



Planning Ahead

What to Expect When Having a Baby at:



PHONE DIRECTORY

Sidney Health Center (406) 488-2100
OB Nurse's Station (406) 488-2416

TOUR OF OB UNIT:

You are welcome to come and tour our OB Unit. As a courtesy, we ask you to call before you come, in case we are busy with laboring mothers.

Childbirth & Breastfeeding Classes

Prepared Childbirth Classes are offered four times a year on a Saturday (9am-4pm) in February, May, August and November.

Childbirth Instructors will take you through the childbirth process answering any questions and help to prepare you for the best birth experience possible. Topics covered include relaxation, anatomy and physiology of childbirth, types of delivery, anesthesia, child care, and breastfeeding. The session will end with a tour of Sidney Health Center's OB Wing. Please call the OB/GYN Clinic at 406-488-2577 to reserve your spot.

The class is free of charge; however, donations up to \$25 are gladly accepted to cover expenses.

Notifying Your Doctor

During the daytime, call your doctor's office if you have any questions or concerns. After office hours, please call Sidney Health Center ER at 406-488-2100.

Sidney Health Center OB and Newborn Care Services



Lisa Ross, MD
Obstetrics & Gynecology
Delivery
406-488-2577



Malua Tambi, MD
Obstetrics & Gynecology
Delivery
406-488-2577



Susan Swayne, MD
Pediatric Medicine
Newborn Care
406-488-2510



Admission to the Hospital:

- You may call the Sidney Health Center OB Unit prior to coming.
- Use the Emergency Entrance on 12th Ave.
- Check in and register at the Admissions desk, even when coming from the doctor's office.

What to Bring to the Hospital

For Mom...

- Hair and cosmetic supplies, lip balm
- Nursing or regular bra
- Bathrobe, slippers
- Clothes for discharge, loose comfortable outfit, appropriate for the season

For Baby...

- Car Seat - need to have one before baby's discharged
- Baby book/calendar
- Sleeper or appropriate outfit, cap/bonnet (used for hospital pictures)
- Receiving blanket, heavy blanket or bunting for cold weather

Miscellaneous...

- Camera, film, video camera/battery (Did you charge the battery?)
- Cell phone and electronic device chargers (free wireless internet available)
- Snacks for your labor coach
- List of phone numbers for people you want to call when the baby is born

Planned Cesarean Section

- You will need an order from your doctor for any blood work. Blood work including a CBC test and a Type and Screen (Order will be at the Admissions desk and office staff will notify you of date for blood draw.)
- No eating or drinking after midnight the night before your surgery.
- On the day of your surgery, check in and register at the Admissions desk as instructed by the doctor's office, unless notified differently.

Labor

We have a number of things available to make your stay as comfortable as possible: Labor Deliver Recover Postpartum (LDRP) Rooms, Hil-rom birthing beds, pain medication offered through IV, spinal and epidural, and trained and experienced OB and nursery staff available 24 hours a day.



Identification Bands and Security

Two numbered identification bands are placed on your baby right after birth. Matching bands are also placed on you and your support person. Please do not be offended when we check your ID band for match to your baby's ID band. We do this for your baby's safety. To help maintain security for your new baby, you and your baby are required to remain on the OB Unit. Our mom/baby unit has locked doors and each patient room has a special key card which will be issued at the time of the baby's delivery.

Rooming-In

We encourage family bonding with the newborn as soon as possible after birth. You may choose to keep your baby in your room day and night, have the baby stay in the nursery, or a combination of both. The cost of your baby's care is the same no matter what option you decide. The OB and nursery staff will help care for your baby and will help prepare you and your family for discharge.

Newborn Screenings

Per Montana guidelines, every baby born at Sidney Health Center will be screened for hearing, congenital heart disease and metabolic disorders before discharge from the hospital.

Baby Boys

A circumcision fee of approximately \$150 is required of Medicaid clients and some insurance policies. Please prepay at your baby's doctor's office.

Baby's Social Security Card

You will be able to give the Social Security Administration permission to issue your baby a social security card by checking the "yes" box on the birth certificate worksheet. It takes about 24 weeks (6 months) for you to receive the card. DO NOT respond to the Social Security applications that you receive through the mail. These are fraudulent and should be reported to the post office.

Breast Pump Accessories

Medela breast feeding supplies are available through Clinic Pharmacy. Clinic Pharmacy can be reached at (406) 488-6563. Items can be viewed in glass display case on OB unit.

Average hospital stay for a vaginal delivery is 1-2 days and 3-4 days for a cesarean section. After receiving the discharge order, it takes about one hour to complete the necessary paper work.



Support Person/Visitors

We encourage that you have support person(s) with you during labor for coaching to relax and breathe properly. During postpartum, your support person, siblings and grandparents may visit anytime. Other visitors will be allowed at your request or the nurses' discretion. Children are allowed to visit if not recently exposed to a communicable disease and not sick or running a fever. A support person can spend the night with you. A recliner or fold out bed will be provided.

Website Newborns Gallery

Announcing the arrival of your new baby is now easier than ever. The Sidney Health Center website features a newborns photo gallery. If you choose to have your baby shown on our website, we will take photographs of your baby, load them on to our website and your loved ones will be able to access the photographs of your newborn.

Your family and friends can see your baby's picture by logging onto our website at www.sidneyhealth.org and clicking on the "Newborns" link or they can go to the direct link to the gallery at www.sidneyhealth.org/newborns.

Car Seat Safety

You will need a suitable carseat to bring your newborn home from Sidney Health Center. Upon discharge, your newborn will be placed in your car seat and checked for a proper fit and placement in your vehicle.

Please let the OB nursing staff know if you would like to meet with a Certified Child Passenger Safety Technician, to ensure the proper installation and usage of child restraints for automobiles.

A Car Seat Safety Technician is also available at the Richland County Health Department. Please call 406-433-2207 or stop by the Health Department for more information and/or questions about car seats.