

For recorded directions, call: (612)-873-9800

### Your Privacy:

- Your privacy is important to us.
- We will not give out any information about you or your baby to anyone who calls.
- We can transfer calls into your room.
- If you do not want anyone to know you are in the hospital, you need to tell your nurse right away.

### When it is time to go home:

- You will probably go home 1 or 2 days after you give birth.
- If your baby is born by C-section, then you will stay about 3 days
- You should plan to leave the hospital before 1 p.m.

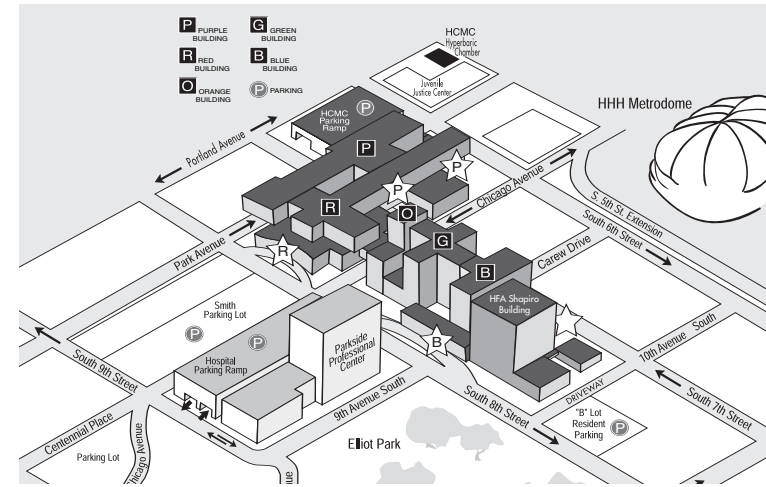
### Things to watch for:

- You will feel your body change during pregnancy.
- Usually these changes are normal.
- Your body can also tell you when something is not healthy.
- Listen to your body.
- Call right away if you have any of these signs:
  - Any bleeding from your vagina.
  - Changes in your eyesight.
  - A very bad headache.
  - Sudden swelling of your face, hands, or feet.
  - Nausea or vomiting that lasts more than 24 hours.
  - Temperature over 100.4° F.
  - Discharge from your vagina that itches or burns.
  - Pain or burning when urinating.
  - Baby moves less than usual (less than 10 times in 2 hours).
  - Five or more contractions in an hour before 36 weeks.

**Call : Labor & Delivery 612-873-4104 or Nurse Midwife Unit 612-873-2946**

### What do I do if I'm having problems, but I'm not in labor?

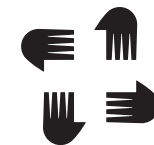
- M-F, 8 am - 4:30 pm, call your clinic
- Nights, weekends, and holidays, call Labor and Delivery or the Nurse Midwife Unit



- Labor & Delivery..... 612-873-4104
- Nurse-Midwife Unit..... 612-873-2946
- G4 OB/GYN Unit .....612-873-4204
- OB Testing Unit .....612-873-5006
- Spanish Line .....612-873-6060
- Somali Line .....612-873-2850
- Breastfeeding Services .....612-873-8793
- Tours & Childbirth Classes.....
- .....612-873-BABY (2229)

Your clinic: \_\_\_\_\_

Your clinic's phone number: \_\_\_\_\_



Hennepin County Medical Center

Hennepin County Medical Center provides services without regard to race, color, creed, religion, age, sex, disability, marital status, sexual orientation, public assistance or national origin.

Coming to Hennepin County Medical Center to have your baby



Hennepin County Medical Center

Thank you for choosing to have your baby at Hennepin County Medical Center. We are here to help support you and answer any questions you have.

## When is it time to come to the hospital to have my baby?

Watch for these signs of labor:

- Your bag of water breaks or you have fluid leaking from your vagina. It may feel like a leak or gush.
- You have painful contractions that get longer, stronger, and closer together.
- You notice lightly blood-streaked mucus coming from your vagina. This is called “bloody show.”

If you have any of these signs of labor, call us. We can help you decide if it is time to come to the hospital.

**Labor & Delivery.....612-873-4104**

**Nurse Midwife Unit.....612-873-2946**

## Getting to Hennepin County Medical Center:

- Plan how you will get to the hospital.
- If you do not have a way to get to Hennepin, call your insurance company and ask for help with getting to the hospital.
- Do not call 911 or take an ambulance, unless it is a medical emergency or you feel the baby is going to be born right away.

## Parking:

- Parking is available near the hospital.
- You can use the hospital ramp, flat lots, or park on the street.
- Ask for a parking brochure or check out [www.hcmc.org](http://www.hcmc.org) for more parking information.

## What should I bring with me?

- A car seat that MUST:
  - Be an “infant” or “convertible” style
  - Be less than 6 years old
  - Have never been in a car that has had a crash
  - Have not been recalled by the company that made the seat
- Clothes for the baby to wear home
- A light baby blanket for spring, summer, and fall or a snowsuit for winter
- Money for parking
- Going-home clothes that fit you when you were about five months pregnant

## Other things you might want to bring:

### For Labor:

- Anything that will help you feel more comfortable
- Focal point to help with concentration (a picture, small plant, stuffed toy)
- Lip gloss, balm or petroleum jelly
- Sour suckers for dry mouth and throat
- Cards, games or books
- Battery operated cassette or CD player and music
- Robe, socks and slippers
- A favorite pillow
- Lotion for back rubs and massage
- Paint roller, rolling pin or tennis ball for applying back pressure
- Massager
- Notebook with pen to record observations
- Camera or battery operated video recorder
- Cell phone or calling card for long distance calls
- List of phone numbers to call with the news

### For you:

- Nightgowns
- A good supportive bra or nursing bra
- Comb, brush, shampoo
- Toothbrush, toothpaste

### For your labor support person:

- Pajamas for long labor and/or staying overnight after the birth
- Money for meals
- Toothbrush and toothpaste

### For your baby:

- Baby book

## At the Hospital:

- When you get to Hennepin, go to the Emergency Room entrance on 8th Street and Chicago Avenue.
- Hospital staff will bring you to Labor & Delivery or the Nurse Midwife Unit.

## When you get to Labor & Delivery or the Nurse Midwife Unit:

- A nurse will ask you about your signs of labor.
- A nurse will contact your doctor or midwife.

### Visitors:

- It is important to have one or two friends or relatives with you during labor.
- Visiting may be limited depending on what you would like and how you and your baby are doing.
- There is a family waiting room near the unit for other visitors to wait.
- The only children allowed in your labor room are the brothers or sisters of the new baby. An adult must take care of children in the labor room.
- After the baby is born, the father, your other children, and grandparents may visit at any time.

### Meals for visitors and families:

- The cafeteria is open every day.
- Vending machines are also available.