

# Maternity Hospital Checklist

By Nicole Nichols-West

- Getting Ready
  - Check the hospital's address.
  - Check where is the front entrance.
  - Check where you can park on delivery day.
  - Check if you check into the ER or go straight to labor and delivery.
  - Ensure you know what the procedure for checking in is
  - Check if you can preregister.
  - Ask how many people are allowed into the labor and delivery room.
  - Check where the nursery is.
  - Check what security measures are in place for the maternity ward.
  - Ask if there are security armbands.
  - Ask how you identify the people who are allowed to take the baby.
  - Check what are the hospital's policies on pacifiers, formula and sugar water.
  - Check the visiting hours.
  - Make sure you know where the cafeteria is.
  - Know where is the snack machine.
- Giving Birth
  - Check hospital's policy for constant electronic fetal monitoring.
  - Check hospital's policy for having food or drinks during labor.
  - Check hospital's policy in regards to walking around during labor.
  - Check hospital's IV policy.
  - Ask what are your labor options.
  - Ask whether there are tubs or showers that you can labor in.
  - Ask if there are telemetry monitors.
  - Check if walking epidurals is offered.
  - Check if there is a doula or anesthesiologist on staff.
  - Check what other amenities are available.
  - Check hospital's epidural and c-section rates.
  - Check what is the hospital's NICU level.
  - Check hospital's rooming-in policies and procedures.

- Ask when your baby will be taken out of the room.
- Ask if there are private rooms available.
- Ask what do the labor rooms look like.
- Ask what hospital you will be transferred to in case of an emergency.
- Ask if cell phones can be used in the delivery room.
- Welcoming Baby
  - Check where should visitors park after the baby is born.
  - Ask if video cameras are allowed before, during or after birth.
  - Ask in case you want to shower or have time alone, if your baby can go to the nursery.
  - Ask when you will be moved to a recovery room.
  - Ask if there is a lactation consultant on staff.
  - Ask about the checkout procedure.