



Family Birthing Center at Manchester Hospital

Visual tour

Updated 7/28/26

Directions & Admission For Labor

Please call your OB or Nurse Midwife at their office number before coming to the Family Birthing Center(FBC). You should leave a message if they don't pickup, they are probably with a patient. Once you have the go ahead to come, your provider will let the FBC staff know that you are on your way and will be ready for you.

Follow the directions on the to the **Ambulatory Services Center (ASC)** where the FBC is located.

Only patient, partner, one designated visitor/support person and registered Doula are allowed during labor and birth.

Directions to Ambulatory Services Entrance

From Main Street in Manchester take Haynes Street toward the hospital. Before you reach the main entrance of the hospital, take the first right onto Guard Street toward the Ambulatory Service Center (ASC). The ASC is the 2nd building on the left.

On weekdays from 5:30 am to 5:30 pm Complimentary Valet Parking is available at the ASC entrance.

Self parking is available in the lot at the end of Guard Street.

Enter the hospital through the ASC entrance. Take the stairs or elevator on your left to the first floor (press #1 – it is the 3rd level of the ASC).



Overnight & Weekends

For patients and support people coming to FBC for Labor:

ASC doors are locked between 7 pm and 5:30 am on weekdays and on weekend days and evenings. Just outside of the ASC is a doorbell to push to communicate with the FBC staff.

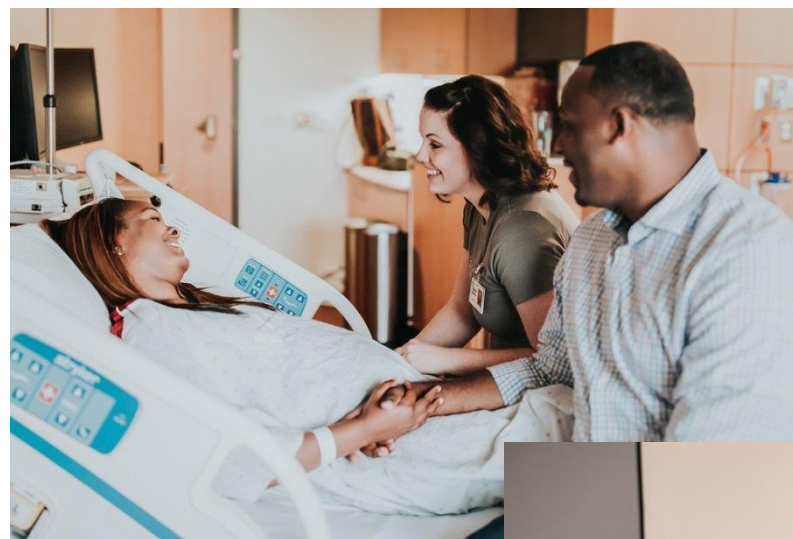
Someone from the FBC will open the door for you. If you have any issues, call the FBC 860-647-4735. DO NOT go to the Emergency Department or Main Entrance.



Birth Doulas

Birth Doulas who have contracted with one of our patients AND are currently listed on our Doula Registry will be allowed to come with their client as a member of their care team

- *If you are unsure if your Doula is on the Registry, please call 860-647-4790 or Lauren.Sembersky@hhchealth.org to verify.
- Registered Birth Doulas are part of the care team and not counted as one of your 2 support persons. If you would like more information about hiring one of our Preferred Doulas email Lauren.Sembersky@hhchealth.org or call 860-647-4790.



What to Expect Upon Arrival

The doors going into the FBC are locked at all times.

When you reach the FBC pick up the phone on the wall and let the staff member know you are here. The door will swing open for you to enter. Be sure to not stand in front of the door as it opens.

Patients will check in at the desk and likely proceed to a triage room for evaluation with one of our nurses.



What Happens in Triage?

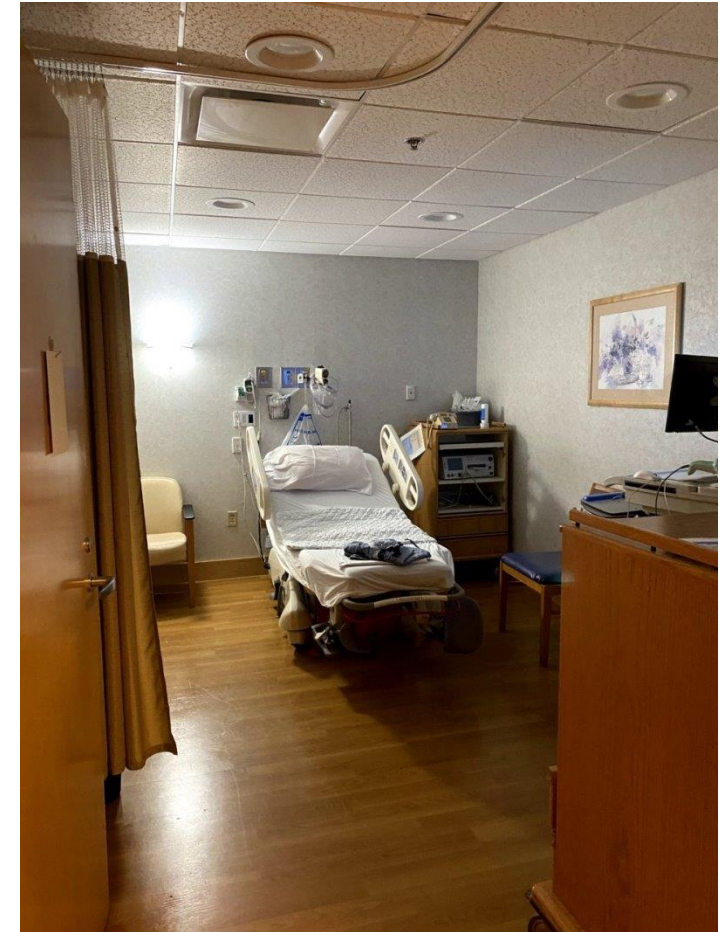
Triage is a room where it will be determined if you are ready to be admitted for labor and birth or checked out for other concerns.

- Your nurse will use an electronic fetal monitor to monitor your baby's heartrate and your contractions.

- Your nurse, OB, or CNM will also check your cervix to see if you are ready to be admitted.

- The general "4-1-1 rule" is to come to the hospital when your contractions are about 3-5 minutes apart (an average of 4), lasting 1 minute in length and they have been that way for 1 hour. Remember to speak with your provider first and follow their advice.

- Some patients will bypass this room and be admitted directly into an LDRP.



Our Labor Rooms

The FBC has 12 private labor rooms.

Each room is large and includes everything needed for a safe vaginal birth.



Special Room Features

- Birthing Beds

- Mini Fridge

- Private bathrooms with showers

- Partner chair that converts to abed

- Large windows (with room darkening shades)

- Temperature control

- TV, wifi, phone

- Various lighting options

- Birth Balls, Peanut Balls and Squat

- Bars also available





Spa Room

Our spa room is used for patients who want Hydrotherapy during labor or even possibly a waterbirth.

- Often called our “Liquid Epidural”, the large tub is largely used during active and transitional labor for comfort and to help speed a slow labor.
- *Speak with your provider about the possibility of a waterbirth.
- Some situations do not allow hydrotherapy or waterbirth so always consult with your provider.
- The spa tub is available on a first come first served basis

Kitchen

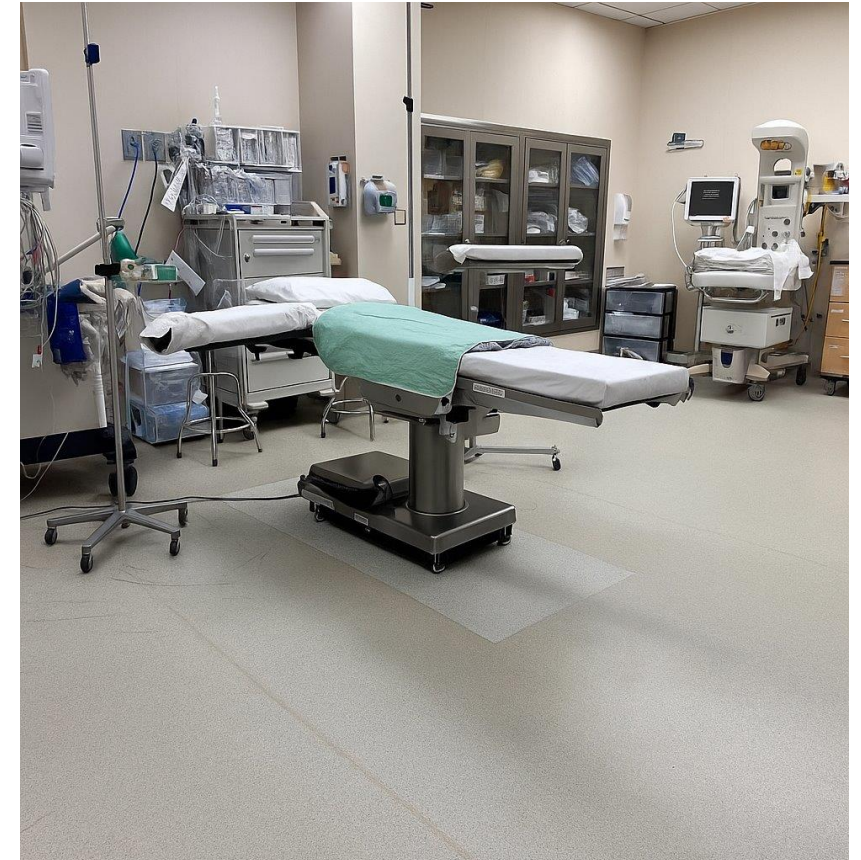
Our kitchen is stocked with the necessities for patients and their partner .

- Ice machine with filtered water
- Refrigerator/Freezer stocked with popsicles, Italian ice & ice cream and a place for patients to store their own food
- Microwave
- Coffee maker and coffee
- Juices, ginger ale, crackers, peanut butter, jelly, tea etc.



Cesarean Birth

- If you are scheduled for a Cesarean Birth or it is determined that a Cesarean Birth is necessary, you will be taken into one of our Operating Rooms within the FBC.
- In most cases, your partner is encouraged to be present for the birth.
- Usually, only one person may accompany you so it is possible your doula may not be allowed along with you at this time.
- Family centered options are available including delayed cord clamping, clear drape to view baby's birth, and photographs and music are encouraged.
- Following a Cesarean Birth, you may get moved out of your labor room to an Extended Stay room. These rooms have a more comfortable hospital bed, but all the other amenities remain the same.



Neonatal Intensive Care (NICU)



If your baby needs special care, we have a NICU right in the FBC with a full Neonatal Care staff of Neonatologists (Associated with CT Children's Medical Center – CCMC), Physician Assistants (PAs), Advanced Practice RNs (APRNs) and Registered Nurses (RNs) to help care for your baby.

Parents have 24-hour access into the NICU

If the baby needs to stay in the hospital afterbirth parent is discharged, parents are encouraged to visit frequently.

This same staff will examine and provide care for all well babies in the rooms too!

Third West: our low-risk postpartum unit

Occasionally, we may need to make room for additional labor patients by moving you to our low-risk postpartum unit on Third West.

This unit is staffed by our Family Birthing Center care team members.

Third west has five quiet rooms with the same amenities as the Family Birthing Center.



Answers to Your FAQs Around Labor

We strongly urge patients to be out of bed and moving if it is safe for them to do so. For example:

- Walking Around in Your Room
- Using Birth Balls
- Hydrotherapy in Shower or Tub in Spa Room

Intermittent monitoring is standard unless continuous monitoring is necessary. Medication options include analgesics, nitrous oxide and epidurals.

You may wear the standard hospital gown or your own clothing.

Hydration is encouraged by mouth with fluids during labor. Speak with your provider about foods to fuel your labor.

Answers to Your FAQs Around Birth

Patients are encouraged to push and give birth in a comfortable position.

Healthy babies are delivered skin to skin to the birthing parent and encouraged to remain there until the baby has had an opportunity to breastfeed (or for at least one hour). We call this the “Golden Hours”.

Delayed cord clamping is standard practice for our providers.

Partners are encouraged to hold the baby skin to skin if the birthing parent is not able.

Answers to Your FAQs After Birth

Procedures such as vitamin K injections and prophylactic eye medication are delayed until after the “Golden Hours,” around 90 minutes of life.

Baths are generally delayed until parents can participate.

Parents are responsible for feedings, diapering, soothing, and otherwise caring for their baby in the room 24/7 with the guidance of our nurses and lactation consultants. We do not have a well-baby nursery.

Parents generally stay in the hospital for 2 midnights following a vaginal birth and 2-3 midnights following a cesarean birth.

Discharge is generally expected by 11 am.

Many patients prefer to leave after the Newborn Screenings at 28 hours of baby's life. Be sure to have a pediatrician appointment scheduled.

There is a lot of paperwork to fill out before discharge so be prepared!

Postpartum: Visitor Policy

Once the baby is born and following the “Golden Hours,” each patient may have up to four visitors (over the age of 18) in addition to the partner, at any one time during the designated visitor hours of 10:00 am – 8:00 pm.

Patients will receive a password to pass along to anyone they would like to have visit them.

Visitors may enter through the ASC Monday – Friday 10 am – 7 pm to gain visitor’s badge (Picture ID required). Weekend visitors or those visiting between 7 pm and 8 pm on weeknights must enter through the Main Entrance of the hospital located at 71 Haynes Street, Manchester CT to gain a visitor’s badge. At either location Security will then direct visitors to the Family Birthing Center.

When visitors arrive at the FBC, they will need to know the patient’s full name and password for entry.

Siblings of the baby may also visit during visiting hours (after the baby has been born) and must be supervised by an adult other than the patient.

Visitors can be very tiring, so we encourage our patients to consider setting up Facetime, Zoom or other virtual ways to introduce your new baby to extended family and friends. We do have free wifi!

We're Here to Help

We hope this virtual tour gives you an idea of what things look like in the FBC. We strive to give exceptional care to you and your new baby.

See our calendar for class times and dates [Manchestermemorialhospital.com/events](https://manchestermemorialhospital.com/events)

Talk to your Provider if you have any concerns.

If you have any questions or need more information, please email or call: Lauren Sembersky, Perinatal Services Coordinator, lauren.sembersky@hhchealth.org or 860-647-4790.

