



As of November 2014, Owens St. and 4th St. are under construction and scheduled to open in early 2015. Use the directions below to approach UCSF Medical Center at Mission Bay. Check back with us at www.ucsfhealth.org/maps_and_directions/ for updated directions when the streets open.

From East Bay and Oakland Airport

1. Cross Bay Bridge (I-80 West), and take the exit toward 9th St./Civic Center
2. Keep left at the fork and merge onto 8th St.
3. Keep left to stay on 8th St. and take the first left onto Brannan St.
4. Take the first right onto 7th St.
5. Turn left onto 16th St.
6. Turn right onto 4th St. for patient drop-off

From Marin County (Highways 101 South and 1 South)

1. Cross the Golden Gate Bridge
2. Make a slight left onto Lombard St. and turn right onto Van Ness Ave.
3. Turn left onto Fell St.
4. Take the second right onto 10th St.
5. Continue onto Potrero Ave. Turn left onto 16th St.
6. Turn right onto 4th St. for patient drop-off

From San Francisco Airport and South Bay (Highway 101 North)

1. Approaching San Francisco, keep right at the fork, follow signs for US 101 N/San Francisco and merge onto US-101 N
2. Take the exit toward Downtown SF and merge onto I-280 N
3. Take the Mariposa St. exit and turn right onto Mariposa St.
4. Take Mariposa St. to 3rd St. and turn left onto 3rd St.
5. Take 3rd St. to 16th St. Turn left onto 16th St.
6. Turn left onto 4th St. for patient drop-off

From the Peninsula (I-280 North)

1. Take I-280 North and follow signs for I-280 N/San Francisco/Bay Bridge
2. Take the Mariposa St. exit and turn right onto Mariposa St.
3. Take Mariposa St. to 3rd St. and turn left onto 3rd St.
4. Take Mariposa St. to 16th St. Turn left onto 16th St.
5. Take 3rd St. to 16th St. Turn left onto 16th St.
6. Turn left onto 4th St. for patient drop-off



Gateway Medical Building



Valet Parking



Patient Drop-Off



Parking

Third Trimester To-Do List

Other Preparing for Birth

More information on many of these topics can be found in the book you received, *Caring for Yourself During Pregnancy and Beyond*. When that is the case, the relevant page number(s) is included in parentheses.

- Received a PPD test for tuberculosis (TB) (p. 10)
- Received a Tdap vaccine for whooping cough (loose handout in back cover pocket)
- Received the flu vaccine, if indicated by my provider
- Signed up for a birth center orientation at (415) 353-2667
- View labor & delivery rooms slide show: <http://www.ucsfmissionbayhospitals.org/women/>
- Familiarized myself with when and where to come for my delivery (p. 45)
- Chose a pediatrician (pp. 54–55)
- Spoke to my employer/HR about disability and family leave benefits (p. 35)
- Scheduled a postpartum appointment for six weeks after my due date
- Reviewed my birth preferences with my provider (pp. 47–48)
- Know to call if I am in labor or leaking water: Birth Center at (415) 353-1787
- Know to bring two forms of ID to my delivery, one with a photo
- Completed the birth certificate worksheet and will bring it to my delivery (pp. 58–59)

Going Home from the Hospital after Birth

- Arrange a ride home by 12:00pm (noon) on your going-home day
- Bring an infant car seat
- Plan for a 1–2 night stay for a vaginal delivery
- Plan for a 3–4 night stay for a cesarean section

Birth Center Information

UCSF Betty Irene Moore Women's Birth Center

1855 Fourth Street, Third Floor
San Francisco, CA 94158
(415) 353-1787

UCSF Great Expectations Pregnancy Program

Mount Zion Location

2356 Sutter Street, 1st Floor, Suite J112
San Francisco, CA 94115
(415) 353-2667

Mission Bay Location

1855 Fourth Street, 3rd Floor, Suite A3473
San Francisco, CA 94158
(415) 514-2670

WHEN YOU THINK YOU MAY BE IN LABOR

- **Call Labor and Delivery at (415) 353-1787**
- The nurse or provider on call will do an over the phone assessment and determine if you are ready to come into the hospital or not.

WHEN YOU ARRIVE AT THE HOSPITAL

- You may park in the semi-circle in front of the hospital for about 15 minutes. Be sure to place a sign in your windshield that reads "Woman in Labor" followed by the Labor & Delivery phone number: **(415) 353-1787**
- The main hospital entrance is open 24 hours a day, 7 days a week.
- Check in with Security at the Main Information Desk (unless it's an emergency).
- Take **Elevator A** to the 3rd floor (straight ahead after you enter from the main entrance).
- Stop at the Welcome Desk (left side after elevator).

PARKING

- Neither UCSF nor your insurance will cover your parking costs.
- Public parking at UCSF Medical Center is \$3.75/ hour; \$30.00/ day
- Discount for disabled patients and visitors is \$6.00/ day
- Patient valet parking will be offered on weekdays from 8AM to 6PM (last drop off at 3:30pm) in front of the Hospital outpatient building at 1825 4th Street.
- For more information about parking, call Campus Parking Services at 415-476-2566.

SECURITY CHECK

- **ALL** visitors are screened by Security prior to entering the Birth Center (located on the 1st Floor at the Main Information Desk). Security is open 24 hours a day, 7 days a week. Each visitor will be issued a dated visitor's pass that must be worn at all times.

VISITING HOURS

- Visiting hours are 8am- 8pm. Your primary support person is allowed access to the unit 24/7.
- A brief health screening will be completed for visitors by the Welcome Desk. Please encourage any friends or family members to stay home if they have any signs of illness.

PRIVATE LABOR AND DELIVERY SUITE

- There are nine luxury private labor and delivery rooms with spa-like amenities and a calming environment.
- Dedicated family areas with Wi-Fi and sleeping sofa.
- Media walls with access to Internet, educational materials, entertainment, environmental controls, food services and communications with providers.
- Dedicated infant care and resuscitation areas located adjacent to the birthing bed provides easy access for the pediatrician to tend to the baby, and enables you to keep an eye on your newborn during that critical first exam outside the womb.

CESAREAN OPERATING ROOM

- There are 3 cesarean operating rooms on the floor.
- You may have one support person present in the operating room with you if the cesarean is not an emergency.

YOUR POSTPARTUM ROOM

- The average stay: *Vaginal Delivery: 1-2 nights / Cesarean Delivery: 3-4 nights*
- The postpartum room is private and comes equipped with your own bathroom and shower.
- Dedicated family areas with Wi-Fi and sleeping sofa.
- Media walls with access to Internet, educational materials, entertainment, environmental controls, food services and communications with providers.

THE WELL BABY NURSERY

- We encourage your baby to room- in with you as much as possible. There are a few times when your baby will need to go to the nursery for exams by the pediatrician or the state mandated screening tests. You are welcome to accompany your baby if you like, or send your support person.

THE INTENSIVE CARE NURSERY (ICN)

- The ICN is located on the 3rd floor.
- If your baby does need to spend time in the ICN, we will assist you in maximizing your time at your baby's bedside during your stay with us.

BEFORE YOU LEAVE THE HOSPITAL

- Right after birth, we will place an electronic ankle band on your baby for security purposes, as well as identification bands on your baby, you, and your support person. These will be removed immediately prior to discharge.
- Everything for your baby is provided during your stay (diapers, clothing, etc.). You will want to pack things to bring your baby home- clothes, hat, blanket and car seat. ***There is a state law mandating that the hospital cannot release your baby until we see your car seat.*** Even if you do not plan on driving home, bring the car seat along.
- You may wish to make an appointment to have your car seat installed and checked for safety. This can be done through your local police station, the California Highway Patrol, or AAA in Daly City.

Things You May Want to Bring to the Hospital

Here is an informal list of items that may make your stay with us more comfortable:

FOR YOU

- Birth Plan
- Bathrobe
- Slippers
- Toiletries
- Socks (a few pairs)
- Eyeglasses, if you wear them
- Hair band, if you need one
- Lip moisturizer
- Snacks and Drinks
- Massage oils or lotions
- Tennis balls or rolling pin (for back labor massage)
- Relaxation materials / Media devices
- Sports bra or low support nursing bra
- Roomy going-home outfit and comfortable shoes

FOR SUPPORT PERSON(S)

- Watch with a second hand to time contractions
- Camera and power cord, batteries, film/ tape, etc.
- Toiletries
- Change of clothes (comfortable)
- Snacks and relaxation materials

FOR BABY

- Infant car seat *****REQUIRED*****
- Outfit for the trip home (consider weather for time of year)
- Receiving blanket (a heavy one if the weather is cold)
- One pair of socks or booties

UCSF Research Studies for Pregnant Women

As a patient at UCSF, you are able to participate in research studies to help improve the health of women and babies in the future.

Prenatal Clinics

You may be eligible for various studies throughout your pregnancy & may be approached by a research recruiter before your prenatal appointment.

If you would like to get in touch with a clinical research coordinator, please call (415) 502-0131 or email Allison.O'Leary@ucsf.edu



Mission Bay Birth Center

There are also opportunities to donate bio-specimens and participate in a study when you're at the UCSF birth center to deliver your baby. Bio-specimen collection can include cord blood, placenta, maternal blood, or baby saliva. A research recruiter may approach you in your room.

If you would like to get in touch with a clinical research coordinator prior to your admission, please call (415) 476-5277 or email Lisa.Gertridge@ucsf.edu or Lisa.Wilson@ucsf.edu.

UCSF Medical Center
Women's Health

Obstetrics Services • A National Center of Excellence in Women's Health



UCSF Benioff Children's Hospital
San Francisco

UCSF Medical Center
Women's Health

WOMAN IN LABOR

**Please call
the Birth Center
415/353-1787**