

Birth Center Tour

Information packet

To prepare for your stay with us, please print the **'Patient in Labor'** sign



Children's Emergency

Muni Bus Stop

UCSF at Mission Bay is accessible via Muni bus routes 22 – Fillmore, 55 –16th Street, and 91–Owl. All listed routes are accessible via wheelchair.

Muni T-3rd St. Light Rail

Muni streetcar line, T- 3rd St. stops at 3rd St. and South St., as well as 3rd St. and Mariposa St. This route is accessible via wheelchair. For more information, visit sfmta.com.

Parking Entrance

Patient Drop-Off

Patients may be dropped-off at the circle drives in front of the Gateway Medical Building or the Hospitals.

Public Parking

See map to the left for public parking locations. For parking rates visit <http://campusliveservices.ucsf.edu>.

UCSF Shuttle Stop

Shuttles connect all major UCSF Health site locations in San Francisco: Parnassus Heights, Mission Bay, Mount Zion, China Basin and Zuckerberg San Francisco General. Inter-campus services are provided Monday to Friday, from 5:00 a.m. to 9:00 p.m., and are free for patients and their family members. Shuttles are wheelchair accessible. For shuttle timetables and routes, visit campusliveservices.ucsf.edu.

Valet Parking*

Bayfront Medical Building and Valley Center for Vision

M-F, 7:30 a.m. - 4:00 p.m.**

Gateway Medical Building

M-F, 7:30 a.m. - 4:00 p.m.**

Smith Cardiovascular Research Building

M-F, 7:30 a.m. - 3:45 p.m.**

*There is no additional cost for valet parking. Self-park and valet parking both cost the standard hourly parking rate.

**For appointments ending after 4:00 p.m., there is a specific after-hours process at each of our valet locations that will be communicated to patients when they drop-off their vehicle.

Preparing for a Birth to-do list

More information on many of these topics can be found throughout the UCSF Obstetrics [Prenatal and Postpartum Guidebooks](#).

Please complete by the end of your Second Trimester

- View labor & delivery rooms in this Birth Center tour:
<https://womenshealth.ucsf.edu/whrc/welcome-ucsf-birth-center>
- Enrolled in Third Trimester Webinar Q&A (THIRD Friday of every other month):
<https://womenshealth.ucsf.edu/whrc/ucsf-womens-health-webinar-series>
- Signed up for classes with the Great Expectations Pregnancy Program
<https://whrcportal.ucsf.edu/index.html?aspxerrorpath=/whrcmember/Login.aspx#home>
- Spoke to my employer/HR about disability and family leave benefits
- Spoke with Patient Navigator about breastpump coverage through insurance
(415) 514-2670

Please complete during your Third Trimester

- Received a PPD test for tuberculosis (TB)
- Received a Tdap vaccine for whooping cough
- Received the flu vaccine, if indicated by my provider
- Familiarized myself with when and where to come for my delivery
- Choose a Healthcare Primary Care Provider for Your Baby (415) 885-7478 with in 3-5 day of life.
- Scheduled a postpartum appointment for six weeks after my due date
- I reviewed my birth preferences with my provider
- Know to call if I am in labor or leaking water: Birth Center at (415) 353-1787
- Know to bring two forms of ID to my delivery (Insurance Card and Identification Card)
- Completed the Birth Certificate Worksheet and will bring it to my delivery (415) 353-1093

When you are going home from the Hospital after Birth & Postpartum

- Arrange a ride home by noon on your going-home day
- Bring an infant car seat if you plan to drive a car home.
- Plan to stay 24-48 hours after vaginal delivery.
- Plan to stay 48-72 hours after cesarean section unless there are complications.
- Contact the Women's Health Resource Center for any postpartum support (i.e. breastpumps, classes, and support groups)

UCSF Obstetrics patients refer to your Caring for Yourself During Pregnancy guidebook

UCSF Birth Center Information

UCSF Betty Irene Moore Women's Birth Center

1855 Fourth Street, Third Floor San Francisco, CA 94158
(415) 353-1787

UCSF Great Expectations Pregnancy Program

Mission Bay | 1855 Fourth Street, 3rd Floor, Suite A3473, San Francisco, CA 94115
(415) 514-2670

When you think you may be in labor

Call Labor & Delivery at (415) 353-1787

The nurse or provider on call will do an over-the-phone assessment and determine if you are ready to come into the hospital or not.

When you arrive at the hospital

You may park in the semi-circle in front of the hospital for about **15 minutes**.

Be sure to place a sign on your windshield that reads **“Patient in Labor”** followed by the Labor & Delivery phone number: (415) 353-1787. You can find the sign in this packet.

The main hospital entrance is open daily from 6:00 am–9:00 pm.

If you arrive after hours, please enter through the Children’s Hospital Lobby double doors (1925 4th St).

Check in with Security at the Main Information Desk (unless it’s an emergency).

Take Elevator A to the 3rd floor (straight ahead after you enter from the main entrance).

Stop at the Welcome Desk (on the left side after the elevator).

Parking

Public parking at UCSF Medical Center is \$5/hour, \$35.00/day

Discount for disabled patients and visitors is \$7/day

Neither UCSF nor your insurance will cover your parking costs.

Patients may be dropped off at the circle driveway in front of the UCSF Ron Conway Family Gateway Medical Building at 1825 Fourth St.

Valet parking is also available from 8:00 am–3:00 pm., Monday through Friday, in the circle drive in front of Gateway.

For more information about parking, call Campus Parking Services at (415) 476-2566.

Security Check

Security screens **ALL VISITORS** before entering the Birth Center (located on the 1st Floor at the Main Information Desk). Security is open 24 hours a day, 7 days a week. Each visitor will be issued a dated visitor's pass that must be worn at all times.

Visiting Hours

Visiting hours are 8:00 am-10:00 pm. Your primary support person is allowed access to the unit 24/7. The Welcome Desk will complete a brief health screening for visitors.

Please encourage friends or family members to stay home if they have any signs of illness.

Private labor and delivery suite

Nine luxury private labor and delivery rooms have spa-like amenities and a calming environment.

We have dedicated family areas with Wi-Fi and a sleeping sofa.

Media walls with access to the Internet, educational materials, entertainment, environmental controls, food services, and communications with providers.

Dedicated infant care and resuscitation areas located adjacent to the birthing bed provide easy access for the pediatrician to tend to the baby and enable you to keep an eye on your newborn during that critical first exam outside the womb.

Cesarean operating room

There are 3 Cesarean operating rooms on the floor. If the Cesarean is not an emergency, you may have one support person in the operating room with you.

Your postpartum room

The average stay: Vaginal delivery: 24-48 hours/Cesarean delivery: 48-72 hours

The postpartum room is private and comes equipped with your own bathroom and shower.

We have dedicated family areas with Wi-Fi and a sleeping sofa.

Media walls with access to the internet, educational materials, entertainment, environmental controls, food services, and communications with providers.

The well-baby nursery

We encourage your baby to room in with you as much as possible. There are a few times when your baby will need to go to the nursery for exams by the pediatrician or the state-mandated screening tests. You are welcome to accompany your baby if you like or send your support person.

The intensive care nursery (ICN)

The ICN is located on the third floor.

If your baby does need to spend time in the ICN, we will assist you in maximizing your time at your baby's bedside during your stay with us.

Before you leave the hospital

Right after birth, we will place an electronic ankle band on your baby for security purposes, as well as identification bands on your baby, you, and your support person. These will be removed immediately prior to discharge.

Everything for your baby is provided during your stay (diapers, clothing, etc.). You will want to pack things to bring your baby home- clothes, a hat, a blanket, and a car seat.

UCSF recommends bringing a car seat for the baby's first ride home. If you need any assistance with the car seat, you may make an appointment to have your car seat installed and checked for safety. This can be done through your local police station, the California Highway Patrol, or AAA in Daly City.

Things you may want to bring to the hospital

Here is an informal list of items that may make your stay with us more comfortable:

For you

- Birth Plan
- Bathrobe
- Slippers
- Toiletries
- Socks (a few pairs)
- Eyeglasses, if you wear them
- Hairband, if you need one
- Lip moisturizer
- Snacks and Drinks
- Massage oils or lotions
- Massage Tools
- Relaxation materials / Media devices
- Sports bra or low-support nursing bra
- Roomy going-home outfit and comfortable shoes that you can nurse in

For support person(s)

- Watch with a second hand to time contractions
- Camera and charge cord
- Toiletries
- Change of clothes (comfortable)
- Snacks and relaxation materials

For baby

- An infant car seat is required if you are going home by car
- Outfit for the trip home (consider the weather for the time of year), in case the baby soils one
- Receiving blanket (a heavy one if the weather is cold)
- One pair of socks or booties

UCSF Research Studies for Pregnant Women

As a patient at UCSF, you can participate in research studies to help improve the health of women and babies in the future.

Prenatal Clinics

You may be eligible for various studies throughout your pregnancy & may be approached by a research recruiter before your prenatal appointment.

If you would like to contact a clinical research coordinator, please call (415) 502-0131 or email Allison.O'Leary@ucsf.edu.

Mission Bay Birth Center

There are also opportunities to donate bio-specimens and participate in a study when you're at the UCSF birth center to deliver your baby. Bio-specimen collection can include cord blood, placenta, maternal blood, or baby saliva. A research recruiter may approach you in your room.

If you would like to get in touch with a clinical research coordinator before your admission, please call (415) 476-5277 or email Lisa.Gertridge@ucsf.edu or Lisa.Wilson@ucsf.edu.

UCSF Health Newborn Primary Care

Choose a Primary Care Provider
for Your Baby in your Third
Trimester: (415) 885-7478

Primary Care For Your Newborn



In addition to getting comprehensive prenatal care during pregnancy, it is time to choose a pediatrician for when your child is born.

If you would like your child to be seen by a UCSF Health pediatrician or family physician, you'll need to make sure that your insurance provider covers primary care services at UCSF. Even if your insurance covers OBGYN services at UCSF, it may not cover primary care services, since OBGYN is considered a subspecialty service.

If your insurance does not cover primary care services at UCSF Health, you may receive a bill for services rendered at your newborn appointment.

After your baby is born and still in the hospital, you may be required to make an appointment for your baby within a few days of being discharged from the hospital. During this important appointment, the provider will check your baby's weight and feeding habits and screen for jaundice. If you plan to have your baby seen at UCSF Health Primary Care, the nursery will schedule an appointment at your preferred location.

UCSF Health pediatric primary care locations include: Mount Zion, Laurel Village, Lakeshore, China Basin and San Mateo clinics.

UCSF Pediatric Primary Care does not accept the following insurance plans:

- Anthem Medi-Cal
- Brown and Toland Medical Group
- Health Plan of San Mateo
- Partnership HealthPlan
- All other HMO plans that are not assigned to UCSF Medical Group
- **For San Francisco Health Plan insurance (SFHP):** UCSF Pediatric Primary Care at Mount Zion, China Basin, Lakeshore and Laurel Village **only** accepts San Francisco Health Plan with assignment to **UCSF Medical Group**. If you are not assigned to UCSF, please call SFHP at **(415) 547-7800** to request a change of assignment.

Please call your medical insurance plan for a list of in-network providers and to confirm your medical benefits.

Patient in Labor

Please Call

The UCSF Birth Center

415-353-1787