

Family Birthing Center at Manchester Hospital

Virtual Tour

Updated 2/8/24

Directions & Admission For Labor

- Please call your OB or Nurse Midwife at their office number before coming to the Family Birthing Center (FBC). Once you have the go ahead to come, your provider will let the FBC staff know that you are on your way and will be ready for you.
- Follow the directions on the following slide to the **Ambulatory Services Center (ASC)** where the FBC is located. Only patients, partners, one designated visitor support person for labor and Registered Doulas are allowed access through the ASC.
(See Visitor Policy Postpartum for additional visitor information)

Directions:

From Main Street in Manchester take Haynes Street toward the hospital. Before you reach the main entrance of the hospital, take the first right onto Guard Street toward the Ambulatory Service Center (ASC). The ASC is the 2nd building on the left.

On weekdays from 5:30 am to 5:30 pm Complimentary Valet Parking is available at the ASC entrance. Self parking is available in the lot at the end of Guard Street. On evenings and weekends, the "valet" spots may be used by patients.

Enter the hospital through the ASC entrance. Take the stairs or elevator on your left to the first floor (press #1 – it is the 3rd level of the ASC).

Entrance for FBC Patients



Overnight & Weekends

For patients and partners coming into the FBC for Labor: ASC doors are locked between 6 pm and 5:30 am on weekdays and on weekend days and evenings. Just outside of the ASC is a doorbell to push to communicate with the FBC staff. Someone from the FBC will open the door for you. If you have any issues call the FBC 860-647-4735. DO NOT go to the Emergency Department or Main Entrance.



Visitor Policy Postpartum

Once the baby is born and following the “Golden Hours” each patient may have up to four adult visitors (in addition to the partner) at any one time during the designated visitor hours of 10:00 am – 8:00 pm.

Patients will receive a password to pass along to anyone they would like to have visit them.

All visitors must enter through the Main Entrance of the hospital located at 71 Haynes Street, Manchester CT to gain a visitor’s badge (ID required). Security will then direct visitors to the Family Birthing Center.

When visitors arrive at the FBC, they will need to know the patient’s full name and password for entry.

Siblings of the baby may also visit during visiting hours (after the baby has been born) and must be supervised by an adult other than the patient.

Visitors can be very tiring, so we encourage our patients to consider setting up Facetime , Zoom or other virtual ways to introduce your new baby to extended family and friends.
We do have free wifi!

Note: This policy can change at any moment, so be sure to stay up to date through our website:

<https://www.echn.org/patients-and-visitors/visiting-hours/>

or Family Birthing Center FB page: <https://www.facebook.com/groups/517026401651004/>

Birth Doulas

Birth Doulas who have contracted with one of our patients AND are currently listed on our Doula Registry **will be allowed to come with their client as a member of their care team

ONLY IF:

- She hasn't been exposed to anyone with a suspected or confirmed case of COVID
- She is free from a fever, cough, shortness of breath or any other sign of COVID illness.

Please take this very seriously and if she isn't well enough to attend your birth have her arrange for a suitable back-up or consider a virtual option.

**If you are unsure if your Doula is on the Registry, please call 860-647-4790 or 860-647-4735 or email bcrayton@echn.org to verify if your Doula is on the Registry.

Registered Birth Doulas are part of the care team and not counted as one of your 2 support persons. If you would like more information about hiring one of our ECHN Preferred Doulas email bcrayton@echn.org or call 860-647-4790



What to Expect Upon Arrival

The doors going into the FBC are locked at all times.

When you reach the FBC pick up the phone on the wall and let the staff member know you are here. The door will swing open for you to enter. (Be sure to not stand in front of the door as it opens quickly!)

Once inside you and your partners will be asked a series of health questions. Visitors with any symptoms of COVID will be asked to leave.

Patients with any symptoms of COVID or know exposure to COVID will be tested upon arrival. Results are usually available within the hour.

You will then go most likely go into a triage room for evaluation with one of our RNs.



What Happens in Triage?

Triage is a private room where it will be determined if you are ready to be admitted for labor and birth.

Your nurse will use an electronic fetal monitor to monitor your contractions and your baby's heart rate.

Your nurse will also check your cervix to see if you are ready to be admitted.

The general "4-1-1 rule" is to come to the hospital when your contractions are about 3-5 minutes apart (an average of 4), lasting 1 minute in length and they have been that way for 1 hour.

Remember to speak with your provider first and follow their advice .

Many patients will bypass this room and be admitted directly.



Admission into an LDRP...



LDRP = Labor, Delivery, Recovery & Postpartum

The FBC has 12 private LDRPs for patients. Each room is large and includes everything needed for a safe vaginal birth.



LDRP Special Features



- Birthing Beds
- Private bathrooms with showers
- Partner chair that converts to a bed
- Large windows (with room darkening shades)
- Temperature control
- TV, wifi, phone
- Various lighting options
- Birth Balls, Peanut Balls and Squat Bars also available

Also for Patient Use:

Kitchen

Our kitchen is stocked with the basic necessities for patients and their partner .

- Ice machine with filtered water
- Refrigerator/Freezer stocked with popsicles, Italian ice & ice cream and a place for patients to store their own food
- Microwave
- Coffee maker and coffee
- Juices, ginger ale, crackers, peanut butter, jelly, tea bags etc.

Be sure to ask your nurse for a sticker with your name, date and room number on it to store your own food in our kitchen

Spa Room

Our spa room is used for patients who want Hydrotherapy during labor or even possibly a waterbirth*.

- Often called our “Liquid Epidural”, the large tub is largely used during active and transitional labor for comfort and to help speed a slow labor.
- *Speak with your provider about the possibility of a waterbirth.
- Some situations do not allow hydrotherapy or waterbirth so always consult with your provider.

Kitchen



Spa Room



Cesarean Birth Options

- If you are scheduled for a Cesarean Birth or it is determined that a Cesarean Birth is necessary, you will be taken into one of our Operating Rooms within the FBC.
- In most cases, your partner is encouraged to be present for the birth. Usually only one person may accompany the patient so it is possible that a hired Doula is not allowed along with your partner at this time.
- You may have the option to watch through clear drapes if you prefer.
- Following a Cesarean Birth you will likely go into an “Extended Stay” patient room that looks similar to the LDRP and has all the same amenities but has a regular hospital bed which is more comfortable for patients recovering from surgery.



Neonatal Intensive Care (NICU)

If your baby needs special care, we have a NICU right in the FBC with a full Neonatal Care staff of Neonatologists (Associated with CT Children's Medical Center – CCMC), Physician Assistants (PAs), Advanced Practice RNs (APRNs) and RNs to help care for your baby.

Parents have 24 hour access into the NICU

If the baby needs to stay in the hospital after birth parent is discharged, parents are encouraged to visit frequently.

This same staff will examine and provide care for all well babies in the rooms too!



Answers to Your FAQs During Labor

- Masks are not required for patients or visitors at this time however may be worn if preferred.
- We strongly urge patients to be out of bed and moving if it is safe for them to do so. For example:
 - Walking Around in Your Room
 - Using Birth Balls
 - Hydrotherapy in Shower or Tub in Spa Room
- IVs are not routine, but they are necessary for some patients.
- Intermittent monitoring is standard unless continuous monitoring is necessary. Telemetry and underwater monitoring is also available.

Answers to Your FAQs Around Birth

- Medication options include: Analgesics, Nitrous Oxide and 24/7 Anesthesia for Epidurals.
- You may wear the standard hospital gown or your own clothing.
- Hydrate with fluids and frozen fluids during labor. Speak with your provider about foods to fuel your labor.
- Patients are encouraged to push and give birth in a comfortable position. Staff will wear full PPE at the time of pushing and birth.
- Healthy babies are delivered skin to skin to the birthing parent immediately after birth and are encouraged to keep the baby skin to skin until the baby has had an opportunity to breastfeed (or for at least one hour). We call this the “Golden Hours”.
- Partners are encouraged to hold the baby skin to skin if the birthing parent is not able.

Answers to Your FAQs After Birth

- Delayed cord clamping is standard practice for our providers.
- Procedures such as vitamin K injections and prophylactic eye medication is delayed until some time after the “Golden Hours”.
- Unless there is a medical reason to do so, Pediatric exams are delayed until after the “Golden Hours”.
- Baths are generally delayed up to several hours after birth and until parents are able to participate.
- Parents generally stay in the hospital for 2 midnights following a vaginal birth and 3 midnights following a cesarean birth. Discharge is generally by 11 am.
- For patients requesting early discharge: It is recommended that you stay for at least 28 hours to complete the Newborn Screening.
- Parents are responsible for feedings, diapering, soothing and otherwise caring for their baby in the room 24/7 with the guidance of our nurses and lactation consultants.

Answers to Your FAQs After Birth

- Patients will have a room service menu to call in food orders 3 times a day. A special meal for two called the “Stork Dinner” will be a special treat for two, any one lunch or dinner. Partners may go to the cafeteria , get take-out or have food delivered from many local restaurants for other meals.
- Partners are encouraged to stay during the whole hospital stay and avoid going in and out of the unit too frequently unless absolutely necessary .
- There is a lot of paperwork to fill out before discharge so be prepared!

We're Here to Help!

- We hope this virtual tour gives you an idea of what things look like in the FBC. We strive to give exceptional care to you and your new baby.
- See our calendar for class times and dates (offered in-person or virtually via Zoom): echn.org/events
- Talk to your Provider if you have any concerns.
- If you have any questions or need more information, please email or call: Betsy Crayton, Perinatal Education Coordinator ecrayton@echn.org or 860-647-4790.