



Highland Hospital's Family Maternity Center

Preparing For Your Birth Experience

- Learn about the childbirth process, attend an in-person class or inquire about independent learning options. Contact Highland's Family Classes at 585-473-2229 or register online at www.highlandchildbirthclasses.urmc.edu.
- Plan your birth with your health care provider and birth support people. Your healthcare provider will give you guidelines about when you should get ready to come to the hospital. Invite a family member or friend to support you through your labor.
- Know a couple of different ways to get to Highland in case there is a traffic delay.
- Remember to pre-register for your hospital stay! You can complete online at www.highlandmaternity.urmc.edu or ask your healthcare provider for the forms. For questions about your hospital registration, contact 585-341-6875.

Arrival Instructions

- When you arrive at Highland, patient pick up and drop off is at the front entrance of the hospital. Parking is available in the Visitor's Ramp Garage. You may purchase a 24 hour pass. Parking is free on the day of your discharge only.
- Enter through the Main Lobby and take the Purple elevator to Level 3 – Family Maternity Center. From 8 pm – 6 am the Emergency Room entrance is available when lobby is closed.
- The Patient Registration Associate at the Labor Reception desk will help start your admission process.
- Bring a couple of pillows and a labor kit with you to the hospital. Labor Kit Suggestions: focal point, childbirth class manual, lotion, massage tool, chap stick, small paper bag, toothbrush/toothpaste, extra socks, camera, glasses or contact lens supplies, medications and snacks for support person.
- Pack a separate bag for your post-partum stay. These items, along with baby's car seat may be brought in after your move to the Mother-Baby unit. A packing list is attached to include suggested items for mom, support person and baby.

What to Expect

- One adult may accompany you to OB Triage for your initial assessment and other adult visitors may be allowed once you have been assigned a room. You will be permitted an overnight guest to stay with you and the baby. Sleeper chairs are available for guest's use.
- The Family Maternity Center is a secure unit of the hospital and access is available from the purple and orange elevators. All visitors will be required to check in with the associate on duty to receive a visitor's pass.
- Cell phone use is permitted in Labor & Delivery and Mother-Baby units with charging stations on the balcony.
- Free telephone and TV service is included in patient rooms with Wi-Fi connection throughout the hospital.
- Videotaping is permitted up to and after the birth. Please check with your healthcare provider and nursing staff about videotaping. Professional picture options will be offered during your stay.
- Meals will be provided during your stay and you may discuss dietary concerns or questions with our staff. Hospital café and sub shop are located on level one, coffee shop on level two-main lobby. Vending machines and small kitchenettes with refrigerator and microwave are available on the unit.
- Baby's birth certificate information will be completed with you during your hospital stay.
- Our web page provides links to our services as well as community and online resources for pregnancy, breastfeeding and parenting. www.highlandmaternity.urmc.edu
- Note: these policies may be subject to change due to flu or other health concerns at the time of your stay.

We look forward to sharing in this very special birth with you!

