

Frequently Asked Questions

OSF Saint Francis Medical Center-Family Birthing Center

You have questions? We have answers!

Q: Where will I come when I am ready to deliver my baby?

A: **Scheduled Delivery:** For your scheduled induction or C-section, you will check in at our Labor and Delivery Triage desk which is located in zone 2 on the 5th floor. The Family Birthing Center is a secure, locked unit. Your support person and visitors will be given a badge to wear while they are here, this indicates that they are approved to be on the unit.

A: **Unscheduled Delivery-**For an unscheduled delivery, you and your support person will be asked to enter the hospital from our emergency department where you will be checked in and our nursing staff will assist you with the next steps for your delivery.

Q: Do you have private rooms?

A: Yes, all of our rooms are private, and they provide you and your loved one with time together in a relaxed and comfortable environment.

Q: Do I need to preregister prior to my delivery?

A: It is not required but it will speed up the process if you pre-register. You can contact our staff to assist you with registration by calling 309-683-6754.

Q: Do I need to bring a car seat?

A: You will need to have your car seat brought up to your room the day you are discharged to go home.

Q: Do you have birthing balls or are tub births available?

A: Our hospital does have access to birthing balls and peanut balls.
We do not offer tub births at SFMC.

Q: Can you please provide information on the epidural?

A: We have a CRNA (anesthesia nurse) on our Labor and Delivery unit 24 hours a day. Generally, the only wait time for placement of your epidural will be when the CRNA is in another epidural placement, in a c-section, or we are awaiting results on your current admission labs.

Q: How long will I be in the labor room? Where do I go after the baby is born?

A: Typically, you will remain in your labor room with your new baby for two hours after delivery. After the two-hour recovery you will transition to the postpartum unit where you and your baby will share a private room.

*If you have a c-section or the baby goes to the NICU, we complete a one-hour recovery to reduce the time mom is separated from her baby.

Q: Is there someone that can help me with breastfeeding?

A: Yes, our International Board Certified Lactation Consultants can provide breastfeeding assistance and are available anytime you may have questions during your stay and even after you have been discharged home.

Q: How long will I be in the hospital?

A: The length of your stay will vary depending on your health and your baby's overall health status. Typically, vaginal deliveries stay a minimum of 24 hours. Cesarean deliveries stay a minimum of 48 hours. Your discharge will be completed based on the recommendations from your OB physician and pediatrician.

Q: What do I need to bring to the hospital?

What to pack for Mom

Comfortable Outfit for after delivery
Nursing bra
Shower shoes
Chapstick
Makeup
Hair ties
Breastfeeding pillows (if preferred)
Phone Charger
Wallet
Snacks

What to pack for baby

Outfit for baby pictures
1 blanket
Swaddle (if wanted for pictures)
Going home outfit
Car seat (on day of discharge)
Baby book
(If wanted for footprints)

Toiletries

Toothbrush
Toothpaste
Deodorant
Shampoo/Conditioner
Glasses/contacts
Face Wash
Brush
Lotion