

HAVING YOUR BABY AT NIAGARA HEALTH

WHERE ARE WE LOCATED?

St Catharines Hospital

1200 Fourth Avenue

St Catharines, ON

Women and Babies Unit is located on the 4th floor (use main elevators)

905-378-4647, extension 43283

WHEN SHOULD I GO TO THE HOSPITAL?

- If you think you're in **labour**
- If you think your **water breaks**
- If you are having **new vaginal bleeding**
- If you are concerned about a decrease or change in **baby's movements**
- If you are having a **severe headache or not feeling well**
- If you are in a **car accident, experience a fall or trauma**
- If you have **any concerns for yourself or your baby**

WHERE DO I REGISTER?

- For **unscheduled visits** proceed to Women and Babies triage and register on our unit
- For **scheduled visits** refer to the registration process from your doctor's office
- Proceed to the **Main Entrance** between 7am to 11pm and **Emergency Department** entrance between 11pm to 7am

WHERE CAN I FIND MORE INFORMATION?

- Virtual tour and more information can be found on our Women and Babies page on the Niagara Health website
- Prenatal classes are offered with the Niagara Region Public Health (available on their website)
- "O Mama" website and mobile app

OTHER SERVICES AVAILABLE

- Indigenous Health Services and Reconciliation team
- Translation services
- Lactation consultant
- Social work
- Speak with your doctor about connecting with these services