



The Ultimate Montreal Pregnancy Guide

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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
<i>Midwife-led birthing centres</i>						
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 Hôpital 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'île de Montreal	Midwives	Bath, shower	-	No specific limit. You are welcome to bring the birth support people of your choice.	-	If needed, transfer to Maisonneuve-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

<i>Hospitals</i>						
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-private	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-private	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	Shower, 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-private and one 4-bed room.	