



Queensway Carleton  
Hospital

## Visitor Information for the Queensway Carleton Hospital Childbirth Center

Outside of normal visiting hours, access to the unit is restricted to “partner” and/or “support” person. You will require a visitor/swipe card to gain access to the unit during non-visiting hours. Visitor/swipe cards are distributed at time of registration.

### **Maternity Assessment Clinic and Mom Baby Drop-in Clinic:**

- Each patient (mother) visiting the clinic may be accompanied by up to two adults. No children at this time please.

### **Birth Unit (Labour and Delivery Rooms):**

- While mom is in labour, partner and one other support person (such as a family member or doula) may stay with mom.
- No other visitors during this time please.

### **Mother Baby Unit (following delivery of the baby):**

- Following delivery of the baby, family and friends may visit between **4:00 pm and 8:00 pm only**.  
(Please, no visitors under the age of 14 at any time, except for siblings).
- There is a limit of 2 visitors at a time, in the room (in addition to partner).
- Mom’s partner (or one support person) may visit at any time.

### **Information for Partner (or one support person) Staying with Mom in Patient Room**

- The role of the partner (or support person) is to actively participate in the care and feeding of the baby during the night. This arrangement may not be possible if one of the mothers in the same room feels uncomfortable and/or if required according to QCH health and safety policies. If the partner (or support person) is not feeling well, they shouldn’t stay overnight.
- The washrooms in the patient rooms are for use by our patients only. Washrooms for partner (or support person) are available in the patient waiting area. Please bring your personal toiletries.
- Remain in comfortable street clothes at all times.
- Bring a blanket, sweater and pillow with you. Be prepared to rest in a chair, as space is limited.
- Please provide your own food, snacks and drinks. Food provided by the hospital is for the patients only.

**For a Virtual Tour of the Childbirth Center, visit the Queensway Carleton Hospital website at [qch.on.ca](http://qch.on.ca), click on Programs and Services/Childbirth Center/Virtual Tour.**



## WHAT TO PACK

### **LABOUR BAG...**

- slippers
- socks
- lip balm
- back rub lotion
- hot pack
- back massager
- stress ball
- pen and pad of paper
- toothbrush & toothpaste (for mom & coach)
- discman/mp3 player (battery operated only)
- snacks for coach
- sweatshirt or sweater for coach
- camera/camcorder

### **HOSPITAL BAG...**

- housecoat
- 2 nightgowns or pajamas
- shampoo/soap/Kleenex
- watch
- clothing to wear home
- 2 nursing bras & underwear
- money for telephone or TV rental
- snacks for mom and coach
- personal hygiene/ sanitary napkins (super/maxi absorbency) 2 dozen

### **BABY BAG...**

- newborn diapers (2 Dozen)
- baby wipes
- 2 sleepers
- pen to fill out forms
- blanket, bunting bag or snowsuit
- mittens, socks or booties
- car seat - CSA approved (with instructional booklet)
- undershirt, sweater and hat

### A Friendly Reminder:

Please return the Security "Visitor/Swipe Card" at time of discharge from the Hospital.