



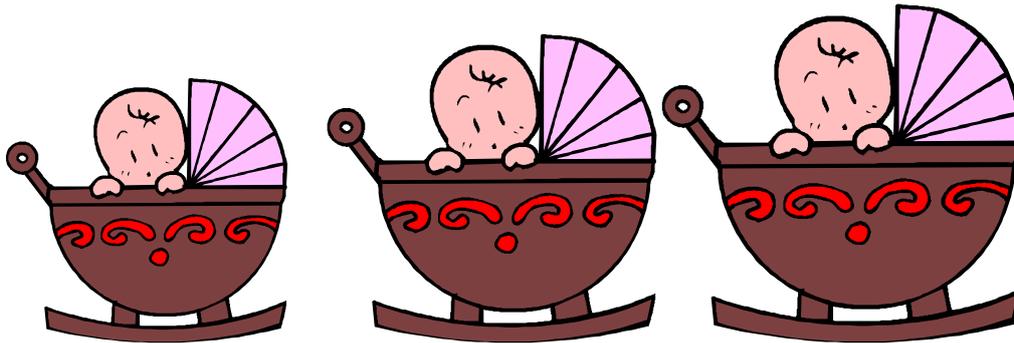
## WELCOME TO GIVE BIRTH

Little fingers, ears and nose.

Little legs and feet and toes.

Little hands, so soft and light.

Little miracle to hold tight.





## Is it time to go to the hospital?

The sensations are different from the onset of labour. If you are unsure about when to go, you can call the maternity room (tel. 08-6156 2400) at any time and ask for advice.

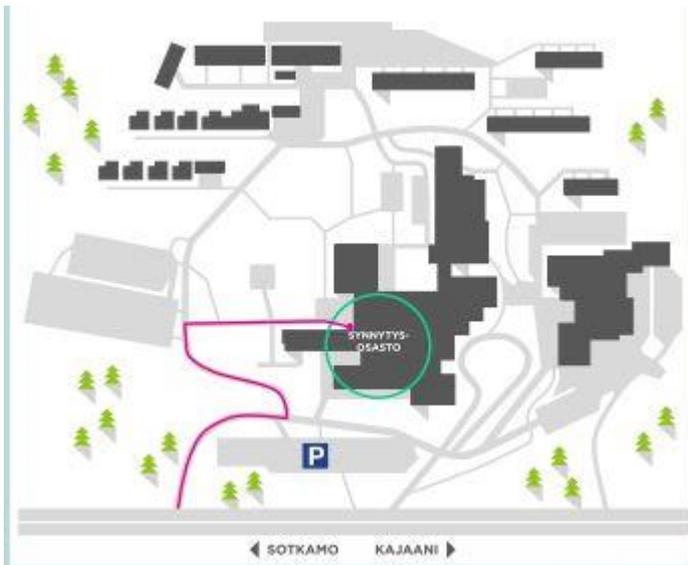
## It`s time to go to the hospital ?

- It`s time to go to the hospital when the contractions have been going on regularly (every 5-10 minutes) for several hours and they are getting stronger and more painful.
- When amniotic fluid comes, even if you do not have contractions-> call to maternity room (08-6156 2400) and ask more advice.
- If you have heavy bleeding, go to the hospital by ambulance.
- If you have continuous severe pain in stomach what doesn`t go away - call ambulance.

OBS! Siblings are not allowed to come along delivery room!

## Arrival at the hospital ?

Doors are open at 06.00-19.00. At the other times you can come by emergency poliklinik or using this route.





## To father or to friend

A husband or friend will bring a sense of security. They will bring encourage and motivation to the mother. When a familiar person is near, mother does not feel lonely. Discuss beforehand about who will come to the delivery or whether mother will want to be alone.

During labour husband or friend can do little bit massage, help mother to change position, give something to drink or just hold her hand.

The most important thing is be there for her.

Sometimes it's not possible that husband or friend is with mother in delivery room. Then midwife tries to be there as much as possible.

## What shall I bring with me to the hospital?

- personal hygiene products (shampoo, toothbrush..) and medicine
- Comfortable, clean clothes to father. Mother can use our hospital clothes. Mother and father can bring own sandals too.
- We offer food to mother. Father can bring own food (we have fridge and microwave) and father can buy some tea or coffee from us. It's 50 snt/cup.
- Something to do (books, music) We have TV and radio in delivery room.
- You can use your mobile phone in delivery room (remember to take your charger with you).

## Delivery

The childbirth is individual and unique. It has been investigated that it is not the most important thing that mother doesn't feel pain during delivery. It is important that midwife will listen and respect mother when it is time to deliver.

Sometimes unexpected situations may accure. That's why it's important that you don't make too exact plans beforehand. You can make wishes about delivery in preliminary information. Talk about your wishes and fears with the midwife when you are in delivery room.

### There are three stages in childbirth.

In the *first stage* cervix will open up to 10 cm using contractions. Contractions cause pain but that's not dangerous. It tells that delivery is on progress. Pain is like a wave, first it gets stronger but then it releases. Mother can releaf pain by relaxing. Home-like environment, dimmed lights, music and calmness helps. When mother is focused by relaxing and follows her breathing it turns thoughts away from the pain. Swaying pelvis on the gymball can also releaf pain. Warm or cold wrappings, shower or pool can help too. Massage and touching are best known relaxing methods in during childbirth. You can practise it beforehand at home.



Mothers positions and moving affects a lot to how she feel pain and how delivery goes on. You can practise comfortable positions at home.

If you want, we can give you acupuncture treatment in different stages in childbirth. It can releaf pain, it helps move placenta after delivery. Acupuncture can help also milk rising.

“Laughing gas” can releaf pain caused by contraction. Gas eases pain and dissolves quickly. It’s safe for the baby.

There are some stronger medicine for the pain too. Injections and local anaesthetics by a doctor to give

- epidural anaesthesia
- spinal anaesthesia
- PCB (paracervical block)

These methods requires mothers and babys closer monitoring.

In the *second stage* of labour mother starts to push. She can push on her back, on her side, on her knees or half sitting position in bed. There is a specific birth stool and bean bag chair what we can try too.

In the *third stage* of labour placenta is delivered. It will come out within 30 minutes after your baby has born.

## **After the delivery**

You can hold your baby on your breast. Baby’s most sensitive senses are feeling and smelling. Baby can identify her mother by smelling. Mother can breastfeed baby immediately. After breastfeeding midwife will measure the weight and length of the baby.

After taking care of baby and mother you can be together with a new family member. We offer “birthday coffee/tee” to you. Usually family will be about 2-3 hours in delivery room after delivery. Then we will take you to the ward number 4 (post-natal ward) If it’s possible, the midwife who took care of your delivery comes and discusses about your delivery before you go home.

Sometimes delivery will happen by caesarean section. The reason can depend either on the mother or the baby. Usually father can be with mother in caesarean section and participate later to care of the baby.

## **Post-natal ward**

Mother and baby can use hospital clothes or own clothes in the ward. We have also sanitary towels to mother and diapers to baby too.

At the post-natal ward mother keeps baby by her side. It promotes success of breastfeeding and mothers and baby’s interaction. Father and siblings are welcome to participate in baby care at ward 4. Other persons visits in the ward are prohibited! Visit limitation helps to protect the mother and baby from infections and gives privacy to new families.



Nurses will help and give advise about caring and breastfeeding the baby. There is one family room at the ward. Tell us if you want to book it. Paediatrician will check your baby at the age of two days. If everything is okay, family can go home after 2-5 days.

## Contact us

### Delivery

Sotkamontie 13 (first floor) 87300 Kajaani

Puh. 08 6156 2400 delivery room

Puh. 08 6156 2430 maternity ward

<https://sote.kainuu.fi/toimipisteet/synnytys>

Facebook: Synnytä Kajaanissa

## WELCOME TO GIVE BIRTH!



## Maternity ward

Sotkamontie 13, 87300 Kajaani, tel 08-6156 2400