



ROOM CHARGES

All labour rooms are private, and the cost is covered by OHIP. On the post-partum floor, OHIP covers ward rooms (4 people/room). If you would prefer a semi-private or private room, you can request this when you arrive at the hospital in labour. We will do our best to accommodate your request, depending on availability. Many private and company insurance plans will support part or all of the extra cost but may require that you pay the cost or difference in cost up front. You will then need to apply to be reimbursed. A semi-private room upgrade is \$310.00/day and a private room upgrade is \$410.00/day. Prices are subject to change.

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 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 health care provider. This information is also provided in our prenatal classes.

PARKING

When you arrive at the hospital, you will want to park in one of the garages on Murray Street, behind the hospital. These parking garages are operated by independent contractors. The police frequently ticket and tow around the hospital. You can be dropped off at the semi-circle on Murray Street, but please do not leave your car there unattended.

REGISTRATION

You will need to have your OHIP card, your white Mount Sinai Hospital card and a credit card imprint for charges that are not covered by OHIP or your private insurance plan. Please go directly to Labour Triage on the 15th floor using the University elevators. Exit the elevators and turn into the hallway to the right of the registration area. Check in at the main desk in Triage, which is the first door to your right in that hallway. Your registration will be managed during your assessment in Triage. Do not go to the emergency department unless the pregnancy is less than 18 weeks along.

TRIAGE

Once in Triage, you will be met by one of our Triage nurses. She will ask you questions about your labour, general health and medical history. As well, the nurse will check your vital signs and contractions and listen to the baby's heart rate. This will also be done on a regular basis throughout your labour. While in Triage, a resident or medical student will do a quick history and physical to decide if you are ready for admission to the labour floor. You will be transferred to a labour/birthing room once you are in established active labour. If you are in early labour, you may be asked to go home for a time. If you live far away from the hospital, you may be able to stay in the early labour lounge on the 15th floor. It is located directly across from Triage.



LABOUR AND DELIVERY UNIT

The labour and delivery unit is a locked unit, so if you are not accompanied by staff, you will need to use the telephone to the left of the entrance to be let in. The labour reception area is found across from where you will enter the unit. Once you are admitted to the labour and delivery unit, your partner or support person will receive a bracelet to identify them as the designated permanent support person. You may also have two visitors throughout your labour. These visitors can change, but we ask that the number of visitors is kept to two at a time.

There are 19 rooms on the unit where families will be during the labour, birth and immediate recovery period after the birth. All the rooms have showers in the bathrooms and 4 of the rooms have immersion tubs available to use during labour. Showers have adjustable functions and a fold-down seat that can be used for the labouring person's comfort. Bathtubs do not have jets, but there is a handheld shower head that can be used to provide massage-like pressure. Each room is equipped with an adjustable bed, a lounge chair, a birth ball, a TV, monitoring systems for mother and baby, a baby warmer that also can be used to weight the baby, a bedside table, and all the things nursing and medical staff will need to care for the labouring person and the baby. There is a storage area available for personal belongings.

There is a kitchenette available for families to store labelled personal food items that require refrigeration. There is also a kettle and a microwave available.

All caesarean births are done on the 15th floor in our own operating rooms. A resuscitation room is centrally located within this area, staffed by members of our Neonatal Intensive Care Unit team. Once the surgery is completed, recovery occurs in our own Post Anesthetic Care Unit, located next to the reception area.

POSTPARTUM UNIT

Once you have given birth, and both you and baby are stable, you will be transferred to the Mother-Baby Unit by your nurse. The room could be on the 15th or 16th floor. If your preferred room type is not available, you will be given an alternate room type and placed on a waitlist for your preferred room type. You will stay on the postpartum unit until you are ready for discharge home, which is usually after 26 hours for vaginal births and between 26 and 48 hours for caesarian births. If you are with a midwife, you may be discharged earlier. Your baby will stay with you in your room unless he or she has been admitted to the Neonatal Intensive Care Unit.

Breastfeeding classes run by Lactation Consultants are offered daily to our inpatients. The unit has increased security; therefore visitors are required to use the phone by the entry doors to be buzzed into and out of the area. In addition, your baby will have a security badge on his or her ankle or wrist. An alarm will sound if a baby is taken off the unit with this security badge in place.



The communication station is located centrally in the unit, with decentralized charting areas for the nursing staff closer to individual rooms.

All rooms come with storage space for personal belongings, an adjustable bed, privacy curtains, a cot for the baby with storage space, a lounge chair that opens up to be used as bed, TV phone and internet services and bathroom/shower facilities. A separate bathroom with a shower is available for support persons staying overnight. If you are not in a private room you may want to take advantage of the family lounge when visitors arrive. A kitchenette is available there for your use, to store your own labelled food that requires refrigeration, or to make yourself some tea!

POSTNATAL AMBULATORY CLINIC

The Postnatal Ambulatory Clinic (PNAC) is located on the 17th floor off the University elevators. It serves as an interim support for the postpartum/neonatal period for both you and your baby after discharge from hospital if you do not have access to a primary health care provider. Walk-ins cannot be accommodated but you can arrange an appointment before you go home with your nurse, or you can call to make an appointment. Services provided here include breastfeeding support, newborn screening follow-up, wound care and other follow-up assessments. It is open 7 days a week

Also located on the 17th floor is the Neonatal Intensive Care Unit or NICU.

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

Updated August 2017