

Family Birthing Center at Manchester Hospital

Virtual Tour

Updated 9/10/25

Directions & Admission For Labor

- Your first step if you think you are in labor or have any concerns is to call your OB provider. Leave a message on their answering service and they will call you back.
- Once you have spoken with the on-call provider and were told to come, your provider will let the Family Birthing Center staff know that you are on your way and to be ready for you.
- Follow the directions to the Ambulatory Services Center (ASC) where the FBC is located.

Entrance for the Family Birthing Center



Directions:

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.

From Middle Turnpike in Manchester turn right onto Armory Street. Turn left at the stop sign to find the ASC building and traffic circle, right at the stop sign to park

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

ASC doors are locked between 6 pm and 5:30 am on weekdays and on weekends.

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.

DO NOT go to the Emergency Department or Main Entrance.

This doorbell is NOT for visitors



Birth Doulas

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 ECHN Preferred Doulas email Lauren, our Perinatal Education Coordinator, at lseembersky@echn.org.

All doulas must be registered with the hospital. If you are unsure if your doula is on the Registry, please email lseembersky@echn.org to verify.



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 to the left and let the staff member know you are here. The door will swing open for you to enter.
- You will stop at the secretary's desk and tell her your name, your OB/midwife's name, and the pediatrician you plan to use.
- You will then go into a triage room for evaluation with one of our nurses.



What Happens in Triage?

Triage is a private room where it will be determined if you are ready to be admitted for labor and birth.

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

Your nurse may also check your cervix to see if you are ready to be admitted.

Many patients will bypass this room and be admitted directly.



Admission into an LDRP...



LDRP = Labor, Delivery, Recovery & Postpartum

The FBC has 12 private LDRPs for patients.

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



LDRP Special Features



- Birthing Beds
- Private bathrooms with showers
- Partner sleep space
- Large windows (with room darkening shades)
- Temperature control
- TV, wifi, phone
- Various lighting options
- Mini Fridge
- Birth Balls, Peanut Balls and Squat Bars available

Also for Patient Use:

Kitchen

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

- Filtered ice and water machine
- Hot water spigot
- Refrigerator/Freezer with popsicles, Italian ice, and ice cream. There is also space for patients to store their own food.
- Microwave
- Coffee maker and coffee
- Juice, ginger ale, crackers, peanut butter, jelly, tea bags etc.

Note: we have plastic cutlery but no plates or bowls.



Spa Room

Our spa room is used by patients who want hydrotherapy during labor or possibly a waterbirth.

- The large tub is used during active and transitional labor for comfort.
- Often called a “Liquid Epidural”
- Speak with your provider about the possibility of a waterbirth.
- Some situations do not allow hydrotherapy or waterbirth so always consult with your provider.



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.

Operating Room



Neonatal Intensive Care (NICU)

If your baby needs special care, we have a NICU right in the FBC. It is fully staffed with specialized nurses, doctors, Physician's Assistants, and Advanced Practice Nurses.

- Parents have 24-hour access into the NICU.
- If the baby needs to stay in the hospital after the birth parent is discharged, parents are encouraged to visit frequently.





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.

Third West



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 are able to 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 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!

Visitor Policy Postpartum

Once the baby is born and following the “Golden Hours” each patient may have up to four adult visitors (in addition to their 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.

All visitors must obtain a visitor badge from security. **Weekdays from 10 am to 7 pm** visitors can enter via the Ambulatory Services entrance at 4 Guard Street. **Weekends and after 7pm**, visitors must use the main entrance at 71 Haynes Street. 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 virtual ways to introduce your new baby to extended family and friends. We do have free wifi!

Note: This visitor policy can change at any moment, so be sure to stay up to date through our or Family Birthing Center FB page: <https://www.facebook.com/groups/517026401651004/>

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 (offered in-person or virtually via Zoom): echn.org/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 Education Coordinator, lsembersky@echn.org or 860-647-4790.