



### Scheduled Induction Instructions

We are happy that you have chosen Community Hospital North for the birth of your child. Here is some information that will help you prepare for your stay.

1. Please report directly to Maternity Services on the fourth floor when you come to the hospital.
2. If you choose to eat before you come in to the hospital, please choose something light (soup and salad) instead of something heavy (hamburger and french fries).
3. You are encouraged to bring items that will comfort you during the labor process, such as music (and something to play it on), pillows from home, and photos. The unit has labor balls, aromatherapy, and a limited supply of massage tools for your use as well.
4. For your safety, if you wear contact lenses, please bring your glasses also.
5. If you have a Living Will or a Durable Medical Power of Attorney, please bring a copy with you.
6. You are welcome to use the free Valet Parking service available at the main hospital entrance. If you do not use this service, please park in the parking garage.
7. The expected length of stay for a vaginal delivery is 2 days after delivery.
8. Should a cesarean section become necessary, one support person may accompany you in the Operating Room. The expected length of stay for a cesarean section is 3 days after delivery.
9. One adult family member over the age of 18 may spend the night in your Maternity Suite. Children are welcome to visit, but may not spend the night.
10. Family members or friends who may be ill should refrain from visiting you and your newborn in the hospital.
11. You may have visitors while you are in labor, but during your delivery and recovery, anyone other than your support person(s), will be asked to wait in the main lobby and will not be allowed to wait in your room or in the hallways. Whether you deliver vaginally or by cesarean section, your visitors will not be permitted back into your room for at least 20 minutes after your delivery.
12. When you are admitted to Maternity Services, you will be given a 5 digit visitor access code that is unique to you. You are the only one who will be given this code, and it is up to you to give that code to your visitors. They will not be permitted on our unit without a code. We take the safety of our patients very seriously and for that reason, we will not make exceptions to this rule.
13. Due to the unpredictable nature of patient flow on the Maternity Services unit, it is occasionally necessary to cancel or postpone your scheduled induction. In such an event, you will receive a phone call from the Charge Nurse.
14. Your doctor may have additional instructions for you.

We are eagerly anticipating your arrival and the birth of your bundle of joy.

Sincerely,  
The Maternity Services' Staff