



Visiting Guidelines

Your family and children are welcome to spend time with you while you are in hospital.

A pull out couch will be available for your support person to spend the night. Public visiting hours are 10 am to 9 pm. To keep babies and patients healthy, visitors are limited to:

- Healthy adults
- Healthy siblings of the baby

Car Seat

A certified infant car seat is required by Yukon law. A car seat technician from Yukon Government is available to provide information and seat inspection before you use it. Please contact Transport Services at Highways and Public Works at 867-667-5832.



Registration Forms

You will receive a package of forms that need to be completed and handed in at Admissions before you leave the hospital. The Admissions Clerk can assist you if you have any questions. If applicable, you can apply for the Canada child benefit online at www.canada.ca.

Discharge

Plan for your hospital stay to be 1-2 days after a vaginal birth, or 2-3 days after a caesarean birth. Your doctor will discharge you and your baby when you are both ready. You will be given instructions for follow up care that will be provided by your doctor and/or Public Health Nurse in your community.

Whitehorse General Hospital
 5 Hospital Road
 Whitehorse, Yukon Y1A 3H7
 Phone: 867-393-8700
 Maternity Unit: **867-393-8777**
www.yukonhospitals.ca

Welcome to Our Maternity Unit



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whitehorse general hospital



Our Maternity Unit Care

Labour and birth are exciting life events and we are privileged to be able to share this time with you and your family. We encourage you to share your plans for your birthing experience with us so we can personalize your care and respect your individual choices, culture and customs.

Our skilled health care team provides care for you and your baby that is centered on your needs. We support you and your family through a safe and satisfying pregnancy, birth and postpartum hospital stay. We provide care in a birthing room, which keeps you and your family together.

If you need to have a caesarean birth, it will take place in the Operating Room. The same opportunity for family-centered care with your support person and your baby will be provided and you will return to your room on the Maternity Unit following the surgery.

Admission or Outpatient Visit

Remember to call your doctor or 811 if you have questions about whether you need to come to the hospital. We encourage you to call the Maternity Unit to let the nurse know you are coming. On arrival at the hospital, stop at the Admitting Desk (*inside the Emergency entrance*) to register.

- If you are **under 20 weeks** pregnant, you will be assessed in the Emergency Department.
- If you are **over 20 weeks** pregnant, you will be assessed on the Maternity Unit.
- If you require assistance, please tell the Admissions Clerk.

Information

If you have questions about the Maternity Unit or would like to learn more, please contact staff at **867-393-8777** or visit www.yukonhospitals.ca.



What to Bring to Hospital

Bring what you need to be comfortable. This could include pillows, toiletries, electronic devices, a camera, comfortable clothes, sleepwear, a robe, slippers, and pads, diapers, baby hygiene products and clothes your baby can wear home.

Remember your medications, including herbals, vitamins, and inhalers in their original containers, so a health care provider can review your medications with you upon admission.

Hand Hygiene

Hand washing prevents the spread of illness. It's OK to ask members of your health care team and visitors to wash their hands when entering and leaving the room, especially if they plan to hold the baby. Remember to wash your hands often and well.

Newborn Security

You will recognize staff by their hospital photo ID. The safety of your baby is important.

- Immediately following the birth of your baby, you will each receive matching bracelets.
- Do not remove these while in hospital.
- Never leave your baby unattended.
- Always confirm a person's identity if they ask to take your baby from you or your room.

