



Monument Health wants you to have **the best possible childbirth experience.**

The following information will help you feel prepared when your baby is ready to arrive.

PARKING

If you are in active labor, please ask your driver to pull into the Emergency Department entrance and request a wheelchair.

The driver can then park the car elsewhere once you are checked in.

Rapid City Hospital:

Free parking is available in the parking lot near the hospital's main entrance. You can also go to the parking garage at the south end of the hospital campus, which offers parking for visitors and significant others. The entrance is off Fifth Street. Complimentary valet parking is also available at the front entrance of the hospital.

Spearfish Hospital:

Free parking is available along the east side of the hospital and in the large parking lot to the north.

WHAT TO BRING

Be sure to bring only what you need for the first part of your birthing journey, and leave other items in the car until you are ready for them. Here's what you will need right away:

- Insurance provider card.
- Completed My Birth Plan.
- A list of allergies you may have and a list of medications or supplements that you take at home.
- Prenatal records: If you have received care locally, your provider will have already sent your records to us. If you have not received prenatal care in the area, please bring your prenatal records with you.
- Important phone numbers such as the pharmacy where you get your prescriptions filled, your new baby's doctor (pediatrician or family practitioner), family and friends you want to keep updated. Advanced directives and living will, as desired.
- Glasses and contact lenses.

WHAT TO LEAVE IN THE CAR FOR LATER

You won't need the items listed below until you are recovering in the Mother-Baby Unit. Keep them in your car, and have your support person bring them when needed.

For Mom:

- Robe and slippers.
- Loose clothing to wear upon discharge.
- A comfortable support bra and, if breastfeeding, a nursing bra with pads.
- Snacks.
- Books or magazines.

For Baby:

- Car seat.
- An outfit to wear home.
- Receiving blankets, warm blankets and other cold weather gear.

MOTHER AND BABY ADMISSION CHECKLIST



WHAT TO EXPECT

After check in at the Emergency Department, all expectant patients are evaluated in the Labor Room triage area. Women who are in active labor or are having complications are evaluated first. To ensure the comfort and privacy of all patients, an expectant mother is allowed to have one support person accompany her to the triage area. If you are transferred to a Labor Room, you will be allowed more visitors.

Planned Induction Birth:

If your doctor has scheduled a delivery date through induced labor, please check in to the Emergency Department at least 30 minutes prior to procedure. You will be taken to a Labor Room for your procedure. After you recover in your Labor & Delivery room for 2-3 hours, you will move to the Mother-Baby Unit where you will rest for 24-48 hours before discharge. (Spearfish patients will remain in the same room during labor and recovery.)

Planned Cesarean Section Birth:

Please check in 2-2 ½ hours before your procedure. After your baby is born, you will move to recovery (either in your own postpartum room or in the main recovery room) for about 2 hours. During this time, visitors will be limited to one person. After this initial 2 hour period, you will be allowed more visitors. You will rest for 48-72 hours before being discharged.

Natural Onset of Labor:

If you arrive unscheduled to the hospital with labor pains, or if your water has broken, you will be evaluated in the Labor Room. After giving birth, you will remain in Labor and Delivery for 2-3 hours to recover. You will then be transferred to a room in the Mother-Baby Unit where you will rest for 24-48 hours before being discharged. (Spearfish patients will remain in the same room during labor and recovery.)

Emergency Situation:

If you are experiencing a medical emergency or your doctor instructs you to come to the hospital for immediate care, please check in at the Emergency Department. From here, you will be transported to the Labor Room for assessment and care. If your emergency is not related to your pregnancy, you may be seen in the Emergency Room.

AFTER DELIVERY

Your beautiful baby is here!

If there are no complications, you'll have time for skin-to-skin cuddling with your newborn.

All newborn care including bathing will be done in your suite throughout your stay. After your baby's birth, you can expect:

- A daily examination by your nurse and doctor.
- Education on feeding and caring for your new infant.
- Detailed discharge education to help and support you when you go home.
- Time to care for your baby, who will be rooming with you. Your nurse will be on hand to assist or answer any questions.

GOING HOME

New babies and birth mothers are usually discharged 24-48 hours after a vaginal delivery and 48-72 hours after a c-section delivery. Before you leave, a nurse will go over your discharge instructions. You'll receive information about follow-up care for you and your baby. We will also tell you about help you might need or questions you might have when you're home.

You'll complete your birth certificate worksheet before you leave the hospital. Before heading home, you will need to have an appointment scheduled with a pediatric doctor to check your baby within two days of discharge. This will usually be done by the discharge staff person, except on weekends.

Once you're back home and settled, we likely will check on you to see how you are doing. Additionally, our survey partner Press Ganey will call you to ask you about your experience at Monument Health.

Thank you for choosing Monument Health, it is our pleasure to take care of you and your baby.

164057_1024

RAPID CITY HOSPITAL MOTHERS:

Visitors to Monument Health Rapid City Hospital Women's and Children's Services will need to use a four-digit passcode to reach Labor and Delivery, Mother Baby, Neonatal Intensive Care Unit (NICU) or Pediatric departments on the second and third floors near the hospital's West Entrance elevators. The Children's Miracle Network funded the project to keep our most vulnerable populations safe.

Upon check in, the patient or their guardian will be given a passcode. They can share the passcode with friends and family members for visitation. Visitors will use this passcode to enter the Labor & Delivery, Mother Baby, NICU or Pediatric departments.