



Welcome!

The birth of your baby is an exciting time! Our staff would like to prepare for your arrival, so please call to let us know you are coming. When you arrive, please stop at the Main Admission desk. Ask the receptionist to notify the Birth Center that you have arrived. A staff person will greet you and escort you to the Birth Center for evaluation. If you are in active labor, you will be admitted to one of our spacious birth suites.

Your birthing team

Take a deep breath and relax! You can count on our experienced registered nurses, nursing assistants and doctors to help you through your birth experience.

Nursing staff will be with you throughout your labor, delivery and recovery period. They will review your prenatal history and work with you to establish a personalized plan of care based on your preferences. Your provider will be able to view the fetal monitor strip remotely and will be in frequent contact with your nurse throughout your labor. You can expect your doctor to visit more frequently as your labor progresses.

Pain management

Our goal is to keep you as comfortable as possible! Be sure to discuss your pain management goals with the nurse or physician as soon as you arrive. There are many options available depending on the various stages of labor and your preferences.

All of our nurses have received specialized training in natural childbirth techniques and are prepared to offer you a wide range of labor coping options; such as birthing balls, whirlpool tub, breathing techniques, massage, and position changes. In addition our wireless fetal monitoring system allows most of our moms to be up and walking throughout their labor. Other pain management options include nitrous oxide, IV pain medications, and epidurals.

Upland Hills Health[®]
Birth Center



Call your doctor or the Birth Center (608.930.7139) if:

- You are less than 37 weeks and have more than six contractions in an hour.
- You are having contractions with pelvic/rectal pressure or cramping.
- You are within three weeks of your due date (more than 37 weeks) and have regular contractions for an hour or more. Time your contractions from the beginning of one to the beginning of the next.

Possible signs of labor include:

- regular contractions
 - contractions that are five minutes apart or closer,
 - contractions that last at least 60 seconds,
 - 12 or more contractions within an hour, or
 - contractions that are getting closer and stronger over time.
- Your water breaks. You may notice a large gush of fluid from your vagina or a slow leak that causes you to be constantly wet. The fluid may be clear, yellow, pink or green in color. Put on a sanitary pad, do not use a tampon or place anything in the vagina.
 - You notice vaginal bleeding and/or blood clots. Anything more than 2 Tbsp. should be evaluated.
 - You notice that your baby is moving less than usual.
 - You have any of the following symptoms: persistent headache, sharp or constant abdominal pain, significant swelling, impaired vision, severe or continuous vomiting.
 - You have a serious accident or fall.

Important:

Please call the Birth Center at 608.930.7139 to let us know when you are on your way.

If you are not sure it is time to come in, call and we will guide you.

Enter the hospital through the Main Entrance.

When arriving at night between 9 pm and 6 am, please use the Emergency Entrance.



Our spacious rooms include a private bath, leather couch with queen-size pull-out bed, and other conveniences



A room of your own when it matters most

When the big day arrives comfort is essential. Our innovative birthing suites provide a relaxing, home-like environment that's spacious and private. Each suite features a birthing bed, sofa sleeper, rocker recliner, a locked cabinet to store your belongings, and a personal refrigerator. Our large private bathrooms feature a jetted tub and shower. Wireless internet access is provided—allowing your family and friends to share in your joy.

Our birthing suites are in a quiet setting with staff who specialize in the care of mothers and newborns. We encourage all mothers to keep their baby in their room throughout their hospital stay. It's the best way to get to know your little one! Enjoy skin-to-skin bonding and establish a strong start to your baby's health and development. Breastfeeding help is available from our certified lactation counselors and your Birth Center team.

Our new birth suites are large to meet the expectations of growing families, and a C-section suite is within the OB area. **Why?** When an emergency C-section is needed, having a fully equipped and dedicated C-section suite right next to the birthing mom's room will help to bring baby into the world efficiently. It also helps promote bonding by keeping mom and baby together as much as possible.

Keeping you and your baby safe

When you arrive, a nurse will explain our electronic security system and review safety guidelines with you and your newborn. Our commitment to safe care also includes monitored access to the Birth Center and frequent hand washing/cleaning.

Visitors

Your friends and family will be excited to see you and your new baby. We encourage you to ask visitors to wait a few hours after delivery to promote uninterrupted skin-to-skin bonding time with your newborn. Some mothers ask visitors to wait until after baby is home instead of coming to the hospital. If you prefer to have company at the hospital, visiting hours are up to you. Children and young siblings are welcome. Those under age 12 should be with an adult at all times. However, please ask loved ones who are sick to stay home.

Footprint keepsake.

While you are here, you'll receive a keepsake that includes your baby's footprints.



Birth Certificate.

We will help you:

- enter birth certificate information on the secure state vital records internet site
- review the information entered for accuracy
- certify the birth record
- access information on how to obtain a certified copy of the birth certificate
- notarize paternity forms (if applicable)

Celebration Meal.

You and your guest may plan to enjoy a special celebration meal during your stay.

A menu of delicious entrées, sides and desserts has been selected specifically for our new moms.





Center Café



Auxiliary Gift Shop



Fitness Center
Therapy & Wellness Center

Hospital Amenities

Room Service

All Upland Hills Health patients enjoy our restaurant-style menu. Meals are freshly prepared and delivered to your room from 6 am to 6 pm. Sandwiches, fruit, snacks and beverages can be provided upon request.

ATM Machine

Located at top of Center Café stairway on the first floor.

Cafeteria

The hospital cafeteria is located in the lower level. An exceptional staff create attractive, tasty and nutritious meals every day. It is important to us to present to you deliciously satisfying food.

Guest Meals

Your special guest is welcome to dine with you. Payment for your guest's meal will be accepted when the meal is delivered. (One support person may receive a free meal while mom is in labor.)

Gift Shop

Located near the main entrance, our gift shop is known for its great selection and reasonable prices. The gift shop is operated by volunteers. Open hours may vary. The gift shop is open 9 am to 3 pm, Monday through Friday.

Interpreters

Patients and hospital staff have access to video interpreters via cell phone for numerous languages. This interpretation service is available 24 hours a day, seven days a week.

Snacks

You will find soda and snack vending machines at each end of the main corridor.

Birth Center Waiting Area

Located just outside the Birth Center doorway your friends and family will find a sitting area and restrooms. Fresh coffee will be provided upon request.

Wireless Internet

Free wi-fi is available on campus. Ask staff for sign-in information. An I-pad is also available for Zoom meetings with family and friends.

Patient and Family Support

Our staff can help you address special situations. Our social workers and patient benefits specialists can put you in touch with the resources you need.

Therapy and Wellness Services

In the lower level of our facility our Therapy and Wellness Center provides exercise equipment, acupuncture and massage appointments.

Resources for the whole family

We offer childbirth education classes, breastfeeding classes and education programs to help you before, during and after your pregnancy. These inexpensive — and often free — support group, classes and tours are designed to prepare mom, dad, and siblings for a growing family.

Childbirth Education Class

Learn relaxation exercises, hospital routines and the changes you can expect during all stages of your pregnancy and delivery, including postpartum and breastfeeding. Also included in the class is family and friends infant CPR and child safety instruction. Cost: \$40/couple

Pre-Delivery Conference

Expectant mothers are asked to attend a pre-delivery conference to prepare for delivery. It is designed to minimize stress by taking care of details in advance. It provides an opportunity to begin your hospital admissions paperwork, assess learning needs and to get answers to questions before your arrival for delivery. Contact the Birth Center when you are 35-36 weeks along to schedule an appointment. Call 608.930.7139. There is no charge for this service.

Breastfeeding Class

Our breastfeeding class is taught monthly by one of our Certified Lactation Counselors (free of charge). It's open to any pregnant woman and her support person, whether it's your first or third child.



Rhonda Wallace, MSN, RN
Obstetrics Director

Breastfeeding Support

Breast milk is the best nutrition for your newborn, so we encourage you to take advantage of the lactation services offered at UHH! We offer a free monthly breastfeeding class to help prepare you for your breastfeeding journey. If you are not sure if breastfeeding is best for you, please attend the class or call for a private consultation with one of our lactation counselors.

All of our nurses receive regular education and training on breastfeeding and are up-to-date with the most current information. For additional support, you will be offered a free visit from one of our lactation counselors during your hospital stay. If you need further breastfeeding support after you've left the hospital, you can call to schedule an appointment with one of our lactation counselors.

Most insurance plans will provide a breast pump to nursing moms. Please ask your physician's office to complete any required forms prior to the birth of your baby. If you receive your breast pump early, bring it with you. We will help you assemble it and instruct you on proper use.

Certified Lactation Counselors



Megan Kammerud, RN



Molli Moen, RN



Preparing for your hospital stay

During your first trimester (weeks 1-12)

- ☐ Make an appointment with your obstetric care provider to start your prenatal care.

During your second trimester (weeks 13-28)

- ☐ Call Upland Hills Health to sign up for one of the informative classes offered to new moms and arrange for a tour of our birth center, if you choose. Call 608.930.7139.
- ☐ Write down your birth plan if you wish, and share it with your care provider at a prenatal appointment.
- ☐ Arrange to get a car seat. (Be sure it is not an out-dated car seat and meets federal safety standards)
- ☐ If you are age 18 or over, please consider completing a Durable Power of Attorney for Health Care before you're admitted to the hospital. To learn more, talk to your provider about this.

When your third trimester starts (weeks 29-40)

- ☐ Pack your bag for your hospital stay.
- ☐ Arrange for transportation to the hospital and transportation for you and baby when you're ready to go home.
- ☐ Arrange childcare if necessary. When visiting at the hospital, children under 12 must be supervised by an adult other than you or your labor coach.
- ☐ Arrange for someone to care for your pet(s) while you're in the hospital.
- ☐ At 35-36 weeks call to schedule your pre-delivery conference at 608.930.7139.

What to pack

- ☐ Clothes for mom
- ☐ Robe and slippers
- ☐ Toiletries
- ☐ Camera
- ☐ Clothes for baby to wear home
- ☐ Special outfit for baby's first picture
- ☐ Pacifier, if desired
- ☐ Baby book
(especially if you'd like footprints added)
- ☐ Music CDs, for relaxation during labor
- ☐ DVDs, if desired
- ☐ Supportive bra, nursing bra if breastfeeding
- ☐ Breast pump and Boppy pillow if breastfeeding
- ☐ Car seat
- ☐ Three receiving blankets (in case needed for proper support of baby in car seat)

Helping you find your way

Arriving at the Hospital

Park in the front parking lot and come in the **Main Entrance.**

Between 9 pm and 6 am please enter through the **Emergency Entrance.**

Points of Interest

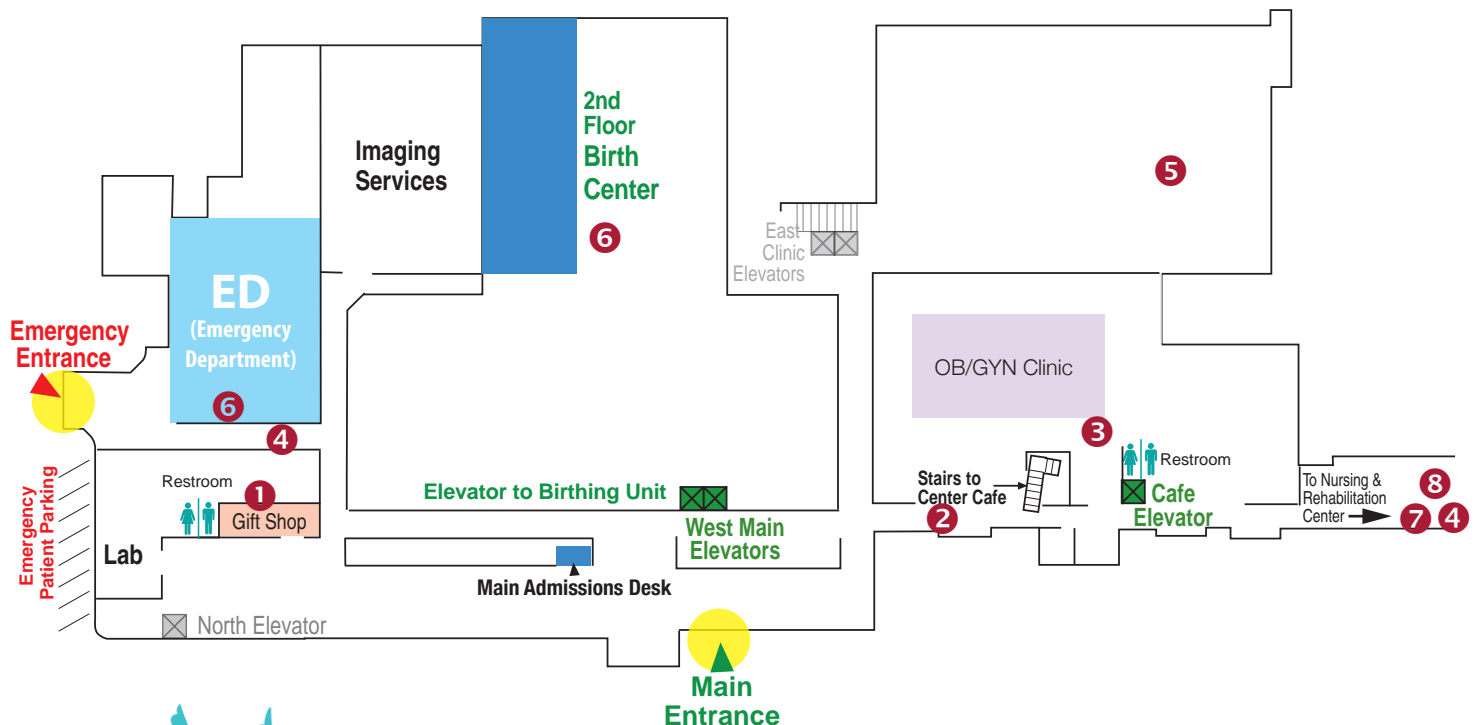
- ❶ Gift Shop
- ❷ ATM
- ❸ Center Cafe (Lower Level)
- ❹ Vending machines (2 locations)
- ❺ Fitness Center

❻ Complimentary Coffee in ED, and found in the Birth Center waiting area.

❼ Aviary

❽ Popcorn/Coffee/Tea

Ground Floor/Street Level Map of Upland Hills Health Hospital in Dodgeville



Thank you for choosing Upland Hills Health!

We look forward to caring for you and your growing family.

NOTICE OF NONDISCRIMINATION

Upland Hills Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Upland Hills Health does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

Upland Hills Health:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as: Qualified sign language interpreters
- Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language services to people whose primary language is not English, such as: Qualified interpreters
- Information written in other languages

If you need these services, contact Upland Hills Health Admissions. If you believe that Upland Hills Health has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with:

Upland Hills Health, Risk Manager
800 Compassion Way
Dodgeville, WI 53533
Phone 608.930.7100
TTY 608.930.0008
Fax 608.930.7250
Email riskmanager@uplandhillshealth.org

You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, Upland Hills Health, Risk Manager is available to help you.

You can also file a civil rights complaint with U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at:

U.S. Department of Health and Human
Services
200 Independence Avenue, SW
Room 509F, HHH Building
Washington, D.C. 20201
1.800.368.1019, 800.537.7697 (TDD)

Complaint forms are available at
<http://www.hhs.gov/ocr/office/file/index.html>

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística.
Llame al 1-844-804-4271 (TTY: 1-608-930-0008).

LUS CEEV: Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj.
Hu rau 1-844-804-4266 (TTY: 1-608-930-0008).

注意:如果您使用繁體中文,您可以免費獲得語言援助服務。
請致電 1-844-803-2017 (TTY: 1-608-930-0008)。

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-844-803-2019 (TTY: 1-608-930-0008).

نإف، ءغلل ركذا شءءءءءنك اءا: ءءوءءم 1-844-803-2016 (مقر
مقرب لءصءا. ناءمءاب كل رفاءءء ءىوءغلل ءءءءسمءا ءامءء
مءبل او مصءا فءاءه (1-608-930-0008)

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-844-804-4270 (телетайп: 1-608-930-0008).

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로
이용하실 수 있습니다. 1-844-804-4268
(TTY: 1-608-930-0008) 번으로 전화해 주십시오.

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn.
Gọi số 1-844-804-4273 (TTY: 1-608-930-0008).

Wann du [Deutsch (Pennsylvania German / Dutch)]
schwetzst, kannst du mita Koschte ebber gricke,
ass dihr helft mit die englisch Schprooch. Ruf selli
Nummer uff: Call 1-608-930-8000 (TTY: 1-608-930-0008).

ໂບດຊາບ: ຖ້າ ວ່າ ທ່ານ ເຊິ່ງ ພາສາ ລາວ,
ການບໍລິການ ຊ່ວຍເຫຼືອ ອຸດົມພາສາ,
ໂດຍບໍ່ເສຍຄ່າ, ແມ່ນ ພ້ອມ ໃຫ້ ທ່ານ. ໂທ
1-844-804-4269 (TTY: 1-608-930-0008).

ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement.
Appelez le 1-844-803-2018 (ATS: 1-608-930-0008).

UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 1-844-803-2014 (TTY: 1-608-930-0008).

ध्यान दें: यह आप की ओर से बोला जा रहा है तो आपके लिए मुफ्त में
भाषा सहायता सेवाएं उपलब्ध हैं।
1-844-804-4265 (TTY: 1-608-930-0008) पर कॉल करें।

KUJDES: Nëse flitni shqip, për ju ka në dispozicion shërbime të asistencës gjuhësore, pa pagesë.
Telefononi në 1-844-803-2015 (TTY: 1-608-930-0008).

PAUNAWA: Kung nagsasalita ka ng Tagalog,
maaari kang gumamit ng mga serbisyo ng tulong
sa wika nang walang bayad.
Tumawag sa 1-844-804-4272 (TTY: 1-608-930-0008).