



Women's Center

Labor and delivery



Congratulations!

The moment you've been waiting for is finally here

Whether you're welcoming your very first baby or adding another little one to your growing family, this is a truly special and life-changing time. We are so honored to share in this incredible journey with you. Thank you for choosing MountainView Hospital.

Our team of dedicated physicians midwives, nurses and support staff here to walk beside you every step of the way — offering guidance, comfort and reassurance. With OB/GYN laborists and anesthesiologists available 24/7, you can feel confident knowing you're always in caring, capable hands.

At MountainView Hospital, our goal is to provide safe, compassionate care as you welcome your baby into the world. The Women's Services team is committed to helping you create a birth experience that feels right for you and your family. We honor your preferences, support your unique needs and always prioritize your safety and well-being. You'll be surrounded by experienced professionals who are passionate about providing personalized, family-centered care in a warm and supportive environment, because we believe this moment should feel as comforting as it is joyful.

We know you have many choices when it comes to your care, and we are truly grateful you chose MountainView Hospital. Here, you're more than a patient. You're part of our family.



Women's Services



At MountainView Hospital Women's Services, our compassionate team is dedicated to supporting and caring for you and your baby every step of the way. From the moment you arrive, you'll be surrounded by experienced professionals who are committed to providing safe, personalized and heartfelt care during this special time.

Our team includes board-certified OB physicians, laborists, neonatologists, specially trained nurses, respiratory therapists, social workers, case managers and support staff — all working together to ensure you and your baby receive the highest level of care in a warm and supportive environment.

What you can expect when you choose us:

- Family-centered care that keeps mom and baby together
- Comprehensive labor support from skilled nurses and experienced OB specialists
- 24/7 OB laborist program for continuous, expert care
- 24/7 anesthesia coverage for comfort and peace of mind
- Private, comfortable labor and delivery rooms
- Antepartum suites for specialized care before delivery
- 27 private mother-baby suites for rest, recovery and bonding
- Advanced infant security measures for your baby's safety
- Dedicated operating rooms conveniently located on the unit
- One-on-one support with on-site lactation specialists
- Special "Golden Hour" time for uninterrupted skin-to-skin bonding
- A celebratory meal for mom and her support person
- In-room newborn portrait session to capture those first precious moments
- Complimentary Wi-Fi for your convenience
- Childbirth classes and hospital tours to help you feel prepared
- Overnight accommodations for your support person

At MountainView Hospital, we are honored to be part of your story. Our goal is to help you feel safe, supported and cared for so you can focus on what matters most: welcoming your baby and beginning this beautiful new chapter.



Childbirth classes

The Women’s Center at MountainView Hospital offers several classes designed to prepare you for the birth of your child. For the most recent class schedule, time and location, please visit our website calendar at MountainView-Hospital.com.

Some of our classes include:

Childbirth education

- What to expect during labor, delivery and your hospital stay

Women’s Center tour (also available virtually)

- Come see what our unit has to offer and what sets us apart.



To register for classes, please scan the QR code or call 844-630-5295

MountainView-Hospital.com and select “Classes and Events”



Baby's first portrait session

Capture this life changing moment

MountainView Hospital is proud to partner with Mom 365 to provide families with beautiful newborn portraits.

Here's how it works:

- Mom365 will come to your hospital room for a free private photo session with no obligation to purchase.
- As our gift to you, we offer a free digital keepsake.
- You can view your images immediately and select portraits, announcements, keepsakes and more from the comfort of your bed.
- Digital packages allow you to enjoy and share your beautiful portraits right away.

You can visit mom365.com for more information

What to bring to the hospital

Getting ready for your baby's arrival is an exciting time, and packing your bag doesn't have to feel overwhelming. This simple checklist can help you feel prepared and at ease as you get ready to meet your little one.

Essentials for going home:

- An approved car seat for your baby
- A receiving blanket
(lightweight for warmer weather,
heavier for colder days)
- A going-home outfit for your baby
(a soft, one-piece outfit with long
sleeves and legs works wonderfully)
- A comfortable outfit for you to
wear home

Optional comfort items:

- A cell phone charger
- Your own comfortable pajamas
- A robe (front-opening styles are
especially convenient)
- A nursing or regular bra (1-2)

For your peace of mind, we kindly suggest leaving valuable items such as jewelry, large amounts of cash or extra credit cards at home.



When to come to the hospital

As you get closer to meeting your baby, it's normal to have questions about what to watch for. Trust your instincts; if something doesn't feel right, we're always here for you.



Please come in or call your care team if you experience any of the following:

- Your water breaks. This may feel like a sudden gush or a steady leaking of fluid that doesn't stop, even after using the restroom.
- You start to have regular contractions that become stronger, closer together and more consistent.
- You notice vaginal bleeding (a small amount of spotting can be normal after an exam or intercourse, but heavier bleeding should be checked right away).
- You notice your baby is moving less than usual.
- You have abdominal pain that does not go away.

Signs that may need prompt attention:

- A persistent headache that is not relieved by Tylenol
- Changes in your vision (such as spots, flashes or blurriness)
- Heartburn that does not improve with antacids
- Pain in the upper right side of your abdomen
- A sudden increase in swelling in your hands, feet or face

Possible signs of a urinary tract infection:

- Urgency, frequency or pain with urination
- Lower abdominal (suprapubic) discomfort or pressure
- Blood in your urine

Possible signs of preterm labor:

- Cramping that feels like menstrual cramps and doesn't go away
- Contractions happening every 10–15 minutes or more
- A feeling of pressure in your lower abdomen or pelvis
- A dull, constant low backache



About our Neonatal Intensive Care Unit (NICU)

If your baby needs a little extra support after birth, please know they will be in caring, capable hands. Our Level III NICU is designed to provide advanced medical care in a gentle, nurturing environment, while also supporting you as parents during this time.

We understand that having a baby in the NICU can feel overwhelming, and our team is here to walk alongside you, answer your questions and help you stay connected to your little one every step of the way.

Our Level III NICU features:

- A 24-bed, Level III Neonatal Intensive Care Unit
- State-of-the-art equipment to support even the most delicate needs
- Up-to-date, evidence-based care tailored to each baby
- Advanced respiratory therapy support
- Private lactation rooms to support your feeding journey
- Dimming lights and noise-reduction flooring to create a calm, healing space
- Ongoing quality improvement programs to ensure the best possible outcomes
- Angel Eye's video system, allowing you to check in on your baby when you can't be at the bedside

We encourage parents to be involved in their baby's care as much as possible. Whether you're spending quiet moments at the bedside or watching from afar, your presence matters more than you know.

You are not alone — we are here to support you and your baby.

Visitor information



Welcoming a new baby is a beautiful and meaningful time for families. To help create a safe, peaceful and supportive space for our moms and their newest little ones, we kindly ask all visitors to check in at the Main Lobby desk or Main Emergency Room to receive a Fast Pass badge before coming to the Women's Care Unit.

Our Main Lobby desk is open Monday through Friday from 5 a.m. to 3:30 p.m. During busier times, there may be a short wait, and we truly appreciate your patience and understanding. If needed, our Emergency Room team is always happy to assist with visitor badging as well.

When you arrive, please stop by the screening desk. Our team will gently guide you through a quick check-in process:

- Show a photo ID
- Share the name and room number of the person you are visiting
- Sign in and out each time you come and go

Visting hours

Loved ones are welcome 24/7. To support rest, recovery and those first precious bonding moments, we kindly encourage limiting visits after 10 p.m.

Visting minors

For everyone's safety and comfort, visitors under 18 (other than the baby's father) should be accompanied by a responsible adult who is not the patient.

L&D, Antepartum and mother/baby units

We are happy to welcome visitors throughout your stay. In the evening and overnight hours, we gently suggest limiting visitors to two at a time to help create a calm, restful environment for you and your baby.

Labor and delivery (L&D) triage

During your initial evaluation, we ask that one support person stay with you. Once you are admitted, we will do our best to welcome additional loved ones as space allows.

Neonatal Intensive Care Unit (NICU)

We understand how important it is to be close to your baby during this time. Parents are always welcome at the NICU, day or night. Up to two people may be at the bedside at a time so you can share these meaningful moments together. While overnight stays are not permitted in the NICU, we do offer designated rest areas where you can take a break and recharge during your visit.

For additional loved ones, NICU visiting hours are from 11 a.m. to 6 p.m.



Your health, your journey

Online healthcare platform

Thank you for visiting MountainView Hospital. Don't forget, through MyHealthOne you can view your health information and details from your stay.

MyHealthOne consolidates many common tasks into one secure, easy-to-use online portal. You can use the portal on your desktop computer, laptop, tablet or smartphone 24/7 to access these features and more:



View health records



Find a doctor



Make an appointment



Pay a bill*



Preregister



Schedule a class or event

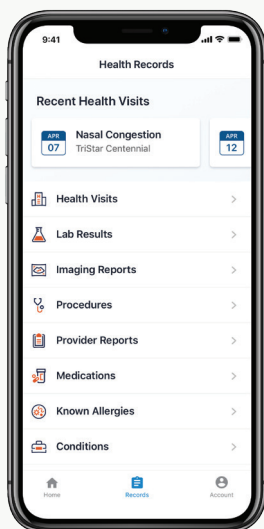
* Bill Pay excludes anesthesia or emergency physician bills, which are billed separately. Some features may not yet be available in all areas.

Create a MyHealthONE account

- 1** Visit **MountainView-Hospital.com** and click on MyHealthONE on the top banner.
- 2** Pick a username and password.
- 3** For security purposes, we'll ask you some information about you visited the hospital.

Have questions about MyHealthONE or need help?

If you need help or have questions about MyHealthOne, call 855-422-6625.



Manage the health of a loved one

- 1** Visit our hospital and complete the Proxy Express Waiver form.
- 2** Once the patient has been discharged, call 855-422-6625 to complete the enrollment process.
- 3** Sign in to MyHealthOne and begin managing the health of your loved ones. Authorized parents or caregivers can act on behalf of a patient, such as a child or elderly parent, to view hospital records, sign up for classes or provider appointments, pay hospital bills and more.