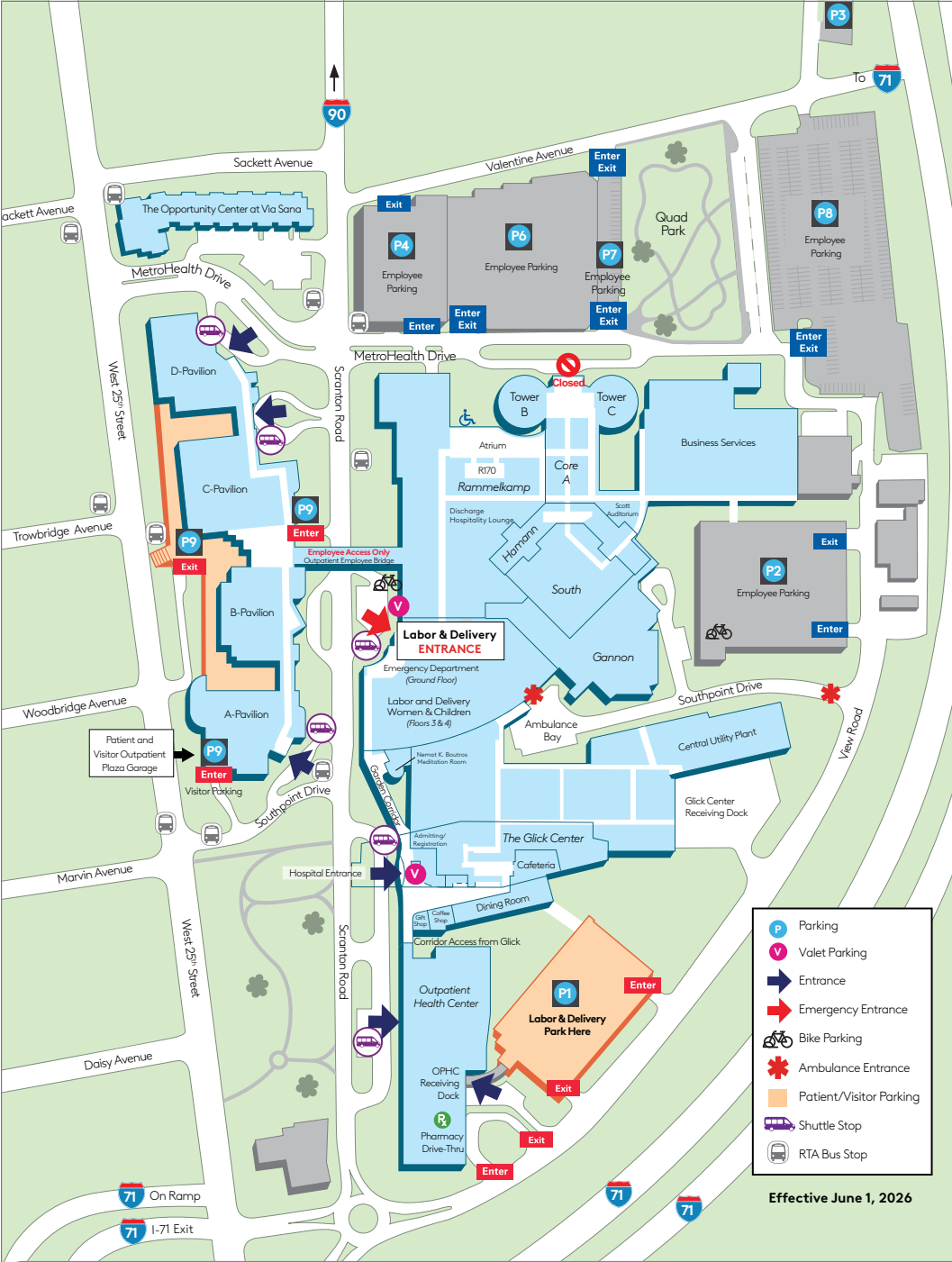


## During Check-In

After registration, you'll go to the triage area. One support person may join you. While you're there:

- Your vital signs will be taken, and a provider will assess how far along you are in labor.
- You will be asked medical and social history questions.
- A determination will be made regarding your care and whether or not it's time for you to be admitted.





# In Labor?

The simplest way to get to The Birthing Center when you're in labor is to come through the Emergency Department.



## After You Are Admitted

If you are admitted, you'll be moved to the labor and delivery unit.

- Your nurse will ask for a brief medical history and review your birth plan with you.
- Your contractions will be assessed, and a staff member will check your baby's heartbeat with a fetal monitor.
- You may be encouraged to walk, change positions frequently, or take a shower as a way to encourage contractions and help with labor pain.
- You will labor and give birth in the birthing room. (Operating rooms are available for complications or Cesarean births.)
- Our team will talk with you about our birthing options, based on your and your baby's health.

During your stay in labor and delivery you may have three adult support people with you. A doula may come in as additional support and be the fourth visitor in the room if they are certified. If they are not certified they would count as one of your three support adults.

## After Labor

You and your support person can spend time getting to know your baby. We encourage breastfeeding for new mothers. Colostrum (early milk) functions like your baby's first immunization.

- After birth, assuming there are no complications, your baby will be placed skin to skin with you for the first hour of life. This helps with bonding and eases a baby's transition to life.
- You can expect your nurse to check your blood pressure, pulse, size and firmness of your uterus, and the amount of vaginal bleeding.
- A nurse will regularly check the baby's vital signs and assist you with feeding your baby.
- For security and identification purposes, you, your baby, and your support person will receive a unique set of identification bands. These should not be removed until after everyone is home. Your baby will also get an alarm-based tag to wear on the ankle. It will be removed just prior discharge.
- A typical stay is 24-48 hours for a vaginal birth, and about three to four days for a cesarean birth.
- Your baby's pediatrician, a lactation/breastfeeding consultant, and hearing screeners will visit you during your stay.

## When You Get Discharged

You will receive discharge instructions before you leave the hospital. This will include information about what to look for in yourself or your baby, certain activities to avoid, and when to call your doctor, midwife or nurse practitioner. Your discharge folder will also include follow-up appointment information.

## When It's Time To Go Home

- Bring your baby's car seat for the ride home. Make sure you have a car seat specifically for a newborn baby.
- Check the manufacturer's instructions for how to install your seat.
- Practice using the car seat. Take it in and out of the car before coming into the hospital.

Note: Your nurses are not certified to install car seats, so they won't be able to help you with placing your baby in your car seat or your car seat in a car.

## How To Stay Connected

MyChart helps you manage your family's healthcare online! Ask your provider for an access code or request a code online at [metrohealth.org/mychart](https://metrohealth.org/mychart).

- Schedule, request, and cancel appointments
- View test results
- Request prescription renewals
- Email your healthcare team with questions
- Access through mobile app



## GET YOUR CAR SEAT CHECKED

Visit [www.nhtsa.gov/vehicle-safety/car-seats-and-booster-seats#installation-help-inspection](https://www.nhtsa.gov/vehicle-safety/car-seats-and-booster-seats#installation-help-inspection) to find a location near you that will check if your car seat is installed correctly.



## VISITING HOURS AFTER BABY'S BIRTH

Weekday visiting hours: 9 a.m.- 7:45 p.m.

Weekend visiting hours: 9 a.m.- 4:45 p.m.

One support person (age 18 or older) is welcome to stay overnight after your baby is born. If the patient or partner is under the age of 18, please discuss visitation with your nurse as exceptions may be made for your overnight support.

Family and friends are welcome during these hours, but limit visitors to two at a time beyond your overnight support person. Siblings of the baby can visit during daytime hours (no matter what age they are) as long as accompanied by an additional adult. All other visitors besides siblings must be 16 or older.

# MetroHealth Obstetrics and Pediatrics Resources

|                                                                                                                             |              |
|-----------------------------------------------------------------------------------------------------------------------------|--------------|
| Department of Obstetrics                                                                                                    | 216-778-4444 |
| Department of Pediatrics                                                                                                    | 216-778-2222 |
| Labor and Delivery                                                                                                          | 216-778-4830 |
| Department of Social Work                                                                                                   | 216-778-5551 |
| (Social workers can provide counseling, education, and referrals to community resources. Ask your provider for a referral.) |              |
| Lactation/Breastfeeding Support                                                                                             | 216-778-3337 |
| Breastfeeding Clinic                                                                                                        | 216-778-2222 |
| Childbirth Classes                                                                                                          | 216-778-3381 |



Scan to  
find updated  
information on  
locations

## About MetroHealth

Founded in 1837, MetroHealth is leading the way to a healthier you and a healthier community through service, teaching, discovery, and teamwork. Cuyahoga County's public, safety-net hospital system, MetroHealth meets people where they are, providing care through five hospitals, four emergency departments and more than a dozen health centers. For more information, visit [metrohealth.org](https://metrohealth.org). **For more information, visit [metrohealth.org](https://metrohealth.org).**

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