Q & A about your Maternity Stay at
Southwest Memorial Hospital

Taking a hospital tour gives you a chance to ask any questions you might have about what to expect for the birth of your child. It’s a good idea for any mother who will be delivering there for the first time. Here are some questions and answers that you might want to know. Remember, everyone is different so the answer may change depending on you or your baby’s medical condition.

When should I take a hospital tour? We recommend 36 weeks. The team at the clinic can help schedule a tour or you’re always welcome to call us to set one up on your own. 970.564.2245.

Who will be taking care of me before and after the birth? The Family Birthing RN's are certified in NRP, Stable, ACLS, and fetal monitoring. They have over 130 years combined experience in OB and Nursery care.

Can I wear my own hospital gown? Yes.

Can I have a photographer take photos during the birth? It’s at your physician’s discretion. Please check with him or her before you book your photographer. If yes, make sure to fill out the photo release form in your packet

Can I have a photographer take photos after the birth? Yes, make sure to fill out the photo release form in your packet.

Can I have a photographer take photos if I have to have a C-section? No.

What kind of pain management options do you have available? Epidural, spinal block (c-section only. IV, local anesthesia.

Can my doula attend the birth? Yes.

Does the hospital support natural births? Yes.

What kind of birthing tools are available? Shower, birth ball, squat bar, birthing stool

How many rooms are on the labor and delivery floor? 3 with overflow rooms in MedSurg if needed. All rooms have infant protection systems.

Where do I go when I arrive? During business hours, please go to registration. After hours, please use ER registration.

Can I preregister? You’re welcome to preregister but it’s not necessary. You can contact us about any registration questions and we’ll be happy to walk you through the details.

Are the delivery rooms private or are they shared? Private.

Are the rooms all the same size and have the same features? Yes.

What happens if the labor and delivery floor is full and I am in active labor? We will safely deliver you in another hospital room.

Will students or residents attend the birth? Sometimes we have EMT’s attend the birth for training but you can let us know if you’d prefer not to have anyone other than the medical team and your family members.

Are meals provided for me after birth? Yes.

Are meals provided for the father after the birth? Yes.

Can the father sleep at the hospital? Yes.

Is there a nursery for the baby to go to at night? Yes.

Where is the nursery? In the family birthing center next to the nurses station.
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What kind of fetal and maternal monitoring is used? Internal and external monitoring.
Can the mother sleep at the hospital? Yes.
Is there a nursery for the baby to go to at night? Yes.
Where is the nursery? In the family birthing center next to the nurses station.
What kind of fetal and maternal monitoring is used? Internal and external monitoring.
How often do you do pelvic exams during labor? As needed. We do our best not to bug you too much.
Can I have music? Yes.
Is there a speaker in the room? Yes, ask your nurse to bring one in for you.
How many people are allowed in the delivery room? 8 including the medical team.
What positions do you allow mothers to give birth in? Stirrups on back, on all fours, sitting up, squattting. Just let us know what you need.
Can we do skin-to-skin right after the baby is born and delay procedures and weighing? Yes.
Can I breastfeed immediately after delivery? Yes.
What kind of breastfeeding support is available? We have a lactation consultant. Just ask and we’ll set up a time for you to work with her. All of our nurses as well as Dr. Daney can assist with breastfeeding.
Do you give pacifiers to babies in the nursery? Your choice.
Do you give formula to babies in the nursery? Your choice.
What kind of security measures do you have in place? We have a state-of-the-art infant protection system on all doors that is attached to a wrist band for baby.
When are visiting hours? We like to follow the hospital visiting hours, but really it’s up to mom.
Tell us how you’re feeling and we’ll help with crowd control.
Can children come visit? Yes, but only if they are not sick. If they have even the sniffles, we recommend you wait to have them meet baby.
How long do moms typically stay after birth? 24 hours for a vaginal delivery and 2-3 days for a c-section. Remember, each person is different.
Can I walk around during labor? Yes unless your doctor says otherwise.
Can I labor in the shower or tub? Yes unless your doctor says otherwise.
Will I be moved to a room postpartum or stay in the same room? You’ll stay in the same room.
Are there televisions? and DVD players? Yes.
Is there wi-fi? Yes.
Can my husband (or baby’s father) cut the cord? Yes.
Is there a private shower in the recovery room? Yes.
What is the hospital’s C-section rate? 18%
What happens if I need an emergency C-section? We have 4 excellent OB surgeons, a wonderful operating room staff and 24/7 anesthesia.
Is there a hospital cafeteria? Is it open 24 hours? Yes.
Can I eat or drink during labor? Each person is different, we’ll check with your doctor.