



FREQUENTLY ASKED QUESTIONS

Maternity Center Tours

Thank you for choosing Salinas Valley Health 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.

When can I pre-register?

You can pre-register anytime 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 medical center. Registration hours are Monday-Friday 5:30am-6:00pm, Saturday 5:30am-3:00pm, closed on Sunday. 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 stay in the medical center?

The medical center 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 medical center parking garage located at the corner of East Romie Lane and Wilgart Way.

Where do I check in when I arrive at the medical center?

You will enter through the main medical center entrance located at 450 East Romie Lane. The lobby door is open 24 hours a day, 7 days a week. Everyone entering the medical center 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.



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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 the laboring process. The medical center 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?

We allow four visitors during labor, in addition to one main support person who is encouraged to stay.

What if I need a cesarean?

The medical center has two operating rooms located in the Labor & Delivery area. We 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. One main support person is allowed in the operating room after the mother has been prepared for surgery.

Does Salinas Valley Health have a Neonatal Intensive Care Unit?

The medical center 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.

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. Salinas Valley Health is proud to be designated by Baby-Friendly USA as a baby-friendly medical center, which means that your baby stays with you in your room.

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

We recommend one hour of uninterrupted skin-to-skin contact immediately after birth. Afterward, we will give your baby an APGAR score, a vitamin K injection, and antibiotic 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 medical center?

Those who have had vaginal births are able to be considered for discharge after the necessary lab work has been completed 24 hours after delivery. Those who have had Cesarean births are able to be discharged anytime 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.



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.

