



Having your baby at KHSC

A photography tour of our labour and delivery spaces

Entrance and Parking



Welcome to the Kingston General Hospital site of Kingston Health Sciences Centre.

As a safety measure to protect our patients and staff from COVID-19, all patients are required to enter through this main entrance off 76 Stuart St. for prenatal appointments and when coming to the hospital for labour and delivery.

There is limited patient parking near the main entrance and a large public underground parking garage located directly across the street from the main entrance.

If you think you are having your baby soon and won't have time to make it to the Labour and Delivery unit, come to the Emergency Department via the ramp off King St – do not enter through the main entrance.



Ultrasounds

Ultrasounds are completed in our Fetal Assessment Unit on Kidd 5.

Typically in pregnancy, you have two ultrasounds. The first is your dating ultrasound in the first trimester which confirms your due date; the second between 18-22 weeks to confirm normal anatomy and the sex of the baby.

There may be times when you may need more ultrasounds than this to assess amniotic fluid volume and fetal health.

Please make sure to bring your health card to all ultrasound appointments, and review our COVID-19 family presence policy before your visit.



Coming to the Labour & Delivery unit



When you come to the hospital to have your baby, you will be going to the Connell 5 wing.

When you get to Connell 5, you will see a large door that says Labour and Delivery. This unit is locked for patient's safety and security. Pick up the phone outside the door to be let in. At this point, you will be re-screened for COVID-19

You should go directly to Labour and Delivery if you are experiencing regular contractions, your water has broken, you are bleeding from the vagina, there is a change in how often your baby is moving, or you have concerns about you or your baby.



Assessment

When you enter the unit, you will be greeted by our staff at the care desk. Please come prepared with your health card and identification, as well as any insurance information you might have.

You will then be shown to our assessment ward where a nurse will assess you and gauge how far along in labour you are. This includes routine blood work, a urinalysis, a physical examination, and fetal monitor tracing.

If you are still very early in your labour, there is a chance you may be asked to return home and come back when you have progressed a bit more.

At this point, you'll also be asked about what kind of recovery room you are interested in – private, or semi-private.



Labour & Delivery rooms



Next, you will be moved into one of our labour rooms. For your comfort and to support your labour, each room is equipped with a television, phone, bathroom with a shower chair, and a recliner chair for your partner.

Labour tools such as a birthing ball, squatting bar, and birthing stools are also available to help support you through labour and delivery. You are welcome to bring anything that might help you feel more comfortable, such as your own slippers or robe.

Two of our labour rooms have birthing tubs however they unfortunately cannot be used during the COVID-19 pandemic.

Operating rooms



If a vaginal delivery is no longer the best or safest option, or you have been scheduled to have a Caesarean section (C-section), you will be brought into our operating room for your delivery. Your birthing partner will be provided with a mask and gown to wear while in the operating room.

If you do have a C-section, please allow 30 minutes for the care team to make sure you are stable before you have visitors. Your support partner is able to remain at the bedside during this recovery period with you.

After delivery

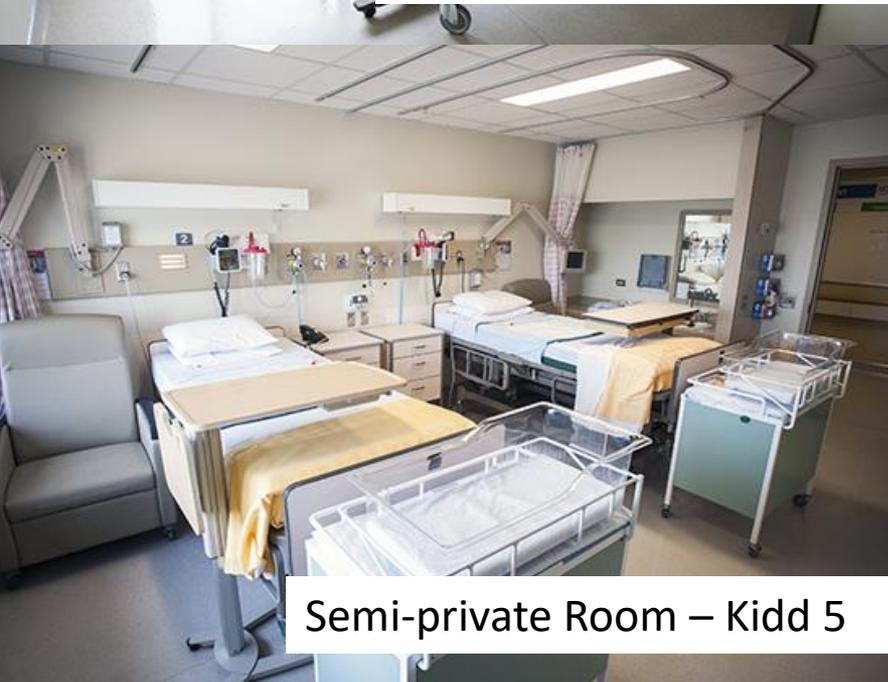


After delivery, we encourage skin-to-skin and close contact with your baby if possible. This time is important as you begin your bonding period with your baby. Skin-to-skin also helps your baby transition to life outside by regulating their breathing and temperature. You will remain on Connell 5 for 1-2 hours post-delivery to recover and spend this time with your baby.

We understand that this is a precious and exciting time that you want to remember. Cameras and tape recorders are permitted; however, always remember to respect the wishes of our staff that might be included in these moments.



Private Room – Kidd 5



Semi-private Room – Kidd 5

Postpartum care

Congratulations – you’ve just had a baby! You and your bundle of joy will be moved over to our mother and baby unit on Kidd 5 for the rest of your stay. Here, one of our dedicated postpartum nurses will complete assessments for you and your baby while providing education to you and your partner.

There are 20 beds in our mother and baby unit – 6 private rooms, 5 semi-private rooms, and 1 ward room with 4 beds. All of our rooms include a washroom with a shower. We provide diapers and blankets for you to use for baby as well as towels, facecloths, and nightgowns for yourself. Please pack any of your own toiletries you wish to use while you are here as well as baby wipes and anything else to make you comfortable.

Postpartum care



Archive photo

All babies room-in on Kidd 5, meaning that your baby is in your room with you at all times. Your nurse will help if you need support for caring for your baby. Staff will be masked at all times during your stay with us and when helping you in your room.

Breastfeeding is encouraged and supported, but if you decide to bottle feed, formula is available and provided to you. We can also provide a breast pump for you to use during your stay or you can bring your own from home if you wish.

As a patient, you can expect to stay 24-48 hours post vaginal delivery and 48-72 hours post Caesarean section delivery.



NICU care

If your baby is born prematurely, or needs to receive more complex care, they will stay in our Neonatal Intensive Care Unit (NICU) which is located on Kidd 5 just down the hall from the recovery rooms. The NICU has a total of 17 spots for babies that require further care.

As a parent, you are invited and encouraged to spend time with your baby while in NICU and participate in their care whenever possible.

If you are pumping breast milk for your baby, there is a dedicated fridge to store your milk and comfortable places to relax while you pump.

For more information about the NICU, visit www.kingstonhsc.ca/pediatric-care



Leaving the hospital

Finally, it's time to head home with your little one! You will be given a temporary health before you leave. Please be sure to go online to fill out and order the birth certificate and other important documents.

Your nurse will educate you about when to make follow up appointments with your family doctor. Generally, you follow up with your family doctor 6 weeks postpartum and your baby will need to follow up anywhere from 1-4 days after birth.

Before you leave, a nurse will need to see that you know how to put your baby safely into the car seat. They will make sure the straps are not too loose or too tight. Once this is complete and you are comfortable with the car seat, you'll be discharged and can make your way home.

Do you have questions?

[Click here to download our “Having a baby at KHSC” brochure](#)