

Birth tour

Kaiser Permanente Westside Medical Center

HEALTH ENGAGEMENT AND WELLNESS SERVICES

Agenda

When to call

What to bring to the hospital

Checking in

Triage

Labor and delivery

Postpartum

Important appointments

Please call 503-571-2229 for any of the following:

- **Any advice past 20 weeks of pregnancy**
- **Signs of preterm labor**
- **In labor before coming to the hospital**
- **Your bag of waters breaks**



In labor

First baby:

- 5 – contractions are 5 minutes apart
- 1 – each contraction lasts 1 minute
- 1 – this pattern has been going on for 1 hour

Not first baby:

- 7 – contractions are 7 minutes apart
- 1 – each contraction lasts 1 minute
- 1 – this pattern has been going on for 1 hour

If your water breaks

You may have a gush or a trickle. Be prepared to share COAT information:

C — color of the fluid

O — odor of the fluid

A — approximate amount (gush or trickle)

T — time you noticed the fluid



Call

Calling for consultation may or may not end up with your coming in right away. You may also call for consultation at any time during early labor.

If at any time you experience bright red vaginal bleeding, come in right away, and if possible, call while you're on the way.

If you are less than 20 weeks pregnant, or are postpartum and need advice, please call 1-855-285-4246.



What to bring to the hospital



What to bring

Your labor bag

Personalize your labor bag with items important to you. Include:

- Kaiser Permanente card
- Birth preferences and positions information
- Loose, comfortable clothing
- Robe, slippers, socks
- Basic toiletries
- Hairbands, ties, clips
- Lip balm
- Lotion, oil, massage tools
- Focal point, pillows, blanket
- Music, camera, laptop, phone
- Preferred snacks

What to bring

Partner

- Change of clothes
- Basic toiletries
- Mints, breath freshener
- Swimwear
- Sleepwear
- Snacks, easy meals

Postpartum

- Sleepwear (if desired)
- Going home clothes
- Nursing bra/pads
- Baby outfits and blankets
- Car safety seat



Car safety seats

The law requires that you use a child safety seat for your baby's first ride home from the hospital, and for all trips afterward.

We recommend that you have your safety seat installation checked by a Certified Safety Seat Technician.

For more information, contact:

- oregonimpact.org
- 800bucklup.org (Washington)



Parking/Entrance

Checking in



Triage

- Assessment to see if you're ready to be admitted
- Cervical check
- Fetal monitoring
- Admission procedure
- Staffing



Labor & Delivery room





Bathroom in Labor & Delivery room



Labor & Delivery room





Labor & Delivery room

Operating room

- Dedicated to Labor and Delivery
- Cesarean birth types include planned, unplanned, emergency
- Rates: overall mid 20s%, midwifery group 10%
- Planned/unplanned regional anesthesia
- One support person
- Delayed cord clamping/skin to skin when possible
- Anesthesia drape with clear flap available
- Adjacent recovery room

Postpartum room



Important appointments

A scheduler will call you within 24 hours of giving birth to make all your follow-up appointments after discharge.

You probably will receive this call during your postpartum stay.

- Pediatric lactation
- 2-week newborn
- 1-month group visit for first time parents
- 6-week OB visit

You'll have the opportunity to register your baby on kp.org.





Thank you!
