



KentuckyOne Health[®]
Saint Joseph Mount Sterling

Women's Care



Choose maternity care close to home.

Choose Maternity Care Close to Home

Whether you're thinking about having a baby, or already expecting, we invite you to consider Saint Joseph Mount Sterling's Birthing Center for your maternity care.

When you choose Saint Joseph Mount Sterling, you'll receive the same high quality care you expect from a big city, only closer to home and in a family friendly and safe atmosphere.

Our Women's Care team is committed to making your birthing experience one you and your family will always remember.

From compassionate and personalized care, to advanced monitoring and treatment and state-of-the-art diagnostic services, our expert obstetricians are trained in providing exceptional care. And because Saint Joseph Mount Sterling is part of KentuckyOne Health, you'll have access to a broad range of expertise and resources should any issue arise.

Birthing Center

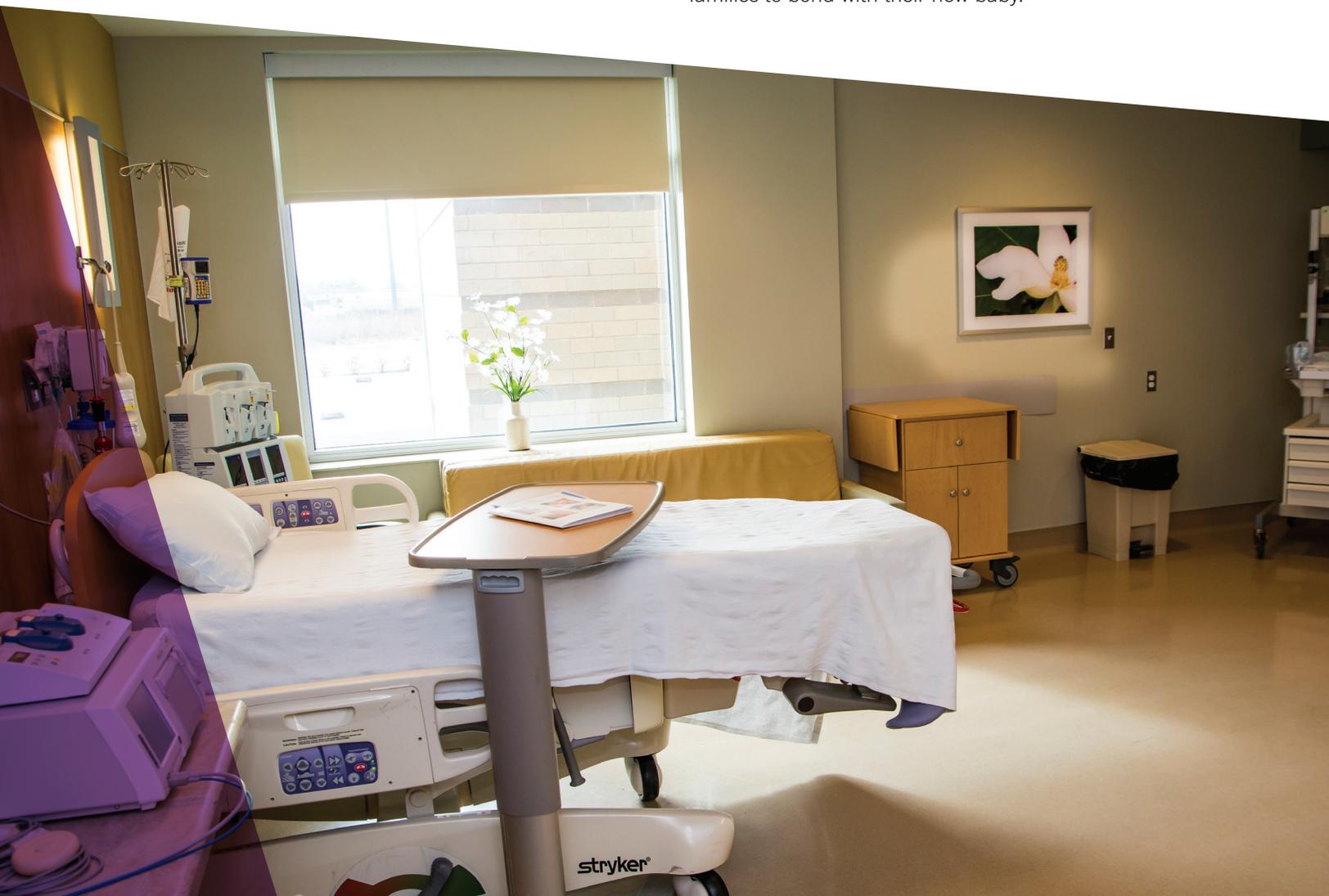
Featuring a patient-centered design with the entire family's comfort in mind, we provide a comprehensive list of services and amenities to ensure your stay with us is comfortable.

Features

- Advanced Fetal Heart Monitoring
- Board-certified Lactation Consultant
- Continuous Epidural Availability
- Expressly-for-You Personal Service Dining
- Family Waiting Room
- Level 1 Newborn Nursery
- Private and Spacious "Home-like" Suites with Sleeper Sofas
- Separate Cesarean Room with Optional VBAC
- State-of-the-art Imaging

After Delivery

After your baby is born you will need some time to recover both physically and emotionally. Our postpartum rooms are also private and spacious and allow for new moms and families to bond with their new baby.





Kangaroo Care

Mothers are encouraged to bond with their baby through Kangaroo Care, a form of skin-to-skin contact with your baby. The baby, wearing only a diaper, is held in an upright position against your bare chest. The baby is held this way from 20 minutes to four hours a day. This is called Kangaroo Care because it is similar to the way a baby kangaroo is snuggled against its mother.

Security

Hugs® Security System

To ensure the safety of your newborn, we use the state-of-the-art Hugs® security system, attaching an electronic tag to one foot which allows the baby to be monitored 24/7.

In addition, our birthing center is a locked unit, with secure systems of check-in and check-out. You can rest easy knowing your baby is comfortable, safe and in a secure environment.

Other Amenities

- Convenient Parking
- Free Wireless Internet Available
- Gift Shop
- Language Interpreter Services
- Maternity Education at the Women's Hospital at Saint Joseph East



Frequently Asked Questions

How long will I stay in the hospital after my delivery?

Mothers and babies stay an average of two days.

What should I bring to the hospital with me?

Diaper bag, infant car seat, one outfit to bring the baby home in and one for a photo, non-constrictive clothing for mom, non-skid slippers and any toiletries preferred from home.

Who is allowed in the delivery room with me?

This decision is generally made in conjunction with the laboring mom, physician and nurse.

Will the baby be allowed to stay in the room with me or will he/she be in the nursery the whole time?

We encourage rooming in, or keeping your baby in your room, most of the time.

When should I come to the hospital?

- If your water breaks or starts leaking
- If full-term and having contractions every five minutes that are becoming progressively stronger
- If pre-term and having contractions four or more per hour that do not go away with rest and hydration
- If baby is not moving at least 10 times per hour
- If you have any vaginal bleeding

The items listed are not all inclusive. If you have any questions or concerns, please contact your physician and/or hospital.

Location

The Birthing Center is located on the second floor of Saint Joseph Mount Sterling hospital.

KentuckyOne Health Women's Care

Saint Joseph Mount Sterling · 225 Falcon Drive

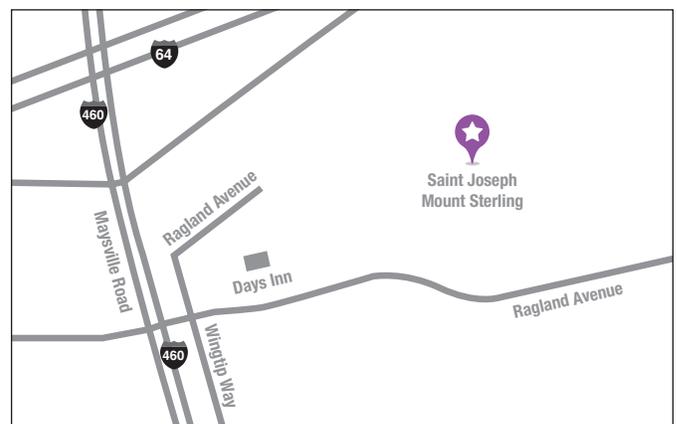
Mount Sterling, KY 40353 · 859.497.5000

Birthing Center Tours

A tour in person can provide a glimpse into what it is like to deliver at Saint Joseph Mount Sterling. A representative can walk you through the birthing center and help answer any additional questions you may have.

Schedule a tour today by calling 859.497.5000.

KentuckyOneHealth.org/SJMSWomensCare



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