

Tour and Information Guide: Arriving for Delivery at Mount Sinai Hospital

WHEN TO COME TO THE HOSPITAL

If you think you are in labour, if your water breaks or if you have any concerns, please contact your health care provider or call locating and ask for the obstetrician on call. You can also call the labour triage phone line at 416-586-4800 ext. 3210. Most women will come to the hospital when they are in active labour (regular contractions every 5 minutes or closer for at least 2 hours) or when their water breaks. To find out more about how you will know if you are in labour, you should speak with your care provider.

PARKING

When you arrive at the hospital, you will want to park in one of the garages on Murray Street, behind the hospital. The police frequently ticket and tow around the hospital. The labouring woman can be dropped off at the semi-circle on Murray Street, but please do not leave your car there unattended. Find more information on parking.

REGISTRATION

Once you have entered the hospital, please go to Admitting on the ground floor of the hospital. It is located opposite the security desk at the back of the hospital near the revolving doors off Murray Street (see map of the Main Floor). Do not go to the emergency department unless the pregnancy is less than 18 weeks along. You will be assisted as soon as an attendant is available, even if there are other people there ahead of you.

It is helpful if you have preregistered as an outpatient, so that personal information will only need to be verified. Registration forms are available from your doctor's office (often provided with the package you received during your first visit), or at the Registration desks in Admitting in the main hospital or at the Registration desk at the Ontario Power Generation (OPG) building.

ROOM CHARGES

In admitting, you will be asked for your OHIP card, your blue and white Mount Sinai Hospital card and a credit card imprint for the \$15.00 phone charge and other charges that you may incur while at the hospital not covered by OHIP. All labour rooms are private, and the cost is covered by OHIP. On the post-partum floor, OHIP covers ward rooms (4 people/room). You will be asked if you would like to upgrade to a semi-private or private room if it is available at the time of your transfer from the labour floor. Many private and company insurance plans will cover the cost of an upgrade, but may require that you pay the cost up front and then apply to have the cost reimbursed.

GOING TO THE LABOUR FLOOR

After the registration process is completed, you will be given a blue MSH card, a print-out of your inpatient registration and a set of bracelets for the mom and the baby. These are to be given to the nurses in Labour Triage. You will follow the blue lines on the floor outside the Admitting area to the Murray Street Elevators, and go to the 7th floor. You can also access the 7th floor from the main elevators, but due to construction, there are only 3 elevators operating and the wait time can be quite long.

TRIAGE

Once you reach the 7th floor, you will follow the blue line on the floor to the Triage area. A nurse will assess you when a triage room comes available. If it is very busy and you are in obvious advanced labour, she may elect to bring you to a labour room directly. Most often, the labouring woman will have the baby's heartbeat and her contractions assessed using an electronic fetal monitor for approximately 30 minutes, during which time the nurse, resident or medical student will do a quick history and physical to determine whether the woman is ready for admission to the labour floor. The mother will be brought to her labour/delivery room once she is admitted by the triage nurse.

GOING TO THE POST PARTUM FLOOR

Once a woman has delivered her baby, and both mom and baby are stable, they are transferred to the post-partum floor by their nurse. They will stay there until ready for discharge home, which varies depending on the type of delivery the mother experienced. Breastfeeding classes run by Lactation Consultants are offered twice daily to our inpatients.

IF YOU HAVE ANY MORE QUESTIONS ABOUT YOUR HOSPITAL STAY, PLEASE DISCUSS THEM WITH YOUR CARE PROVIDER. WE ASK THAT YOU DO NOT GO ON AN UNGUIDED TOUR OF THE LABOUR AND/OR POST-PARTUM FLOOR, BUT YOU ARE FREE TO EXPLORE THE MAIN FLOOR OF THE HOSPITAL AT YOUR LEASURE.