



Expect Great Things

The Family Birthing Center
at Elmhurst Memorial Hospital



Elmhurst Memorial
Healthcare

Our Caring Shows.

Begin this
journey
expecting
so much

One minute you're wondering **what if**
The next, you're expecting **a baby**

Filled with awe
you begin your journey
expecting so much

You anticipate the wonder
of birthing **new life**
new **possibilities**
a **new you**

And then it happens

From the moment
You look into your baby's eyes

You know that each moment of each day
Will be more wondrous than you ever expected

The Elmhurst Memorial Hospital Family Birthing Center





Expect high-tech care wrapped in the comforts of home

Your own private birthing suite awaits you.

You are about to give birth to a new life and a new you. It's exciting. Exhilarating. Inspiring. It's an experience unlike any other. An experience filled with awe and expectation. So take a deep breath and enjoy the wonder of it all. But first, settle into your own private suite at The Family Birthing Center at Elmhurst Memorial Hospital.

Once you're here, a team of board-certified specialists is here for you around the clock. You'll feel completely cared for and nurtured. And your loved ones will feel right at home, too. With a TV, sleeper sofa and other conveniences right in the room, you and your family can relax and enjoy some quality time together. If you like, you can step into your whirlpool tub and unwind. Or you can venture out to the lounge or family kitchen area for a midnight snack.

Every suite comes equipped with peace of mind.

Although it is neatly concealed to help you feel more at home, your suite is furnished with the latest medical technology. So when it's time to check your vitals or deliver your baby, everything is just a touch away. Your baby is with you from the moment of birth, so you can get in sync with his or her needs while you have the help of highly skilled nurses who can answer your questions and provide medical and moral support.



Labor, Delivery, Recovery and Post-Partum (LDRP) Rooms





Expect to be cared for —
body, mind and spirit

Like you, nurturing is in our nature.

Our caring begins before you check in and continues after you go home. We walk you through the process. Provide complete education. Deliver personalized care. Once you check in, we attend to your needs around the clock. We care for you. We respect you. We honor your process. So relax and enjoy the healing power of professional TLC.

Your dedicated care team is here to deliver an amazing experience, an experience that is both restorative and memorable. We encourage you to share your expectations with us, so we can help you meet them. We also encourage you to engage your partner and your family in the process, and to create your own unique birthing experience.



Your baby. Your choice.

Think about what you want your experience to be like. Do you want aromatherapy or special music during the delivery? Maybe you'd like to hire a professional doula*, or have hydrotherapy after the delivery. It's up to you. If you decide to breastfeed, our certified lactation consultants will help you master the process. Remember, you're in control. So tell us what you want, and we'll help facilitate the process.

*A doula is an experienced, non-medical assistant who is trained to help during labor and after the birth of your baby.

Birthing Options

Enhanced Birthing

If you'd like special music, movies or aromatherapy to enhance your birthing experience, just let us know. If you want, you can hire a doula. And after the delivery, you can receive hydrotherapy for relief and relaxation.

Natural Childbirth

The Family Birthing Center at Elmhurst Memorial Hospital has nurses who specialize in providing labor support for women who choose to deliver their babies naturally, with little or no medication or medical intervention.

Epidural

Over 50% of women decide to get an epidural to help manage their pain during the birthing process. However, we also offer other pain relief options. Our goal is to make you as comfortable as possible.

Expect the best of both worlds from the moment you arrive

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Enjoy a fresh perspective backed by years of experience.

The Family Birthing Center is community focused and forward thinking. As a result, the care you receive is both highly personalized and medically advanced. Plus you're in a smaller, more intimate setting with a care team that has worked together for years, so they're more in sync with each other and with you.

Our obstetric nurses have many years of experience in caring for mothers and their newborns, so they know how to read the subtle signals that could suggest a potential problem. Not only are they committed to delivering exceptional medical care, but they are also 100% focused on ensuring that your experience with us is nothing short of wondrous. Our entire team of leading-edge specialists stays on top of the latest trends, bringing both expertise and a fresh perspective to your care.



We provide special care for you and for your baby.

Not only does your private birthing suite come equipped with the latest technology, but your multidisciplinary team is also available around the clock to enhance your peace of mind and ensure the safety of you and your baby. These highly skilled specialists deliver expert care with compassion, empathy and a superb bedside manner.

Your care team meets twice a day to assess your situation. They take your vitals three times a day. And they anticipate any special needs, so they can be prepared ahead of time. For added peace of mind, there's a certified OB/GYN, anesthesiologist and neonatologist available 24/7. We know that each birthing experience is unique, so we strive to deliver highly personalized care that's designed specifically for you and for your baby.

Specialized care is just steps away.

We know that it's important for you and your baby to bond, which is why you're together from the moment of birth until the time you leave. However, should your newborn require special attention, there's a central fetal monitoring system and Level II nursery right in the Family Birthing Center. Either way, your baby is never far away. If your physician decides that you need a C-section, there are fully equipped cesarean birthing suites. Everything about the Family Birthing Center is centered on delivering optimum care.

Expect care that goes beyond the everyday





Life as you know it is about to change.

Your journey is filled with excitement, anticipation and dozens of decisions. One of the most important decisions is where to have your baby. If you're looking for more personalized attention in a family-focused environment, then the Family Birthing Center at Elmhurst Memorial Hospital is the smart choice.



Our goal is to develop a healthy relationship with you before you check in. We do this through a variety of prenatal classes, an extensive patient library and an informational pre-admission process. We also encourage you to pre register so that when the big day arrives, you can take advantage of our streamlined check-in process. As soon as you settle into your private birthing suite, you can channel all your energy into what really matters — welcoming your new baby into the world.

Plan to tour the Family Birthing Center. Then let's start building what's sure to be a wonderful relationship.



Expect more adventure
with new discoveries
every day

Let the adventure **begin**

Go to www.emhc.org to find out more about our childbirth education classes located at many of our facilities, as well as our prenatal and postnatal classes. Or call CareMatch at **630.782.7878** and ask to speak to one of our birthing counselors.





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Elmhurst Memorial Healthcare
200 Berteau Avenue
Elmhurst, Illinois 60126

630-833-1400
www.emhc.org