A Guide to Niagara Health System (St. Catharines Site)
ONLY APPLIES TO WEEKENDS

What do I need?
1. Health card
2. **Completed pre-registration form for NHS** – *located in your binder, section 4: Forms. Please complete and put in section 1 (with your current records)*
3. Your binder
4. Hospital bag & baby bag. There is a list found online: https://www.niagarahealth.on.ca/site/prepare-for-your-hospital-stay
5. Parking instructions and rates can be found online: https://www.niagarahealth.on.ca/site/parking

Instructions for women in labour: 6am – 11pm
1. Pull up to main entrance and park in Drop-off Area (located on First Street Louth) OR park in parking lot.
2. Walk through main entrance to main registration (located on your right just past parking payment machines).
3. Take a number, wait for number to appear on screen; alternatively, there is an "I'm in labour" button on touchscreen. Have your health card and completed pre-registration form ready.
4. Once completed registration, follow the main hallway to the elevators. You will pass Tim Hortons and the Cafeteria on your left-hand side.
5. Take elevators to the 4th floor.
6. Walk straight out of elevators down hallway; The department "Women and Babies" is clearly marked on your left-hand side.
7. Enter through door and walk down long hallway until it ends. Your midwife will be waiting for you in triage (on left).

Instructions for women in labour: 11pm-6am
1. Pull up to ER entrance and park in Drop-off Area OR park in lot.
2. Walk through ER entrance to ER registration (located straight ahead). Have your health card and completed pre-registration form ready.
3. Once registered, follow hallway along the front of the hospital. There are signs to direct you.
4. You will reach main registration, which will be closed. Turn right to the main hallway. You will pass Tim Hortons and cafeteria on left-hand side. Follow steps 5-7 outlined above.

Please note: If labour is moving quickly, bypass registration and come straight up to Women and Babies. Partners can go back down and register for you.