

Birth Resource Guide



Misericordia Hospital

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Welcome!

We hope this guide will provide valuable information to you navigate the city and the health services before and after your pregnancy and birth.



Land Acknowledgement

Public Health in Edmonton Zone sincerely acknowledges that Alberta is the traditional and ancestral territory of many indigenous people. First Nations, Métis and Inuit have lived in and cared for these lands for generations.

We are grateful for the traditional Knowledge Keepers and Elders who are with us today and those who have gone before us.

We make this acknowledgement as a small act toward reconciliation and in gratitude to those whose territory we reside on or are visiting.

We are honoured to welcome those who are visiting our city for their birth journey.

Pregnancy Health

Antenatal (Prenatal) Home Care

- Your health care provider may want to monitor your pregnancy in the community if you have diabetes or other health issues.
- If home monitoring is required, a nurse from the Antenatal Program will visit you where you are staying in Edmonton.

Healthy Parents, Healthy Children

- Alberta's one stop shop for information about pregnancy, birth, and parenting.
- Visit: <https://www.healthyparentshealthychildren.ca/>
- Ask your doctor for a paper copy

Prenatal Education

- **Free** Prenatal classes will be offered every Wednesday from 2 – 4pm via Zoom
- Please join us to share information and ask questions about what to expect during labour and delivery, how to care for your newborn and yourself in the first few days after birth.
- You will need a laptop, tablet, or cell phone with internet and/or Wi-Fi access to attend.
- If you would like to attend a class, scan the QR code →
 - Or call 780-735-8377 to register



Health for Two

- If you need help getting support for pregnancy-related health, mental health and addictions, or getting community services. **Please call or text 780-720-7738 to sign-up.**

Postpartum Health

Healthy Beginnings Postpartum Program

- After the birth of your baby, Public Health will contact you within 24 hours of discharge and make arrangements to visit you and your baby.
- It is important for you to share your phone number and the address where you are staying in Edmonton with the hospital so the nurses can connect with you.
- Nurses can answer questions about how to care for yourself and your newborn.
- This visit usually takes about 1 hour and may help you to feel more confident about baby's health before the long journey home.
- If you have any questions about your health or your baby's health after you are discharged please call **780-413-7990**

Misericordia Hospital, Women’s Health

16940 - 87 Ave. NW Edmonton, AB T5R 4H5

Cafeteria

The hospital cafeteria is located on the lower level. They are open to visitors and patients daily serving a variety of breakfast, lunch, and supper specials, as well as snacks, drinks and sandwiches. For snacks after the cafeteria has closed, there are vending machines located throughout the hospitals.

Gift and Flower Shop

Due to COVID-19 the Gift and Flower Shop is currently closed.

Hospital Parking

If you arrive between 6:00 a.m. and 9:00 p.m., parking is available in the public lot at the front of the building.

From 9:00 p.m. until 6:00 a.m., you are encouraged to park in the lot by the Emergency entrance as the front doors to the hospitals are locked.

Please check posted signs by the payment machines in the parking lots for parking fees and payment methods. A discount rate parking pass is available if your baby needs to stay in the Neonatal Intensive Care Unit. Please check with your nurse.

Taxi Services

Co-Op	780-425-2525
Yellow Cab.....	780-462-3456



Baby Friendly Designation

The Grey Nuns and Misericordia Community Hospitals are Baby-Friendly Initiative hospitals. This means that we protect, promote, and support breastfeeding, according to the World Health Organization Baby-Friendly Initiative.

Our goal is to help every family make an informed decision about each infant feeding method. No matter what decision you make, we believe that all families should have the benefit of:

- Skin-to-skin care after birth;
- Rooming-in, which means that mothers, fathers, and partners are never separated from their babies in-hospital unless there is a medical reason.

As Baby-Friendly Initiative hospitals, we encourage breastfeeding anywhere and anytime. We follow the recommendations set by the World Health Organization, Health Canada, and the Canadian Pediatric Society, which include:

- Babies have breastmilk only for about 6 months;
- Babies are also offered nutritious solid food from 6 months on;
- Babies should continue to breastfeed for 2 years and beyond.

Our Women's & Child Health staff have enhanced breastfeeding education and training to support families. Please feel free to ask your health care provider about the benefits of breastfeeding.

Health Services



General Health

Health

Link.....Call 811

- Speak with a Registered Nurse about health concerns or questions, 24/7

Mental Health

Access 24/7780-424-2424

- Addictions and Mental Health support, 24/7

Mental Health Helpline.....1-877-303-2642

- Confidential mental health support and information, 24/7

Addiction Helpline1-866-332-2322

- Confidential addiction support and information, 24/7

Pharmacies near the Misericordia Hospital

Some pharmacies may have delivery services available.

- Walmart Pharmacy 1 Meadowlark Transit Centre NW.....780-486-5296
- Safeway Pharmacy 8720 156 St NW780-486-0669
- The Medicine Shoppe Pharmacy – 15819 87 Ave NW.....780-486-1882
- Shoppers Drug Mart 254 87 Ave & 156 St NW.....780-484-7718
- Shoppers Drug Mart – 9570-170 St NW780-443-5800
- Rexall Pharmacy – 9540 163 St NW780-484-5555

Indigenous Wellness Clinic

Anderson Hall, #204, 10959 102 St NW780-735-4512

A culturally informed and safe environment for patients and their families to receive care and work towards their best possible health. All services are free and done through self-referral.

For more info, visit

<https://www.albertahealthservices.ca/findhealth/Service.aspx?id=4838&serviceAtFacilityID=1045311>

Please contact them if you would like access to:

- Indigenous Health coordinator - to refer to you services within the city and liaise for clients where needed
- Mental Health and Addictions Cultural Helper - for yourself or your partner
- A Dietician – to help with prenatal nutrition and cooking on a budget
- Physiotherapy
- Doctor – Dr. Weekes is accepting new patients and can see your partner if needed.

Health Care Coverage

During your time in Alberta, your newborn will be given a *ULI* (unique lifetime identifier) to receive health care. Hospital staff will assist you in the online application to *register your baby's birth*. This process can take 2-3 weeks and must happen before you apply for a birth certificate.

When you return to your home community, **you must apply for healthcare coverage in your territory**. Please see below for information from your territory:

North West Territories

<https://www.hss.gov.nt.ca/en/services/applying-health-care-my-newborn-child>

Nunavut

<https://gov.nu.ca/health/information/health-care-card>

General Services

Food and Groceries

Grocery Services

- Safeway, 8720 156 St NW 780-486-0584
- Real Canadian Superstore, 17303 Stony Plain Rd NW 780-486-8452
- Save-On Foods, 6260 199 St NW 780-483-3259

Grocery Stores with Delivery or Pick-up Service *Delivery fees may apply*

- **Real Canadian Superstore**
Order groceries online at www.pcxpress.ca
- **Save-On-Foods**
Order groceries online at <https://www.saveonfoods.com/sm/pickup/rsid/987/shop-online-how-it-works/>

Food Delivery Services *Delivery fees may apply.*

- **Edmonton Meals on Wheels**
 - Fresh-cooked or frozen meals
 - Delivered over lunch hour on weekdays
 - Prices starting from \$9.50 per day with free delivery
 - For more information, visit: <https://mealsonwheeledmonton.org/pages/daily-meals>

Restaurants

- **Skip the Dishes**
Visit <https://www.skipthedishes.com> or download the SkipTheDishes app
- **Uber Eats**
Visit <https://www.ubereats.com> or download the Uber Eats app
- **DoorDash**
Visit <https://www.doordash.com> or download the DoorDash app

Laundry

- Callingwood Laundry Co, 6811 177 St NW 780-481-9274
- Carmel's Laundry 16205 Stony Plain Rd NW..... 780-484-9547

Banking

- BMO Bank of Montreal – 8916 149 St NW
- RBC – 15710 87 Ave
- TD Canada Trust – West Edmonton Mall
- CIBC – 10058 170 St NW
- Servus Credit Union – 148-17010 90 Ave NW

Recreation

- **Jasper Place Fitness and Leisure Centre** – 9200 163 St NW Call 311
 - Fitness center and pool, drop-in group classes. For more info, visit:
[Jasper Place Leisure Centre | City of Edmonton](#)
- **Jamie Platz YMCA** – 7121 178 St NW 780-452-9622
 - Fitness center and pool, drop in group classes. For more info, visit:
[Jamie Platz Family YMCA | YMCA of Northern Alberta](#)
- **Lois Hole Public Library** – 17650 69 Ave 780-442-0888
- **Jasper Place Public Library** – 9010 156 St NW 780-496-7079

Shopping

- Kingsway Mall 109 Kingsway NW
- City Centre Mall 10025 102A Ave NW
- West Edmonton Mall 8882 170 St NW

Need additional supports or resources?

211 Alberta Call/Text 211

- Helps you find the right help when you need it 24/7
- visit <http://ab.211.ca>

Family and Indigenous Resources

Jasper Place Family Resource Centre – #413, 10045 156 St NW 587-635-1775

- Provides programs and services designed to support children, youth, parents, and families. For more info, visit: <https://jasperplace-cfrc.com/>

Family Resource Networks

- Visit : <https://www.alberta.ca/family-resource-networks.aspx>

Bent Arrow Traditional Healing Society – 11648 85 St NW 780-481-3451

- Provides programs, services, and cultural supports for children, youth, parents, and families. For more info, visit: <https://bentarrow.ca>

Alberta Native Friendship Centres Association – 11728 95 St NW 780-761-1900

- For more info, visit <https://anfca.com/> or <http://www.cnfc.ca/>

Edmonton Heyoka Healing Society – 10722 92 St NW 825-440-0671

- Provides direct support with items like food hampers and hygiene supplies, and access to Social Work support, counselling resources, and cultural support and ceremony.

Indian Residential School Survivors and Family Crisis Line 1-866-925-4419

Goba – 10526 Jasper Ave 587-545-5908

- Provides a supportive, effective, culturally safe healthcare and medical travel experience for northerners receiving care in Alberta. This includes offering healthcare and community support navigation, advocacy, connection and cultural programs. Goba is a non-profit organization. All services are free. For more info, visit: www.gobacare.ca

Childcare Resources

Availability of childcare spots are **not guaranteed** and **may or may not** be able to provide advanced bookings.

- **Norwood Parent Respite Program** 780-471-3737
 - Free respite daycare services for families experiencing challenges. Families will need to do a phone intake with the program. Advanced booking is required. Open Tuesday-Friday, 0830-530.
- **Bissell Early Childhood Development Centre** 780-429-4126
 - Provides free daycare services for low-income families. Families will need to do a phone intake with the program. Advanced booking is required. Open weekdays, 8-5pm
- **Child Care Respite Program** 780-422-2001*
 - Provides temporary childcare to families who are experiencing challenges. This program may have space available in local dayhomes during weekdays, daytime hours. For more info, call 780-427-3390, select option #2, option #3.
- **Kids Kottage**..... 780-944-2888
 - Provides free 24 hour care in a homelike setting for children when families are crisis, such as needing to go to the hospital for medical care and not having childcare available. Children can stay 24-72 hours, however *spaces are limited and cannot be guaranteed or booked in advance*. Families must complete a phone intake process.
- **Birdie Break**.....
 - A private company offering on-demand, pay-per-use childcare services from independent childcare providers. Please review the website for costs, booking process, and screening process, at <https://www.birdiebreak.com/>

What to Bring for your Birth

Refer to information resources provided by your NWT/NU health care provider.

Hospital Bag

You may already have your “hospital bag” packed, but here are a few suggestions you might have missed or might find helpful:

- A copy of your birth wishes, including traditional teachings and practices, such as smudging or drumming
- NWT/NU Personal Health Card and other insurance cards
- Prenatal Health Record – from your health care provider
- Housecoat, slippers, pajamas or other comfortable clothing
 - Wear hospital gowns during birth to avoid soiling your own clothing
- 3 pairs of maternity underwear
- A nursing bra
- Unscented lotion, toothbrush, toothpaste, deodorant and shampoo
- 1 package of long feminine pads for heavier flows
- Loose-fitting clothing – maternity clothes will work for the first few days and will be more comfortable for the journey home
- Water bottle with your name on it
- Blood glucose monitor if you have one

BRING YOUR PHONE AND CHARGER

- Staying connected with your family back home will be so important. They will want to see the baby ASAP ♥
- Access free prenatal classes while you wait for your baby to arrive!
- You can access computers at Edmonton Public Libraries if needed.
- Find services and information during your stay in Edmonton

Labour comfort supplies

- Lip balm
- Sugar-free mints or hard candies to keep your mouth moist
- Focal Point - something you have chosen to focus on, like a picture or item
- Music – drumming, iPod, etc.
 - Massage tools such as a tennis ball, unscented oils or lotions
- Extra pillows - bright or patterned pillow cases, so they do not get mixed up with the hospital supply
- Warm socks and slippers or comfortable shoes
- Camera - ask permission from health care providers before taking their picture

Non-birth Parent/Support Person

- 1-2 changes of clothes, comfortable footwear
- NWT/NU Personal Health Card and other insurance cards
- Water bottle with your name on it
- Bathing suit to give support in the shower
- Toothbrush, toothpaste, deodorant and other personal supplies

Baby Supplies

- 3-4 receiving blankets
- 2-3 undershirts or onesies
- 2-3 sleepers
- 1 -2 Hats
- Newborn diapers
- Car Seat Cover or one extra blanket to cover car seat when outside
- Rear-facing car seat
 - Please review your car manufacturer manual AND the car seat manual to ensure proper installation.
 - Practice before you leave home if possible.

When to go to the Hospital

Most healthcare providers say to go to the hospital when:

- Contractions are becoming stronger, you're no longer comfortable at home, and
 - If you're having your first baby, contractions have been 5 minutes apart for 1 hour and last about 1 minute each
 - If this is not your first baby, contractions have been 7–10 minutes apart for 1 hour
- You're leaking fluid from your vagina (your membranes may be ruptured)
- You have bright red vaginal bleeding
- If you notice your baby is not moving as much or your baby's movements have changed

Admitting

Main Admitting is located just inside the front lobby but if closed, please go directly to the Emergency Admitting on the east side of hospital attached to Emergency which is open 24 hours a day.

When you come to Admitting we do not want you to wait in line. If you are kept waiting, please let the Admitting staff know you are pregnant. A hospital porter will bring you up to Labour and Delivery in a wheelchair unless you are coming for induction, elective cesarean section or as an outpatient through the Obstetrical Outpatient unit.

If you are told by a physician or nurse to go straight to Labour and Delivery, please do so. If you are not sure where to go, admitting staff will direct you. Please bring in any papers your health care provider has given you and give them to the nursing staff when you arrive on the unit.

We have both male and female caregivers for our mothers and babies in all areas. The safety and health of our moms and babes is our priority. All of our physicians and staff will treat you with the expertise and respect that Covenant Health prides itself in providing. We do not guarantee that physicians and staff of any specific gender will be available to you and your baby.

Entrances

- The doors by Emergency are always open for your convenience •
- The front doors are open from 6:00 a.m. to 9:00 p.m. each day

Important Numbers

Health Related

- Emergency (Ambulance, Fire, Police)911
- Healthlink (Health Information)811
- Free Drop-in Prenatal Class.....780-735-8377
- Healthy Beginnings Hotline (Newborn/Postpartum health).....780-413-7990
- Access 24/7 (Mental health and addiction)780-424-2424

Important Phone Numbers at the Misericordia Hospital

- Information (Switchboard)..... 780-735-2000
- Labour and Delivery Unit 780-735-2764

Important Phone Numbers for you

Your Edmonton Doctor:	Name _____	Phone: _____
LARGA House	Name _____	Phone: _____
Isolation HUB	Name _____	Phone: _____
Hotel	Name _____	Phone: _____
Other	Name _____	Phone: _____
Other	Name _____	Phone: _____
Other	Name _____	Phone: _____

For non-urgent matters, you can call your physician's office during daytime hours or Healthlink at 811 (24/7).