



# Nurses Note

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We are excited to be a part of your birth experience! We will explain everything we are doing as we assist you through this process. We encourage you to come to the hospital and tour the labor and delivery rooms. You can also meet some of the staff. Please call **(208)587-8401 x 59** prior to coming so a nurse can be available to answer questions.

Some of the items that you might need include a robe and slippers and your cell phone or a calling card for making long-distance phone calls. We provide the basic toiletry items but if you have your own favorites please bring them with you. You may also bring your blow dryer and curlers, etc. Because of the limited space in your room we ask that you wait until the day of your discharge to bring in your baby's car seat.

Your diet will likely be restricted during your labor, but your coach/family may bring in food. They may also purchase food items in our cafeteria. There are also vending machines available. After delivery you usually may have a general diet. You will be provided three meals a day but family/friends are welcome to bring food for you as well. We have a small refrigerator in which to place items that are labeled with your name and room number.

If you have one person that would like to stay with you overnight, we can usually arrange for a cot in your room. The person staying with you may shower here but due to the limited space and safety reasons we ask that their personal items be kept in a suitcase.

You will not need baby items until you and the baby are discharged. We discourage using your own baby clothes so you do not go home with laundry. We also wish to avoid the risk of losing those items in the hospital laundry as we often undress the baby for assessments.

During your stay we will provide you with hospital gowns that are convenient for breast feeding. You may also bring your own pajamas and comfortable clothes.

We will work hard to ensure your labor, delivery and recovery experience is a safe and rewarding experiences. Thank you for putting your trust in Elmore Medical Center.