

Maternity Center Tours

Thank you for choosing Salinas Valley Memorial Healthcare System (SVMHS) to help you deliver and care for your new baby. We know this is one of the most important moments of your life and our staff are here to support you through the process.

Unfortunately, due to the Coronavirus COVID-19 pandemic, we are unable to offer tours of the Maternity Center at this time. In lieu of the tour, we have compiled a list of frequently asked questions that we believe will be beneficial and helpful as you anticipate your baby's delivery at Salinas Valley Memorial Hospital.



When can I pre-register?

You can pre-register any time before your due date. In fact, we encourage you to pre-register so that you do not have to go through the registration process while you are in labor. The registration desk is located in the main lobby of the hospital. Registration hours are Monday-Friday 5:30am-6:00pm, Saturday 5:30am-3:00pm, closed on Sunday. Due to COVID-19, registration hours may vary. Call 831-759-3221 for assistance. If you leave a message, a staff member will return your call as soon as possible.

What should I pack for my hospital stay?

The hospital provides basic necessities such as diapers, hat, wipes and receiving blanket for baby; toothbrush/toothpaste, peri-bottle, witch hazel pads, pain relieving spray, sanitary pads, ice packs and underwear for mothers. You are welcome to pack anything else that would enhance your stay, such as phone charger, laptop, massage tools, shampoo, deodorant, hair accessories, etc.

Where can I park?

Free parking is available inside of the hospital parking garage located at the corner of E. Romie Lane and Wilgart Way. Due to COVID-19, we are utilizing self-parking, however there will be valet staff onsite in the parking garage to assist with any self-parking concerns.

Where do I check in when I arrive at the hospital?

You will enter through the main hospital entrance located at 450 E. Romie Lane. The lobby door is open 24 hours a day/7 days a week. Everyone entering the hospital will be screened for COVID-19. When you enter the lobby, let the concierge or security officer know that you are in labor and you will be directed to the second floor.

When on the second floor, exit the elevator and you will see the nurses' station. Check in at the nurses' station and they will assist you with the admitting process.

What should I expect to find at Labor & Delivery?

The Labor & Delivery nurses are ready to support you during your stay. You will have access to a birth preferences sheet to enhance laboring process. The hospital offers various support tools such as a birthing ball, peanut ball, massage oils, rocking chair and CUB (Comfortable Upright Birthing inflatable seat). Pain management procedures such as IV pain medication and epidurals can be discussed as needed. Each Labor & Delivery room will have an adjustable bed, sofa bed, private restroom with shower, as well as other amenities.

How many support people can I have in my Labor & Delivery room?

Due to the COVID-19 crisis, only one main support person is allowed who is encouraged to stay and will need to remain in the room. We also offer family centered care in the operating room where the mother can view the birth through a clear drape and the baby will be placed skin to skin quickly afterward.

What if I need a cesarean?

The hospital has one operating room located in the Labor & Delivery area. One main support person is allowed in the operating room after the mother has been prepared for surgery.

Cherishing mom meal

A “cherishing mom meal” for the mother and the support person is provided to celebrate their new arrival, served in the mother’s room.

After delivery, when can my family/friends visit?

Unfortunately, due to COVID-19, only one main support person is allowed to be with the expecting mother. No other visitors will be allowed. You are welcome to Skype, FaceTime or phone family and friends during your stay.

Will I have to change rooms during my stay?

Yes. Mother and baby will stay at least 2 hours in the Labor & Delivery room or until they are stable. They will then be transferred to a Mother/Baby room, also located on the second floor. SVMHS is also proud to be a baby-friendly hospital, which means that your baby stays with you in your room.

Does SVMHS have a Neonatal Intensive Care Unit?

The hospital is home to a Level III NICU for those infants that need extra care. Our state-of-the-art facility is prepared to care for infants 28 weeks and older. Two parents/guardians are allowed in the NICU.

After my baby is born, what are some of the newborn procedures?

Immediate procedures include APGAR score, a vitamin K injection, and neomycin eye ointment. Other procedures can include, Hep B vaccine, bathing and a hearing test. CCHD (cardiac test) bilirubin and newborn screening blood test are performed 24 hours after birth.

How long will I have to stay in the hospital?

Vaginal births are able to be considered for discharge after the necessary lab work has been completed 24 hours after delivery. Cesarean births are able to be discharged any time after 2-4 days. We want to ensure that both mom and baby are stable and all procedures have been completed before discharge. Ultimately, both the pediatrician and mother’s physician will decide when it is safe to be discharged.

