



Birth Center Tour

Information packet

*To prepare for your stay with us, please
print the 'Woman 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 Hospitals and in front of the Medical Building.



Public Parking

See map to the left for public parking locations. Primary access to the Owens St. Parking Garage is on Owens St.



UCSF Shuttle Stop



Valet Parking

Medical Building: Service is available Monday to Friday from 8:00 a.m. to 6:00 p.m. Vehicle drop-off is until 3:00 p.m. and valet vehicle retrieval until 6:00 p.m. After hours, vehicle keys will be available with a UCSF parking attendant.

Smith Cardiovascular Research Building: Service is available Monday to Friday from 7:30 a.m. to 3:45 p.m.

UCSF Medical Center

UCSF Benioff Children's Hospital

UCSF Medical Center is part of the University of California, San Francisco. The Medical Center and University share facilities at the Mission Bay site.

Preparing for Birth to do list

More information on many of these topics can be found throughout the booklet. When that is the case, the relevant page number(s) is included in parentheses.

Complete by the end of your Second Trimester

- View labor & delivery rooms in this virtual online Birth Center tour: womenshealth.ucsf.edu/whrc/welcome-ucsf-birth-center
- Signed up for classes with Great Expectations Pregnancy Program (p. 47)
- Spoke to my employer/HR about disability and family leave benefits (p. 49)

Complete during your Third Trimester

- Received a PPD test for tuberculosis (TB) (p. 13)
- Received a Tdap vaccine for whooping cough (loose handout in back cover pocket)
- Received the flu vaccine, if indicated by my provider
- Familiarized myself with when and where to come for my delivery (p. 50)
- Choosing a Healthcare Provider for your Baby (pp. 58)
- Scheduled a postpartum appointment for six weeks after my due date
- Reviewed my birth preferences with my provider (pp. 52–53)
- 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, one with a photo
- Completed the Birth Certificate Worksheet and will bring it to my delivery (pp. 62–63)

Going Home from the Hospital after Birth & Postpartum

- Arrange a ride home by 12:00 pm (noon) on your going-home day
- Bring an infant car seat if you are planning 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 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 for page number reference



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 and 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 (1855/1975 4th Street)

- You may park in the semi-circle in front of the hospital for about 15 minutes. Be sure to place a sign in your windshield that reads "Woman in Labor" followed by the Labor & Delivery phone number: (415) 353-1787
- Please enter through the Children's Hospital Lobby double doors (1975 4th St). Staff will perform symptom screening before entering.
- 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 (left side after elevator).

Parking

- Neither UCSF nor your insurance will cover your parking costs.
- Public parking at UCSF Medical Center is \$5.00/hour; \$35.00/day
- Discount for disabled patients and visitors is \$7.00/day
- 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

- ALL visitors are screened prior to 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.

Visitors

- Patients are allowed one support person for the duration of their hospital stay. They must be symptom-free of COVID-19. Doulas can attend the labor and delivery portion only. When contacting Labor and Delivery Nurse Triage before you are coming into the hospital, please provide your doula's name so they can be added as an essential visitor. They must also be symptom-free of COVID-19. The Birth Center is not allowing other visitors at this time due to COVID-19 visitor restrictions.



UCSF Birth Center Information continued

Private labor and delivery suite

- There are nine luxury private labor and delivery rooms with spa-like amenities and a calming environment
- Dedicated family areas with Wi-Fi and sleeping sofa.
- Media walls with access to Internet, educational materials, entertainment, environmental controls, food services and communications with providers.
- Dedicated infant care and resuscitation areas located adjacent to the birthing bed provides easy access for the pediatrician to tend to the baby, and enables 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.
- You may have one support person present in the operating room with you if the Cesarean is not an emergency.

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.
- Dedicated family areas with Wi-Fi and sleeping sofa.
- Media walls with access to 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 3rd 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, hat, blanket and car seat. UCSF recommends bringing a car seat for 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
- Hair band, if you need one
- Lip moisturizer
- Snacks and Drinks
- Massage oils or lotions
- Tennis balls or rolling pin (for back labor massage)
- Relaxation materials / Media devices
- Sports bra or low support nursing bra
- Roomy going-home outfit and comfortable shoes

For support person(s)

- Watch with a second hand to time contractions
- Camera and power cord, batteries, film/ tape, etc.
- Toiletries
- Change of clothes (comfortable)
- Snacks and relaxation materials

For baby

- Infant car seat is suggested
- Outfit for the trip home (consider weather for time of year)
- 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 are able to 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 get in touch with a clinical research coordinator, please contact MFM Research Division (Program for Clinical Perinatal and Comparative Effectiveness Research - PCPCER) at (415) 502-0131.

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.

Patients **may** be approached during their time in the birth center for a research opportunity in the following circumstances:

- (1) During business hours 7am-6pm
- (2) After admission to the Birth Center
- (3) Prior to delivery when patient is NOT in active labor

Patients always have the right to kindly opt out of this experience.

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



FAQ's

Frequently asked questions

To prepare for your stay at the hospital, please print a tour packet, if you do not attend an in person tour.

Q: What amenities do the rooms have?

A: All rooms in the Birth Center are private rooms with a private restroom. Each room comes with a flat screen television that is controlled by a tablet with access to Wi-Fi, educational materials and a variety of movies. There is a safe with combination lock where you can store valuables. Each room has a sofa bed where your support person will sleep; we will provide all linens and pillows for overnight use. All rooms have natural light; lighting and temperature in the rooms are under your control.

Q: What is the visitation policy?

A: Patients are allowed one support person for the duration of their hospital stay. They must be symptom-free of COVID-19. Doulas can attend the labor and delivery portion only. When contacting Labor and Delivery Nurse Triage before you are coming into the hospital, please provide your doula's name so they can be added as an essential visitor. They must also be symptom-free of COVID-19. The Birth Center is not allowing other visitors at this time due to COVID-19 visitor restrictions.

Q: Is outside food allowed?

A: Yes, outside food is more than welcome. Note if you order food from a restaurant for delivery you must send someone down to the main lobby for pick up, they cannot go to the 3rd floor. Each unit in the birth center has a pantry where you will find standard snacks & drinks, fridge, freezer and a microwave. Please work with your postpartum nurse if you need access.

Q: Where do we park?

A: Full term parking is located in front of the hospital. There is a large surface lot, as well as a large parking structure. Parking is \$35 per day, and will renew every 24 hours. Unfortunately, UCSF does not validate parking. Limited street parking is available with some restrictions.

Q: What happens if all 9 Labor rooms are in use?

A: If all 9 Labor rooms are in active use, overflow is intended to go into our Antepartum unit that consists of 12 rooms. All rooms in the birth center can be arranged to have everything needed for a safe delivery. Please note, only the 9 Labor rooms have the Jacuzzi bathtub. Remember to call the (415) 353-1787 phone number when you think you are in labor to help prepare things for your arrival.

Q: Do I need to register before delivery?

A: If you are a prenatal patient of UCSF, One Medical Group, or Golden Gate OB, there is no pre-registration to complete.

For additional information, call (415) 514-2670.

****All case specific clinical questions can be addressed by your OB provider****

WOMAN IN LABOR

**Please call
the Birth Center
415/353-1787**