

Planned Birth Centre Birth

Before birth

Familiarize yourself with the location of the birth centre, appropriate parking, and the entrance used. The entrance is next to the parking area.

In labour

Call your midwife and arrange with your midwife when to meet at the birth centre. Please **bring** your prenatal records.

Who to bring with you

The Birth Centre does not allow extra visitors in the building at this time. Please only invite those people (usually your partner and doula) you would like to have support you in the room during your birthing time. If you plan to invite additional people into the room please discuss this with your midwife ahead of time.

What to bring with you (optional):

- Robe
- Slippers
- Comfortable clothing for mom and change of clothing for both mom and dad
- Swimming suit for partner
- Snacks, juice, water bottle
- Personal toiletries

Supplies and Comfort measures provided by Lucina Birth Centre for labour:

- Birthing and peanut balls
- Sterile water injections for back labour
- Sling swing and birthing stool for pushing
- Entonox gas (laughing gas)
- Homeopathic remedies
- TENS machines (additional cost)

Post-birth supplies provided by Lucina Birth Centre:

- Breakfast for two
- Blue pads (incontinence pads)
- Peri bottle
- Maternity pads and disposable underwear for the first 1-2 days
- Diapers and wipes

Discharge

Clients are usually discharged from the birth centre within 2–4 hours after the birth unless otherwise medically indicated. Your midwife will follow up with you within 24-48 hours at your home and is available by phone.

Items to remember for baby:

- Baby outfit/baby blanket
- Car seat

Supplies you may want to have for when you get home:

- Maternity size sanitary napkins - extra absorbent and extra-long initially. Then maxi-pads for the days that follow.
- Frozen pads are great for after the birth. Add calendula hypericum tincture or witch hazel to 5 or 6 pads then place them in the freezer for the first day or two.
- Nipple cream or extra virgin coconut oil.
- Remedies for afterpains: Catnip tincture, Catnip tea, homeopathic Arnica, Acetaminophen, and/or Ibuprofen (Advil).

Items sold in our store (proceeds go to the Birth Centre)

- Nipple shields
- All Purpose Nipple Ointment (APNO)- requires prescription from your midwife
- Afterpain tincture and catnip tea
- Calendula/Hypericum spray for pads and peribottle
- Pre and postnatal vitamins
- Iron supplements
- Probiotics