

Having your baby at West Lincoln Memorial Hospital



West Lincoln Memorial Hospital
169 Main Street East
Grimsby, ON L3M 1P3

905-945-2253

Labour & Delivery: ext. 350 or 351

Emergency Dept: ext. 300 or 314

Foundation: 905-945-9564

Welcome to West Lincoln Memorial Hospital

We are happy you chose to have your baby here!

Please call us before you arrive so we can be ready for your visit.

What to bring to the hospital

It is best to get ready a few weeks before your due date, because you will not know when labour will start.

- Pack one bag with what you and your partner or support person will need during labour.
- Pack another bag with what you will need for your hospital stay after your baby is born. Keep this bag in the car until needed.
- Medela Breast Pump kits are available for purchase if required.

You will need:

- Baby registration package
- Ontario Health card and other insurance information
- Medications you take regularly in labelled pharmacy containers
- A pen
- A limited amount of money for telephone, parking, etc.

For you and your partner during labour and your hospital stay:

- Two packages of long, maxi or super absorbent maxi pads
- Three-six pairs of underwear (preferably discardable, not thongs)
- Nightgown or pajamas convenient for breastfeeding
- Housecoat/socks/slippers with tread
- Comfortable clothes/maternity clothes to wear home (clothes that open at the front are best for breastfeeding)
- Supportive nursing bra/nursing pads
- Pillow with coloured pillowcase
- Breastfeeding pillow (optional)
- Toothbrush/toothpaste/mouthwash
- Lip balm
- Soap/shampoo/conditioner
- Brush/comb
- Unscented deodorant
- Box of Kleenex
- Refillable water bottle
- Snacks
- Books, magazines
- Phone numbers of family and friends

For your baby:

- One package of newborn diapers
- Barrier cream (petroleum jelly)
- Baby wipes
- Several sets of clothing, including sleepers, undershirts, mittens, socks and booties for taking baby home
- Receiving blankets
- Rear facing car seat with CMVSS label, expiry date has not passed

Do NOT bring:

- ✗ Anything made of latex, including balloons
- ✗ Any scented items, such as perfume, hand lotion, antibacterial hand wash
- ✗ Baby powder or talcum powder
- ✗ A lot of money or valuables

Visiting

The unit is always open to visitors. You may have 2 visitors at a time.

We suggest that you limit visitors to your partner, your parents and your children (if their immunizations are up-to-date).

Please note there is no waiting area in the Labour and Delivery department.

Entering and leaving the Maternity Department

For security, the doors to the department are always locked.

- To enter, use the black phone on the wall outside the door to call the nursing station. They will ask who you are and the purpose of your visit before opening the door.
- To leave, wave your hand over the small black box on the wall inside of the door to open it.

Entering the hospital after hours

When the front door of the hospital is locked (from 8:30 pm to 6:30 am), enter through the Emergency Department. Tell them you are going to the Maternity Department. If you require assistance please let the clerk know.

Coffee Shop and Gift Shop

The hospital coffee shop is open:

- Monday to Friday from 8 am to 6 pm (sometimes until 8 pm)
- Saturdays from 10 am to 2 pm

The Gateway Gift Shop is open Monday to Friday from 9 am to 7:30 pm

Internet and pay phone

- For internet access: Your device will notify you that the HHS i-visitor network is available. Connect to the i-visitor network, log in and choose which plan you wish to buy.
- There is a pay phone in the Maternity Department (main hallway) and one outside of the department (down the hall to the right).

A Star is Born (ASIB)

During your stay please take a few minutes to enroll in the ASIB program. Submit your completed form in the drop box by the nurse's station. Your child's name, birth date and weight will be displayed on the ASIB Hall of Fame Recognition Wall in the Maternity Department. Thank you for your support.

Patient survey

During your stay, please take a few minutes to fill out our Patient Experience Survey. Put it in the black drop box on the wall outside of the department. Thank you for your feedback.

Discharge time

Please arrange to leave by 10 am to make room for incoming patients.

Parking - Parking is \$5 a day. You can buy:

- Tokens - from machines in the front lobby or in the Emergency Department
- A day pass - for \$5 - from Switchboard during business hours (unlimited in and out privileges).
- A bundle of 10 tokens - for \$40.00 - from Switchboard



Strengthening Our Healthcare System