



## **Family Birthing Center at Presbyterian Hospital**

Women's Specialists of New Mexico patients use the Presbyterian Hospital for Labor and Delivery services. Call your care provider when you think you are in labor. When you are instructed to go to the hospital, proceed to the main Presbyterian Medical Center located at Cedar and Central.

### **Address**

1100 Central Ave SE  
Albuquerque NM 87106

### **Entrance**

Enter at the main hospital entrance or the main parking garage entrance. You will see the Welcome Center, where you can get information or directions. Look for the green elevators (Elevator A) near the Subway restaurant. Take the elevator to the 5<sup>th</sup> floor. There is a red telephone you can pick up to ask for the doors to open. Walk through the doors, turn left, and proceed to Labor and Delivery Triage for evaluation.

### **Pre-admission**

Presbyterian recommends pre-registering before it is time to come in to labor and delivery to have your baby. The Labor and Delivery Admissions Department is located on the 5<sup>th</sup> floor of the hospital and is open from 7:00 am to midnight 7 days a week. Please bring a photo ID and insurance card. It is possible to pay the co-pay for delivery at this time (if there is a co-pay) if desired. We recommend that you go around 28 weeks of pregnancy to fill out the appropriate forms.

### **Parking**

- Park in visitor lots in front of the hospital.
- At the entrance, drop off or pick up patients only. Please do not park there.
- Valet Parking is offered for visitors and patients in the front of the Main Hospital Lobby loop 8:00am until 5:00pm. The charge is \$3.
- Handicapped parking is available in the parking garage.

### **Where can I get a wheelchair?**

There are Staxi Self Service wheelchairs at the Welcome Center, which also checks out regular wheelchairs. Volunteer patient escorts are available Monday-Friday 9:30am - 2:30pm.

### **Public Transportation**

Bus Route 66, Route 97, and Route 766 Rapid Ride Red Line come directly to Presbyterian Medical Center.  
<http://www.cabq.gov/transit/destinations/albuquerque-destinations>

### **What are the visiting hours?**

Please note that only **four** visitors are allowed in the labor and delivery room. **Two** visitors are allowed in the triage area. Other visitors may wait in the L&D lobby waiting room.

- Partners: 24 hours a day
- Siblings: 12pm - 2pm and 6pm - 8 pm on the Postpartum Floor; during the flu season (usually Oct - May, please call for exact dates) children under 14 are not allowed anywhere in the hospital.
- Friends/relatives: 24 hours on Labor and Delivery; 8am to 9pm on the Postpartum Floor

### **Where can I get something to eat?**

- The Food Court Cafeteria (located on Sub Level 2) is open 7 days a week. Monday through Friday breakfast is available from 6:30 am to 10:15 am, lunch from 11:00 am to 3:00 pm and dinner from 4:00 pm to 8:30pm. It is open late from 11pm to 2am. On weekends and holidays, the cafeteria is open from 6:30am to 10:15am and 11am to 7pm.
- Subway is available on the main level (Level 1) at Presbyterian Hospital. It is open 6:00 am to 8:00 pm Monday through Friday and 11:00 am to 8:00 pm Saturday and Sunday.
- Several restaurants are within walking distance of Presbyterian Hospital. Ask at the Welcome Center.

### **When to Call Your Care Provider**

- If you think you are in labor, general instructions:
  - 1<sup>st</sup> baby: contractions every 4-5minutes for about 1-2 hours
  - Any baby after the 1<sup>st</sup> baby: Talk to your provider about when to come to the hospital
- If you think your “bag of water” has broken
- If you have bleeding “like a period”
- If your baby is not moving as much as he/she normally does
- If you have questions/concerns

### **What to Bring to the Hospital**

These are just some suggestions of what to bring to the hospital:

- Bathrobe/slippers/socks
- Shampoo/lotion/massage oil/chapstick/soap
- Your “own” special pillow and/or blanket
- Hair band or clip
- Contact lens case and glasses (if applicable)
- Snacks/drinks for your support person/people
- Music
- Books/magazines
- Clothes to wear home
- Outfit (with legs) for the baby to wear home
- Car seat
- Cell phone and charger
- Clothes/ personal items for support person(s)

### **Information about Cameras and Video Cameras**

Taking photos and video taping is permitted only under certain conditions:

- The nursing staff and the attending provider must agree to use of a video camera and agree to be filmed.
- Cameras and video cameras can only be used during the labor and after the baby is handed to mother.
- You cannot photograph or film the actual birth, any procedures, or the care given to the baby while it is adjusting to its new environment.
- At any moment you may be asked to stop recording or taking photos until further notice.

### **Important Phone Numbers**

Your care provider: 505-843-6168

Answering service: 505-857-3985

Main Presbyterian Medical Center: 505-841-1234