

## Frequently asked questions

### **Do you have Labor, Delivery, Recovery and Postpartum (LDRP) rooms?**

Yes. Each of our 18 private birth suites is an LDRP, which allows new mothers to begin, complete and recover from a birth while remaining in the same room. The Center also has two Cesarean birth surgery suites that can save mothers from having to be transported to another unit or floor should a Cesarean be necessary.

### **When can my support person(s) be present?**

We encourage moms in labor to be accompanied by their support person as much or as little as they want — even into a Cesarean birth. Other support members may be in the LDRP, depending on each mother's preferences.

### **Is there a Neonatal Intensive Care Unit (NICU) in your facility? Are there nurses and doctors trained in infant emergencies and are they available throughout labor?**

Neonatologists are available 24 hours a day, and the Center includes a Level II Special Care Nursery for any infants who need additional care or observation. If necessary, a transport team is also available around the clock to move babies to UW Medical Center – Montlake, a Level IV Neonatal Intensive Care Unit.

### **Does your facility offer childbirth and parenting education?**

We partner with the Great Starts program of Parent Trust for Washington Children to provide childbirth and parenting classes. Learn more. <<https://stevie.cmsstage.uwmedicine.org/patient-resources/support-groups-classes>>

### **Can doulas or midwives attend births in the Childbirth Center?**

Yes. Our certified-nurse midwives regularly attend births in the Childbirth Center. We simply ask that all doulas and midwives coordinate with the mother's healthcare provider prior to the beginning of labor.

### **Does your facility offer anesthesia and epidural services 24 hours a day?**

A board-certified anesthesiologist is available 24 hours a day.

### **Do you encourage and follow birth plans?**

We encourage all moms to work with their providers and support teams to develop a birth plan, and, most importantly, to discuss and understand each potential birth situation. Our staff will do our best to fulfill your birth plan requests. In the event of an emergency, some elements of a birth plan may have to be forfeited in order to respond quickly to health and safety issues that may arise.

### **Does the facility offer warm water therapy?**

Yes, we have Jacuzzi tubs available for laboring and postpartum moms in our birth suites.

### **Does your facility offer trained assistance with lactation?**

Yes. Our lactation nurses are International Board Certified Lactation Consultants (IBCLC) and are available seven days per week.

### **How can I visit someone in the Childbirth Center?**

Visitors are an essential part of the birthing process, and we happily welcome friends and family members who would like to visit moms and their new babies. Health is our number one priority, and it's important all visitors adhere to the following rules:

- Anyone exhibiting viral symptoms such as a fever, congestion, sore throat, cough, vomiting, diarrhea, rash or blisters is not permitted in the Childbirth Center. This includes immediate family members and siblings. Please be aware that if anyone with viral symptoms arrives at the Childbirth Center, they will be asked to leave the facility.
- We strongly discourage any children from visiting the Childbirth Center. Pregnant women and newborns are at greater risk of infection and disease. Any siblings allowed in the Center will undergo a mandatory screening.
- Other than the newborn, children are not allowed to spend the night in the Childbirth Center. Please make childcare arrangements for during your stay.
- Visiting hours are from 8 am to 8 pm.
- We ask all visitors to stay in the waiting area or their loved one's room. Waiting outside patient rooms or running in the hallways is not permitted. Please help us keep the hallways clear in case emergency transportation is required.
- Please keep your voices low while walking through the corridors and hallways. Mothers and their new babies are resting.