To protect you and your baby from illness, please ask family and friends with colds, flu or other illness, to delay their visit until their symptoms pass.

Visitor Snacks and Meals: Guests are welcome to ice water and coffee found in the Nourishment Room. A refrigerator and microwave are free to use on each floor. Here are a few options to purchase meals:

- Cafeteria (on Level 1). Open 7 days a week, 6:30am – 9:30am for breakfast, 11:30am – 1:30pm for lunch and 5:00pm – 7:00pm for dinner.
- Greenbush Garden Bistro (in the lobby). Open Monday-Friday from 6:30am – 3:00pm. The Bistro is closed on weekends.
- Dr. Joe Coffee Clinic (in the lobby). Open Monday-Friday from 6:00am – 5:00pm, and 8:00am – 1:00pm on Saturday. Drinks, sweets and light meals are offered. Closed on Sundays.
- Self-serve canteen (on Level 1).
- Meal coupons can be pre-purchased through Guest Services at a low cost. Guests may order meals during open cafeteria hours of 6:30am – 7:00pm, through our “As You Like It” Room Service Meal Program. Call 417-8888 and order off the menu. Cash payment or the pre-purchased coupon is given to the Food & Nutrition team member when the meal tray is delivered. Trays are brought to your room 30-45 minutes after you order.

Smoking: UnityPoint Health – Meriter is a smoke-free environment. To create a healthy, healing place for patients, visitors, volunteers and employees, tobacco use is not allowed in the building, on the grounds, or in the parking ramps or lots.

Discharge:

- Routine discharge time is 12 noon.
- You and your doctor or nurse midwife will jointly decide when you are ready to go home. Those who have a vaginal birth most often go home 1-2 days after giving birth. Those who have a cesarean birth usually go home about 3 days after delivering.
- You must have your infant car seat installed and ready to go home.

A Final Note:

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What to Pack: You may want to pack two bags – one with items to help you while having your baby and the other for the rest of your stay. Please keep large sums of money at home. You may leave items of value with the Guest Services staff for storage in the hospital safe, or in your room’s locked cabinet. The hospital is not liable for your items or money kept in your room.

Items to bring include:
- Birth Preference form – Visit unitypoint.org/birth preferences to download the form.
- Cell phone, charger and laptop – there is free wireless access throughout the hospital.
- DVDs and CDs – can be played using the TV in your room.
- Playing cards, books.
- Grooming items.
- Slippers, nightgown, robe, panties, bra.
- Clothes for you and your baby to wear home.
- Car seat – the carrier is brought to your room and the car seat base stays in the car. If you have an installed convertible car seat, this also remains in the car.
- Camera – Before you take a photo or video, please ask your provider or nurse if it is allowed.
- Pillow with a non-white pillow case.
- Baby book, for foot prints after the birth.
- Breastfeeding pillow.

Breastfeeding Supplies and Support: All Birthing Center nurses are trained to help you breastfeed. They and our Lactation Consultants are your experts while you are here. We have a hospital grade breast pump should you need to pump during your stay. Please contact your insurance agent about breast pump charges after you go home.

Other support to help you breastfeed:
- Women’s Health Education: (608) 417-8446. Visit unitypoint.org/classes to sign up for programs that help you breastfeed and teach you how to pump and store your breast milk.
- Mother Baby Hour sessions are offered twice weekly. These sessions are led by nurses trained to help you with infant care and to provide general support on ways to breast feed your baby.
- Breastfeeding Helpline: (608) 417-6547 or (800) 261-4449.
- Outpatient Lactation Clinic: (608) 417-6547. Schedule a time with a lactation consultant. Please check with your insurance agent to ensure this service is covered.

When Labor Begins
Follow your OB Care Provider’s Instructions: If you think you are in, or having any problems, call your OB care provider’s office.

Your Entrance to the Hospital:
Valets can Park Your Car 6:00am – 6:00pm, Monday - Friday: The valet service is free. If you need your car after valet hours, retrieve your keys from the Information Desk staff or Security. They will tell you where to find your car. Be sure to keep your valet claim ticket with you.

Security is Available 9:00pm – 5:00am: The front lobby closes at 9:00pm. If you arrive between these hours, a Security person will greet you. You will be asked to show identification before you enter the hospital from the parking ramp. You will then be shown to OB Triage on the main floor in the North Wing.

Please ask for a wheelchair if it is hard for you to walk down the hall to Triage. If you feel baby will be born right away, you may come to the hospital Emergency Room where you will be helped.