

What to Do on the Birth Day (Community Hospital East)

- Call your doctor before you leave home. He or she will notify the Maternity Unit that you are en route.
- Wait to call family and friends until you have been evaluated at the hospital (other than your support person, or those who will be caring for your other children or pets).
- Do not eat or drink on the way.
- Follow signs to the Hospital Main Entrance and use the free valet service.
- Wheelchairs are located inside, if desired.
- Do not register, but you may ask the information desk to assist you in locating the maternity unit.
- Follow the stork signs on the wall to the “Blue Area” of the hospital and take the Maternity Unit elevator to the 2nd floor.
- Give your name to the person at the desk on the maternity unit.
- You typically will be directed to the “Triage” room for evaluation before being escorted to the “LDRP” (Labor, Delivery, Recovery, Postpartum) room.
- If you have a Cesarean, the birth will take place in one of the Surgery Suites on the maternity unit. You will return to the LDRP for recovery and postpartum care.
- Your baby will visit the nursery for testing before going home, but other exams, bath, etc., are done at the bedside as baby “rooms in” with the parents.
- Ask your nurse about current visiting policies.

Best Wishes!!