



Welcome!

The birth of your baby is an exciting time. Our staff would like to prepare for your arrival, so please call to let us know you are coming. When you arrive please stop at the Main Admission desk. Ask the receptionist to notify Birthing Unit staff that you have arrived. Then proceed to the birthing suites. A staff person will greet you and escort you to a room for evaluation or for your scheduled procedure. If you are in active labor, you will be admitted to a birthing suite.

Your birthing team

Take a deep breath and relax. You can count on the experienced registered nurses, CNAs and doctors to help you through the birthing process.

Nursing staff will be with you throughout your labor, delivery and recovery period. We will review your birth plan, assist you with breathing and pushing, and respond promptly to your needs. You can expect the doctor to visit more frequently as your labor progresses. Your care provider will receive regular updates on your condition.

Pain control

Some medications can only be given early in the birthing process. Be sure to discuss your pain management goals with the nurse or physician as soon as you arrive. If you are uncomfortable during labor, we will help you. We offer many ways to ease the pain, including breathing techniques, in-room massaging showers, birthing balls and positioning.

Upland Hills Health[®]
Birthing Unit



Call your doctor or the Birthing Unit (608.930.7139) if:

- You are less than 37 weeks and have more than four contractions in an hour.
- You are having contractions with pelvic/rectal pressure or cramping.
- You are within three weeks of your due date (more than 37 weeks) and have regular contractions for an hour or more. Time your contractions from the beginning of one to the beginning of the next.

Possible signs of labor include:

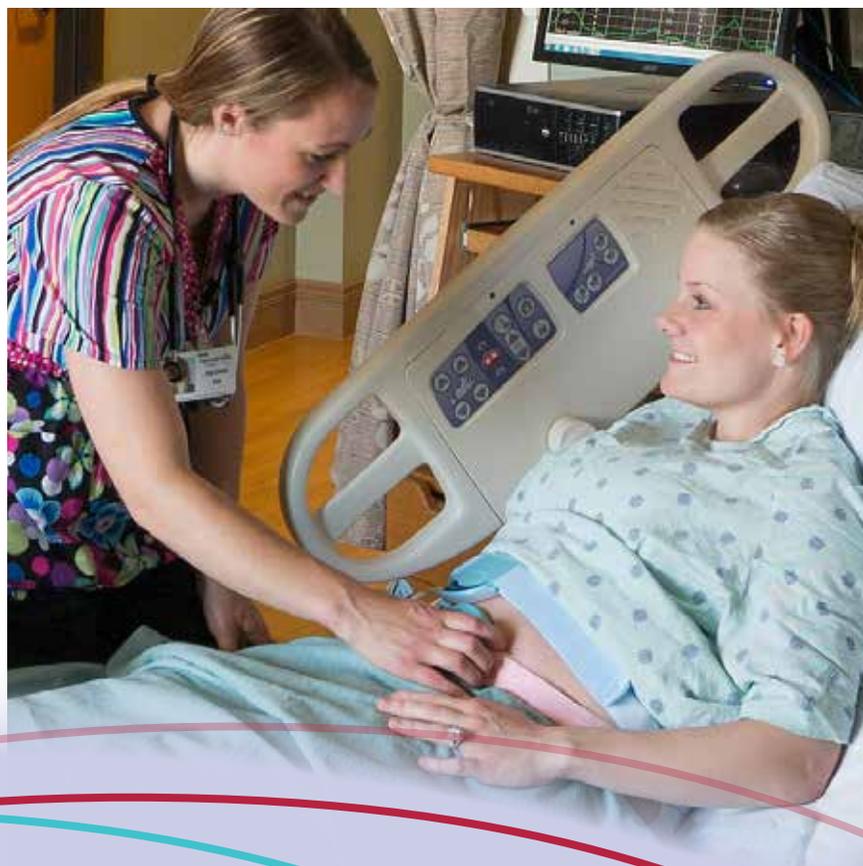
- regular contractions
 - contractions that are five minutes apart or closer,
 - contractions that last at least 60 seconds,
 - 12 or more contractions within an hour, or
 - contractions that are getting closer and stronger over time.
- Your water breaks. You may notice a large gush of fluid from your vagina or a slow leak that causes you to be constantly wet. The fluid may be clear, yellow, pink or green in color. Put on a sanitary pad, do not use a tampon or place anything in the vagina.
 - You notice vaginal bleeding and/or blood clots. Anything more than 2 Tbsp. should be evaluated.
 - You notice that your baby is moving less than usual.
 - You have any of the following symptoms: persistent headache, sharp or constant abdominal pain, significant swelling, impaired vision, severe or continuous vomiting.
 - You have a serious accident or fall.

Important:

Please call the Birthing Unit at 608-930-7139 to let us know when you are on your way.
If you are not sure it is time to come in, call and we will guide you.
Enter the hospital through the Main Entrance.
When arriving at night between 9 p.m. and 6 a.m., please use the Emergency Entrance.



Our spacious rooms include a private bath, leather couch with queen-size pull-out bed, and other conveniences



A room of your own when it matters most

When the big day arrives comfort is essential. Our innovative birthing suites provide a relaxing, home-like environment that's spacious and private. Each suite features a birthing bed, sofa sleeper, rocking chair, armoire, large private bathroom and wireless internet access—ensuring all your family and friends can share in your joy.

Our Birthing Suites are in a quiet setting with staff who specialize in the care of mothers and newborns. We encourage all mothers to keep their baby in their room throughout their hospital stay. It's the best way to get to know your little one! Enjoy skin-to-skin bonding and establish a strong start to your baby's health and development. Breastfeeding help is available from a certified lactation specialist and your birthing team.

Keeping you and your baby safe

When you arrive, a nurse will explain our electronic security system and review safety guidelines with you. Our commitment to safe care also includes frequent hand washing/cleaning.

Visitors

Your friends and family will be excited to see you and your new baby. You may choose to ask visitors to wait a few hours after delivery to promote uninterrupted skin to skin bonding time with your newborn. Some mothers ask visitors to wait until after baby is home instead of coming to the hospital. If you prefer to have company at the hospital, visiting hours are up to you. Children and young siblings are welcome. Those under age 12 should be with an adult at all times. However, please ask loved ones who are sick to stay home.

Footprint keepsake.

While you are here, you'll receive a keepsake that includes your baby's footprints.



Birth Certificate.

We will help you:

- enter birth certificate information on the secure state vital records internet site,
- ask you to review the information entered for accuracy,
- certify the record, and
- provide you with information on how to obtain a certified copy of the birth certificate.

Celebration Meal.

You and your guest may plan to enjoy a special Celebration Meal during your stay.

A menu of delicious entrées, sides and desserts has been selected specifically for our new moms.





Center Café



Auxiliary Gift Shop



Fitness Center
Therapy & Wellness Center

Hospital Amenities

Room Service

All Upland Hills Health patients enjoy our restaurant-style menu. Meals are freshly prepared and delivered to your room from 6 am to 6 pm. Sandwiches, fruit, snacks and beverages can be found in the kitchenette anytime.

ATM Machine

Located at top of Center Cafe stairway.

Cafeteria

The hospital cafeteria is located in the lower level. An exceptional staff create attractive, tasty and nutritious meals every day. It is important to us to present to you deliciously satisfying food.

Guest Meals. Your special guest is welcome to dine with you. Payment for your guest's meal will be accepted when the meal is delivered. (One support person may receive a free meal while mom is in labor.)

Gift Shop

Located on Ground Floor near the Laboratory our gift shop is known for its great selection and reasonable prices. The gift shop is operated by volunteers. Open hours may vary. On most days the gift shop is open 9 am to 3 pm.

Interpreters

Patients and hospital staff have access to video interpreters via laptop for numerous languages. This interpretation service is available 24 hours a day, seven days a week.

Snacks

You may find soda and snack vending machines near the Gift Shop and near the Nursing and Rehab Center.

Cozy Corner Waiting Area

Located just outside the Birthing Unit doorway your friends and family will find a sitting area, restrooms, TV, coffee and children's books.

Wireless Internet

Free wi-fi is available on campus. Ask staff for sign-in and password.

Patient and Family Support

Our staff can help you address special situations. Our social workers and patient benefits specialists can put you in touch with the resources you need.

Therapy and Wellness Services

In the lower level of our facility our Therapy and Wellness Center provides exercise equipment, acupuncture and massage appointments.



Resources for the whole family

We offer childbirth education classes, breast feeding classes and education programs to help you before, during and after your pregnancy. These inexpensive — and often free — support group, classes and tours are designed to prepare mom, dad, and siblings for a growing family.

Download the class schedules and registration information from uplandhillshealth.org.

Childbirth Education Class

Learn relaxation exercises, hospital routines and the changes you can expect during all stages of your pregnancy and delivery, including postpartum and breastfeeding. Also included in the class is family and friends infant CPR and child safety instruction.

Cost: \$40/couple

Pre-Delivery Conference

Expectant mothers are asked to attend a pre-delivery conference to prepare for delivery. It is designed to minimize stress by taking care of details

in advance. It provides an opportunity to begin your hospital admissions paperwork, assess learning needs and to get answers to questions before your arrival for delivery. Contact the Birthing Unit when you are 32-36 weeks along to schedule an appointment. Call 608.930.7139
Cost: free

Breastfeeding Support

Breast milk is the best nutrition for your newborn, so take advantage of free, expert advice on breastfeeding from one of our lactation specialists. They are available to you even after you've left the hospital. We also have breast pumps available for rent through the birthing unit.

If you'd want to breastfeed but are unable to afford a breast pump, please talk to our birthing unit staff. The Upland Hills Health Foundation may be able to help with the purchase of a breast pump.

Pictured here are just a few of the Upland Hills Health birthing unit professionals — here to care for you and help you through the birth of your baby.

From left, Rhonda Wallace, Obstetrics Director; Barb Yanna, RN; Dori Christenson, RN; Lactation Consultants: Michelle Esser, RN and Megan Kammerud, RN



Preparing for your hospital stay

During your first trimester (weeks 1-12)

- Make an appointment with your obstetric care provider to start your prenatal care.

During your second trimester (weeks 13-28)

- Call Upland Hills Health to sign up for one of the informative classes offered to new moms and arrange for a tour of our birthing unit, if you choose. Call 608-930-7139.
- Write down your birth plan if you wish, and share it with your care provider at a prenatal appointment.
- Arrange to get a car seat. (Be sure it is not an out-dated car seat and meets federal safety standards)
- If you are age 18 or over, please consider completing a Durable Power of Attorney for Health Care before you're admitted to the hospital. To learn more, talk to your provider about this.

When your third trimester starts (weeks 29-40)

- Pack your bag for your hospital stay.
- Arrange for transportation to the hospital and transportation for you and baby when you're ready to go home.
- Arrange childcare if necessary. When visiting at the hospital, children under 12 must be supervised by an adult other than you or your labor coach.
- Arrange for someone to care for your pet(s) while you're in the hospital.
- At 32-36 weeks call to schedule your pre-delivery conference at 608-930-7139.

What to pack

- Clothes for mom
- Robe and slippers
- Toiletries
- Camera
- Clothes for baby to wear home
- Special outfit for baby's first picture
- Pacifier, if desired
- Baby book
(especially if you'd like footprints added)
- Music CDs, for relaxation during labor
- DVDs, if desired
- Supportive bra, nursing bra if breastfeeding
- Breast pump and Boppy pillow if breastfeeding
- Car seat
- Three receiving blankets (in case needed for proper support of baby in car seat)

Helping you find your way

Arriving at the Hospital

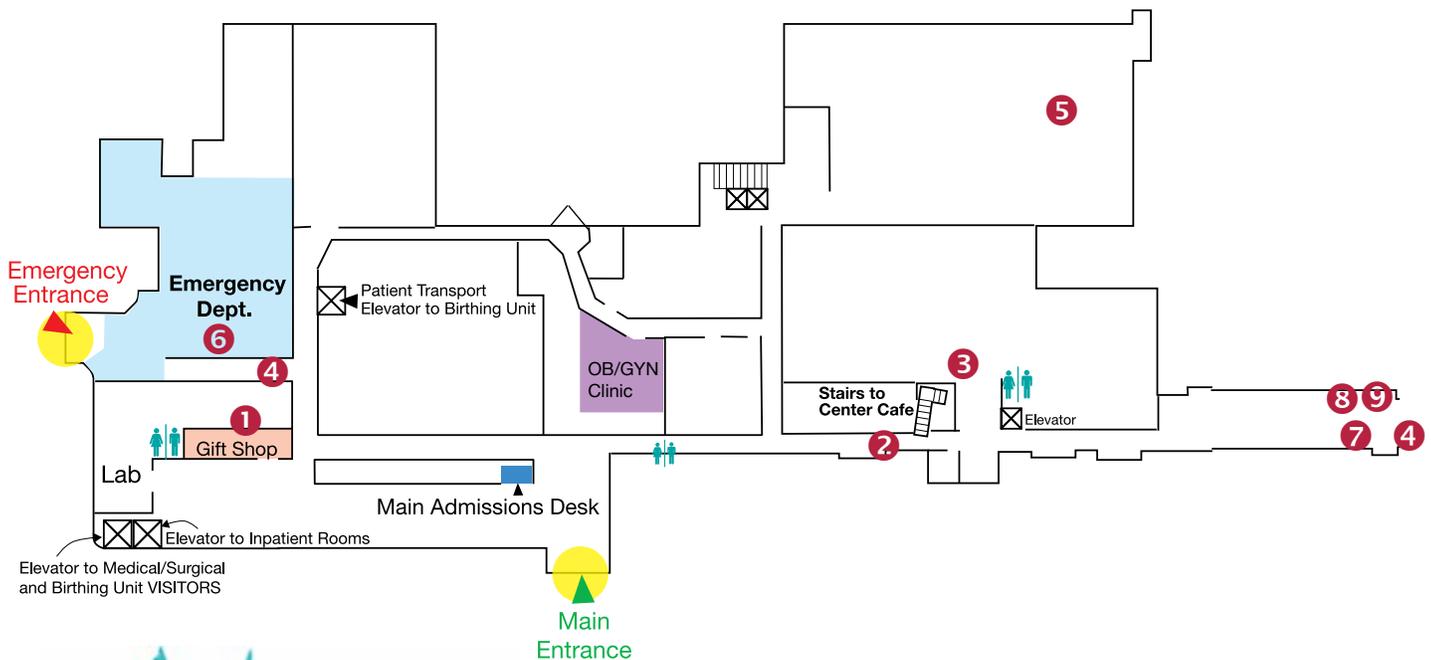
Park in the front parking lot and come in the **Main Entrance.**

Between 9 p.m. and 6 a.m. please enter through the **Emergency Entrance.**

Points of Interest

- ① Gift Shop
- ② ATM
- ③ Center Cafe (Lower Level)
- ④ Vending machines (2 locations)
- ⑤ Fitness Center
- ⑥ Complimentary Coffee in ED, and found in the Birthing Unit waiting area.
- ⑦ Aviary
- ⑧ Library
- ⑨ Popcorn/Coffee/Tea

Ground Floor/Street Level Map of Upland Hills Health Hospital in Dodgeville



Thank you for choosing Upland Hills Health!

We look forward to caring for you and your growing family.



We look forward to seeing you soon.

Please let us know if you have questions
or if we can help in any other way
to prepare for your special day.