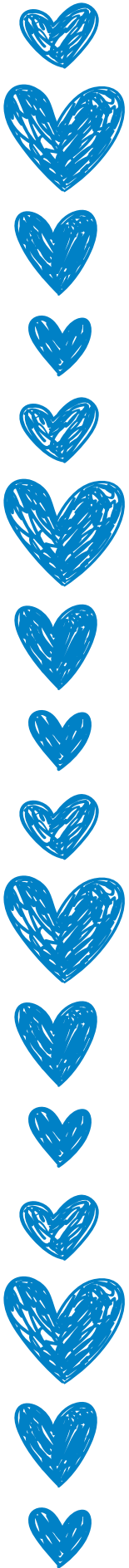


TIPS FROM A LABOUR NURSE



- Bring a pen.
- Consider bringing your own pillow.
- If you can, wear an old pair of flip-flops to the hospital. They will be easy to slip on when you go to the washroom.
- If you like to drink a lot of water, consider bringing a refillable bottle.
- Don't hesitate to ask questions. Believe us, we've heard it all!
- If you are planning to breastfeed, please do some reading beforehand. Yes, breastfeeding is a natural process, but, it does not come naturally to everyone. Don't be discouraged if it does not come easily at first.
- If you have already purchased a breast pump, take it out of the box and practice using it. (*Pro tip: If you have flat or inverted nipples, you can use it for a minute or two a few times each day to help bring them out. However, do NOT attempt this before 37 weeks.*)
- If you are considering an epidural, some things to consider:
 - Once admitted, it can take up to an hour to safely organize the procedure.
 - The request for an epidural is not often granted immediately. It is important to remember that during the day, the doctor on call for epidurals is working in the Operating Room and may not be available immediately. During the night and weekends, the doctor may be called in from home.
 - One of the most difficult parts of the epidural is sitting still during the procedure. If you know you want it, ask early. The more pain you are in, the more difficult it is to stay still. Also, it takes longer for the epidural to catch up with the pain if it is more intense.





- Feel free to ask for some "quiet time" in the room. Most of us love our jobs and sometimes when we are all gathered for a delivery, we are like a bunch of sprinters ready to run. We won't take it personally if you ask for a little calm.
- Bring in items that help you feel more comfortable. This could include a great birthing playlist and a Bluetooth speaker or your favorite essential oil blends. (*Caution:* Your nurse may dance if the tunes are sweet!)
- We want your experience to be the best one possible! Don't hesitate to share your thoughts, ideas and suggestions.

The above are suggestions only. If you have questions about anything related to your birthing experience, call the unit anytime - 24/7!