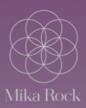


The Ultimate Montreal Pregnancy Guide

By Gabriela Mizrahi & Mika Rock





Finding a care provider and choosing a birth place

Below is a table outlining the options available at different birthplaces in the Montreal area.

| Montreal birthing units | Care providers available to follow pregnancy | Options available for coping in labour | Medication options for labour pain relief | *Birth companions and visitor policy* | Postpartum / Post-birth care | If needed transfer place |
|---------------------------------|---|---|--|---|---------------------------------------|-----------------------------------|
| Midwife-led birthing centres | | | | | | |
| Cote-des-Neiges | Midwives | Bath, shower | - | No specific limit. You are welcome to bring the birth support people of your choice. | - | If needed, transfer to JGH |
| Jeanne-Mance | Midwives | Bath, shower | - | No specific limit. You are welcome to bring the birth support people of your choice. | - | If needed, transfer to CHUM |

| Marie-Paule- Lanthier | Midwives | Bath, shower | - | No specific limit. You are welcome to bring the birth support people of your choice. | - | If needed, transfer to Hopital Sacre- Coeur |
|----------------------------------|----------|-----------------|---|---|---|--|
| Lac St-Louis/Pointe Claire | Midwives | Bath, shower | - | No specific limit. You are welcome to bring the birth support people of your choice. | - | If needed, transfer to Lasalle, St-Mary's or Lakeshore (depending on urgency and availability) |
| L'Est-de-L'ile de Montreal | Midwives | Bath, shower | - | No specific limit. You are welcome to bring the birth support people of your choice. | - | If needed, transfer to Maisonneuv e- Rosemont Hospital |
| Richelieu | Midwives | Bath, shower | - | No specific limit. You are welcome to bring the birth support people of your choice. | - | If needed, transfer to Hôpital du Haut- Richelieu- Rouville |

| Hospitals | | | | | | |
|---|------------------------------------|--|--|---------------------|--|--|
| | | | | | | |
| Jewish General Hospital (JGH) | Family Medicine & Obstetrics | Shower, birthing ball, peanut ball, 1 bath on unit | Nitrous Oxide (Laughing gas), IV narcotics & epidural | 2 people maximum | Private & semi-priva te | Transfer hospital for Maison de naissance CDN |
| Lasalle Hospital | Family Medicine & Obstetrics | Regular size bathtub with shower in each room, Birthing ball | Nitrous Oxide (Laughing gas), IV narcotics & epidural | 2 people maximum | All private rooms. Same room as the birth room. | Transfer hospital for Maison de naissance Lac St-Louis |
| St-Mary's Hospital | Family Medicine & Obstetrics | Shower, Birthing ball, Peanut ball, 2 baths on unit | Nitrous Oxide (Laughing gas), IV narcotics & epidural | 3 people maximum | Private & Semi-priva te | Transfer hospital for Maison de naissance Lac St-Louis |
| Lakeshore General Hospital | Family Medicine & Obstetrics | Shower, Birthing ball | narcotics & epidural | 2 people maximum | All private rooms | Transfer hospital for Maison de naissance Lac St-Louis |
| MUHC-Glen Royal Victoria Hospital | Obstetrics only | Shower, Birthing ball, Peanut ball | narcotics & epidural | 2 people maximum | All private rooms | |
| Ste-Justine | Obstetrics only | Shower, Birthing ball | Nitrous Oxide (Laughing gas), narcotics & epidural | 2 people maximum | | |

| Maisonneuve- Rosemont Hospital | Family Medicine & Obstetrics | Shower, Birthing ball | narcotics & epidural | 2 people maximum | | |
|--------------------------------------|------------------------------------|--|---|---------------------|--|--|
| St-Luc-CHUM | Family Medicine & Obstetrics | Showerl, sterile water injections, 2 baths in separate rooms | Nitrous Oxide (Laughing gas), narcotics & epidural (including walking epidural) | 2 people maximum | | Transfer hospital for Maison de naissance Jeanne- Mance |
| Hopital Sacre-Coeur | Family Medicine & Obstetrics | | | 2 people maximum | | |
| Hopital de la Cité-de-la-Santé | Family medicine & Obstetrics | Shower in each room, birthing ball 2 baths in separate rooms | Narcotics, epidural, pudendal bloc | 2 people maximum | Private, semi-priva te and one 4-bed room. | |