

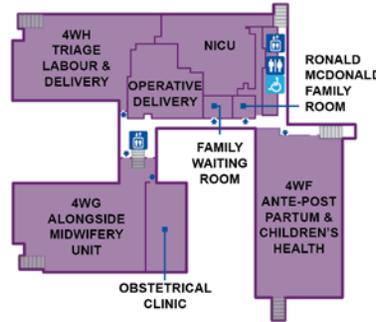
Who can use the AMU?

The majority of women under the care of a midwife are eligible to give birth on the AMU. If you are planning a hospital birth and are a client of Markham Stouffville Midwives, Midwifery Services of Durham, or Uxbridge Midwives and remain low risk at the time of labour, you will be booked to birth on the AMU.

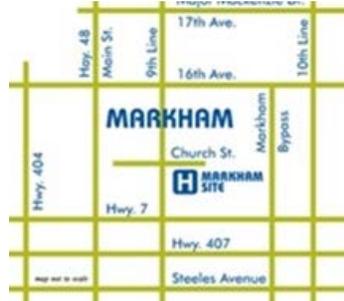
If your care is transferred to an Obstetrician during your pregnancy, you will be booked to deliver on the obstetrical unit. A midwife can provide supportive care to you while there. Please speak to your midwife about any situation that could rule out an AMU birth (e.g. the need for a Caesarean-section birth, twins, or diabetes requiring insulin.)

Location

The AMU is located on the 4th floor of Markham Stouffville Hospital in Building B.



Markham Stouffville Hospital is located near the corner of Ninth Line and Hwy 7 in Markham, Ontario.



BROAMU (6/18)



MARKHAM STOUFFVILLE HOSPITAL

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Alongside Midwifery Unit

at Markham Stouffville Hospital



Building a community, one birth
at a time

Providing exceptional care for
your birthing experience



MARKHAM STOUFFVILLE HOSPITAL
A PROUD HERITAGE - AN EXTRAORDINARY FUTURE

Welcome to the Alongside Midwifery Unit (AMU)

The AMU at Markham Stouffville Hospital opened in 2018 and is the FIRST of its kind in Canada. The AMU offers women another location option for birth with a midwife in a relaxed comfortable and friendly environment.

This is a separate birthing area located beside an obstetrical unit with access to operating rooms and a NICU. Physicians and other staff needed in emergencies are close by to assist if needed.

Specially designed birthing rooms provide a welcoming space for families with furnishings and equipment to support normal birth, such as; birth chairs, floor mats, hanging slings, and tubs suitable for water immersion and waterbirth. A double sized Murphy bed is readily available after birth so that the new family can relax and enjoy skin-to-skin bonding time with baby.



Your time on the AMU

A midwife will be on the AMU at all times (referred to as a Hospitalist Midwife) and is available for early labour assessments, telephone advice and assisting in your care. Your midwife – referred to as a Community Midwife - will support you during active labour, birth and postpartum. Both will work together to deliver high quality care to support you and your family.

Women planning to give birth in a midwife-led birthing unit compared to a traditional labour and delivery unit;

- Use less pain relief medication
- Are more likely to have a normal vaginal birth with less intervention
- Experience higher rates of satisfaction with the birth

As your time with us after the birth is short (maximum 6 hours), we suggest you limit visitors so that you can recover, bond with baby and receive the teaching and support needed. Family and friends can visit at home in the following days.



You are welcome to include family members and/or a professional Doula as part of your team. We encourage you to bring items from home (pillow, photos, comfy clothes, music and snacks) - your midwife will give you a list of other items. Our family pantry has a fridge, microwave, coffee maker, and a kettle for tea.

During your recovery period, both you and your baby will be monitored while allowing for immediate skin-to-skin contact and breastfeeding. You will receive teaching and instructions about what to expect once you are home, and a follow up visit in your own home will be arranged for the following day.