



### 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 our babies healthy, visitors are limited to:

- Healthy adults
- Healthy brothers and sisters 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 while you are in hospital. If you have questions, ask your nurse or contact Transport Services at Highways and Public Works at 867-667-5832.

### Birth Registration Forms

You will receive a package of forms that need to be completed and handed in at the Admissions desk prior to discharge. The clerk at Admitting can assist you if you have any questions.

### Discharge

Plan for your hospital stay to be 1 to 2 days following a vaginal birth, or 2 to 3 days following 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**  
 Fax: 867-393-8771  
[www.yukonhospitals.ca](http://www.yukonhospitals.ca)



# Welcome to Our Maternity Unit



Cover photo: www.archbould.com All other photos: www.gaybremner.com

whitehorse general hospital



# Our Maternity Unit Care

We recognize labour and birth as a normal and exciting life event and 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 individualize your care and be respectful of your individual choices, culture and customs.

Our skilled and competent health care team provides care for you and your baby that is centered around 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.

## Tour

Please call the unit to arrange a tour by a hospital nurse if you have not had a tour with your prenatal class (867-393-8777).

## 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 to be registered.

- If you are **less than 20 weeks** pregnant you will be assessed in the Emergency Department.
- If you are **more than 20 weeks** pregnant, you will be assessed on the Maternity Unit. If you require assistance please tell the Admissions clerk.



## What to Bring to Hospital

**Pillows, toiletries, music, camera, comfortable clothes, sleepwear, robe, slippers, and clothes to take the baby home in.**

Bring all 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 the members of your health care team and your 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. While you are on the Maternity Unit, the safety of your baby is very important.

- Immediately following the birth of your baby, you and your baby will be tagged with matching bracelets. Do not remove while in hospital.
- Never leave your baby unattended.
- Always confirm a person's identity if he/she asks to take your baby away from your room.