

What to expect when delivering at Legacy Health

Choosing where to have your baby is a big deal. Thank you for thinking of Legacy as your first choice. All Legacy Family Birth Centers provide the safest care possible.

Preparing for your delivery

- Make sure your doctor or midwife delivers babies at your Legacy hospital.
- Learn about birth, baby care, and breastfeeding by taking a class at Legacy.
- When it is close to your due date, pack your hospital bag. This includes toiletries, medications, and comfort items for up to 3 days. Candles, alcoholic beverages, illegal substances, aromatherapy, and firearms are not allowed.

When you go into labor

- Call your doctor or midwife.
- Bring your hospital bag.
- When you arrive at the hospital, go directly to the Family Birth Center. If you arrive after hours, you may have to enter through the emergency room entrance.
- A nurse will assess your labor status after you check in.
- All of your support team can join you, but must check in at the front desk. If it is flu season, Legacy (and other hospitals) have visitor restrictions.

Our labor rooms

Our Family Birth Centers offer a cozy, home-like experience with access to medical technology, when needed. All rooms include:

- Adjustable bed
- Rocking chair
- Fetal monitor for your baby
- Television
- WiFi

Upon request, we also offer:

- Squat bar
- Birthing stool
- Fitness or birth ball
- Nitrous oxide (also known as laughing gas)
- Water births (not offered at Legacy Silverton Medical Center)