

# Frequently Asked Questions

## OSF Saint Francis Medical Center-Family Birthing Center

You have questions? We have answers!

### Q: Where will I come when I am ready to deliver my baby?

A: **Scheduled Delivery:** For your scheduled induction or C-section, you will check in at our Labor and Delivery Triage desk which is located in zone 2 on the 5<sup>th</sup> floor. Once you arrive at the hospital you will want to park in parking deck A. Please utilize our free valet services which are available on weekdays Monday through Friday from 7 am-9 pm and Saturday and Sunday from 8 am-6 pm

[Locations | OSF Saint Francis Medical Center \(osfhealthcare.org\)](#)

From the valet you will enter the main area of the hospital. The trolley will take you down the hallway where you will then cross the skywalk located to your left. Once you have reached the end of the skywalk the zone 2 elevators will be located on your left. Take the zone 2 elevators up to the 5<sup>th</sup> floor and check in at the triage desk.

The Family Birthing Center is a secure, locked unit. Your support person and visitors will be given a badge to wear while they are here, this indicates that they are approved to be on the unit.

A: **Unscheduled Delivery-**For an unscheduled delivery, you and your support person will be asked to enter the hospital from our emergency department where you will be checked in and our nursing staff will assist you with the next steps for your delivery. Valet services are now available by calling 52131. [Locations | OSF Saint Francis Medical Center \(osfhealthcare.org\)](#)

### Q: How many visitors am I allowed to have during my stay? Does my doula count as a visitor.

A: Your doula is not considered a visitor but part of your birthing plan and we consider them part of the care team. Depending on the time of the year and due to safety precautions, our visitor policy changes. Please click on the link to find the most up to date visitor policy.

[Visiting a Patient | OSF Saint Francis Medical Center \(osfhealthcare.org\)](#)

### Q: Do you have private rooms?

A: Yes, all our rooms are private, and they provide you and your loved one with time together in a relaxed and comfortable environment.

**Q: Do I need to preregister prior to my delivery?**

A: It is not required but it will speed up the process if you pre-register. You can contact our staff to assist you with registration by calling 309-683-6754.

**Q: Do I need to bring a car seat?**

A: You will need to have your car seat brought up to your room the day you are discharged to go home.

**Q: Can I bring expressed colostrum?**

A: Yes, we welcome you to bring any colostrum (early breast milk) that you may have expressed prior to delivery.

**Q: Do you have birthing balls or are tub births available?**

A: Our hospital does have access to birthing balls and peanut balls. We do not offer tub births at SFMC.

**Q: Can you please provide information on the epidural?**

A: We have a CRNA (nurse anesthetist) on our Labor and Delivery unit 24 hours a day. Generally, the only wait time for placement of your epidural will be when the CRNA is in another epidural placement, in a c-section, or we are awaiting results on your current admission labs.

We offer the ability to treat pain with either epidural anesthesia or IV medication. Pain control during labor is a very personal choice and we strongly encourage our patients to discuss their questions and thoughts with their provider during the course of their prenatal visits. Your labor nurse will be knowledgeable about both medication and alternative pain control and will discuss this with you early in the course of your labor management.

**Q: How long will I be in the labor room? Where do I go after the baby is born?**

A: Typically, you will remain in your labor room with your new baby for two hours after delivery. After the two-hour recovery you will transition to the postpartum unit where you and your baby will share a private room.

\*If you have a c-section or the baby goes to the NICU, we complete a one-hour recovery to reduce the time mom is separated from her baby.

**Q: Is there someone that can help me with breastfeeding?**

A: Yes, our International Board-Certified Lactation Consultants can provide breastfeeding assistance and are available anytime you may have questions during your stay and even after you have been discharged home.

**Q: How do I communicate my feeding preferences for my baby?**

A: You will be asked about your infant feeding choice upon admission to Labor and Delivery, prior to delivery. This choice will be noted in your electronic medical record so your care team will know at the time of delivery.

**Q: How long will I be in the hospital?**

A: The length of your stay will vary depending on your health and your baby's overall health status. Typically, vaginal deliveries stay a minimum of 24 hours. Cesarean deliveries stay a minimum of 48 hours. Your discharge will be completed based on the recommendations from your OB physician and pediatrician.

**Q: What do I need to bring to the hospital?**

**What to pack for Mom**

**Comfortable Outfit for after delivery**  
**Nursing bra**  
**Shower shoes**  
**Chapstick**  
**Makeup**  
**Hair ties**  
**Breastfeeding pillows (if preferred)**  
**Phone Charger**  
**Wallet**  
**Snacks**

**What to pack for baby**

**Outfit for baby pictures.**  
**1 blanket**  
**Swaddle (if wanted for pictures)**  
**Going home outfit**  
**Car seat (on day of discharge)**  
**Baby book**  
**(If wanted for footprints)**

**Toiletries**

**Toothbrush**  
**Toothpaste**  
**Deodorant**  
**Shampoo/Conditioner**  
**Glasses/contacts**  
**Face Wash**  
**Brush**  
**Lotion**  
**\*\*SFMC also provides toiletries if you prefer not to bring yours from home.**

**What we provide for mom**

**For alternative milk infant feedings, we will have formula available and will provide instruction for proper formula preparation prior to patient discharge.**