



Common Questions About Cambridge Memorial Hospital

Where do I park at the hospital?

You should park in front of Wing A (the “new” section) at the hospital. Follow directions for “Visitors Parking”. Keep your parking ticket in a safe place where it will not be forgotten.

Alternatively, you may choose to be dropped off at the front doors of the hospital, and the person who is accompanying you may park in the Born Midwives parking lot. Ask your midwife for an extra token or two if this is the case.

Where is Birthing? Where do I meet my midwife?

If you are coming to the hospital during the day, you should enter the hospital via the Main Entrance doors. If you come overnight, you will need to go in via the Emergency department doors to the left of the Main Entrance. The Birthing Unit is on the main floor of the hospital – a volunteer or screener will direct you to a waiting room just outside the unit. There is a phone to use to call the unit to let staff know you are waiting to be let in. Your midwife will come get you.

What should I bring to the hospital?

Please see our guide *What To Pack For a Hospital Birth*. Pack for a 24 hour stay. It is advised not to bring valuable items to the hospital. The hospital does not assume responsibility for any stolen or lost personal items.

What are my food/drink/snack options in hospital?

When you are admitted to the hospital, your meals will be provided for you. There are small kitchenettes in the Birthing and Postpartum units which have a fridge/freezer, microwave, toaster, and kettle. Ginger ale, juice, tea and ice water are available. Toast, crackers, gelatin, and popsicles are often available to patients but are subject to availability.

There is a Tim Hortons within the hospital that is open during the day.

It is highly recommended to bring some of your own labelled meals/snacks/beverages for your support person(s).

You may also choose for your support person to go out to pick up food, or to order food into the hospital during the day. You can instruct the delivery person to drop the food off at the Main Entrance.

Who can support/visit me in hospital?

At least one person can be at the bedside to support you in labour and in the postpartum. Please discuss the most recent visiting guidelines with your midwife. Your support person is permitted to come and go, however support persons are encouraged to limit their ins and outs.

What are the rooms like in the hospital?

There are 6 labour rooms in Birthing. Each room is private and has its own bathroom with walk in shower, thermostat, and blackout curtains if desired. You will stay in your labour room until approximately 2-3 hours after your birth, where you will be transferred to a room in our Postpartum ward located on the 4th floor of the hospital. Depending on your insurance coverage, personal preference, and overall availability, rooms can be private, semi-private (up to 2 patients in a room), or ward (up to 3 patients in a room). As in Birthing, each room has its own bathroom and walk-in shower.

Cable TV programming is available at an additional cost if desired.

Basic wi-fi is available at no cost to patients and visitors.

As described above, there are small kitchenettes on the wards available for patient use.

How long should I expect to stay in hospital?

The majority of people stay approximately 24 hours in hospital, but this is dependent on you and your baby. Some people whose births are uncomplicated and both baby and birthing parent are well can choose to be discharged from hospital as early as 3 hours after their birth. Some parents may need to stay 48-72 hours at the hospital in the event of a Caesarean section or if complications have occurred. You can discuss your preferences for your hospital stay with your midwife.

Will my midwife stay with me the entire time I'm in the hospital?

Your midwife will accompany you for all assessments, when you are admitted in labour, and for approximately 2-3 hours after your birth. After this point, you and your baby will be taken care of by the nurses on the Postpartum ward. Your midwife will normally visit or check in on you the next day.