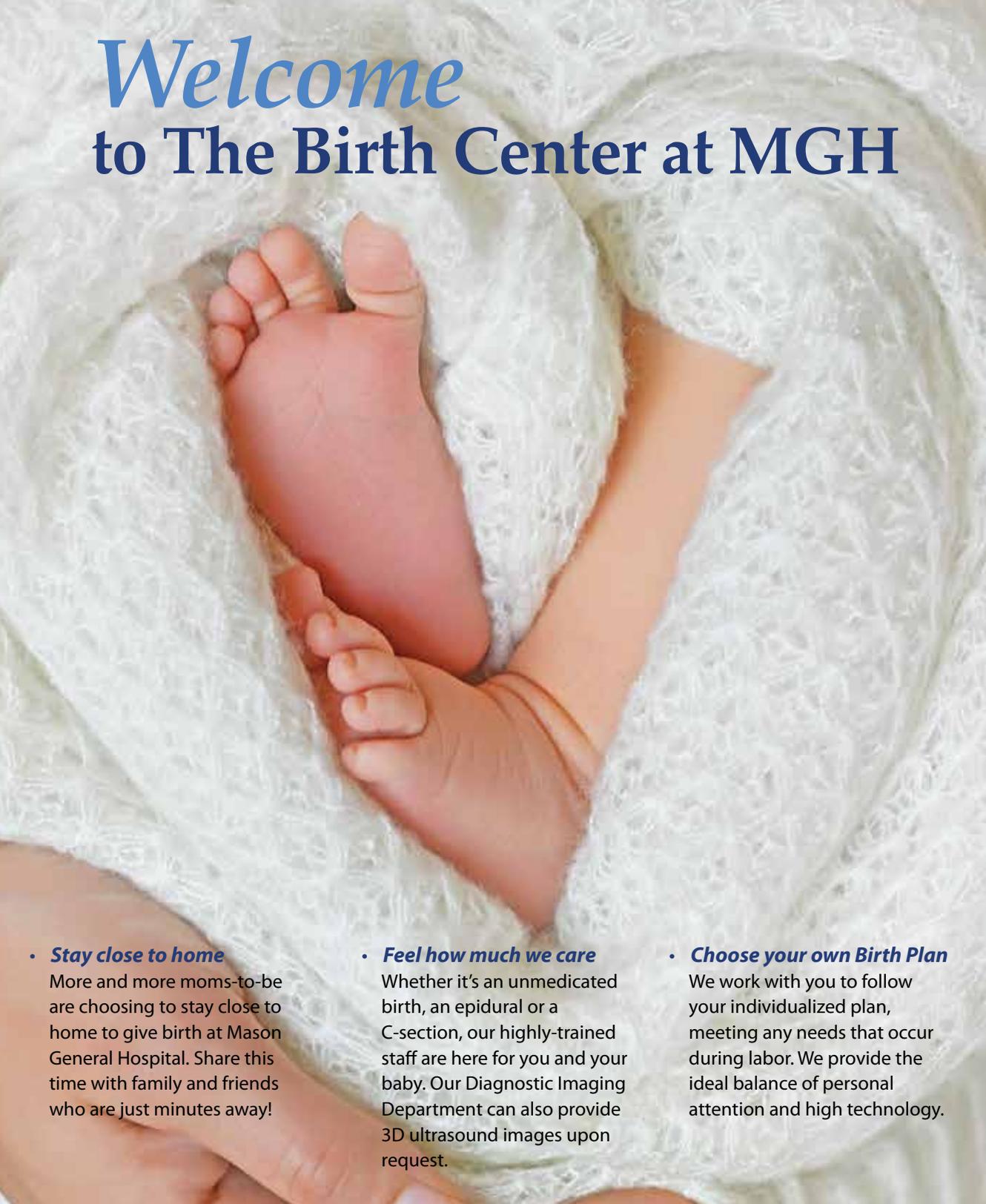


Welcome to The Birth Center at MGH



- **Stay close to home**

More and more moms-to-be are choosing to stay close to home to give birth at Mason General Hospital. Share this time with family and friends who are just minutes away!

- **Feel how much we care**

Whether it's an unmedicated birth, an epidural or a C-section, our highly-trained staff are here for you and your baby. Our Diagnostic Imaging Department can also provide 3D ultrasound images upon request.

- **Choose your own Birth Plan**

We work with you to follow your individualized plan, meeting any needs that occur during labor. We provide the ideal balance of personal attention and high technology.



Mason General Hospital
901 Mountain View Drive
PO Box 1668
Shelton, WA 98584-5001
Shelton (360) 426-1611
From Allyn (360) 275-8614
Toll-free (855) 880-3201
TTY/TDD (360) 427-9593

**Mason Clinic Hoodspport
Primary Care**
4261 N US Highway 101
PO Box 279
Hoodspport, WA 98548
(360) 432-7781

Mason Clinic
1701 N. 13th Street
PO Box 1668
Shelton, WA 98584-5001
(360) 426-2653
Toll-free (800) 824-8885

**MGH Mountain View
Women's Health**
2300 Kati Court, Ste. A
Shelton, WA 98584
(360) 426-0955



- | | | |
|----------------------|------------------------------------|--|
| 1 Emergency Entrance | 4 MGH Mountain View Women's Health | 6 Mason Clinic - Hoodspport Primary Care |
| 2 Main Entrance | 5 MGH Olympic Physicians | |
| 3 Mason Clinic | | |

12/2020 1,000

Visit us online at:
www.masongeneral.com

www.MasonGeneral.com • 901 Mountain View Drive, Shelton, WA 98584 • (360) 426-1611, from Allyn (360) 275-8614, Toll free (855) 880-3201, TTY/TDD (360) 427-9593. Equal Opportunity Provider • Free Translation Services Provided • Se habla español • Mason Health does not discriminate on the basis of patient's age, race, ethnicity, national origin, gender identity or expression, sexual orientation, religion, culture, physical or mental disability, financial status or condition (including the terminally ill or dying), limited English, visual, hearing or learning impaired.



The Birth Center at MGH



Comfort & care
close to home

Meeting the needs of moms & babies

Mason Health obstetricians, pediatricians, and primary care physicians know the needs and preferences of our community. Our goal is to support the family in sharing a positive birth experience by providing you with individualized, highly-skilled care.

Our staff will work with you and your support partner to follow your desired Birth Plan as closely as possible. We will assist in providing a calming atmosphere of family-supported birth with your choice of pain control in labor, offering high-tech assistance, when needed.

One-on-one care, from the latest pain control medications (i.e. epidural) to an unmedicated birth – you are in control with your personal Birth Plan.

Mission

United Community, Empowered People, Exceptional Health

Vision

Provide the best patient-centered care in the Pacific Northwest

Values

Service & Relationships

Follow us on social media



Special features of *The Birth Center*

- Families and friends are welcomed and encouraged to be a part of this special event*
- Private labor rooms with jacuzzi tubs for your comfort
- Private, newly remodeled post-delivery rooms
- One-on-one care during labor by highly-educated nurses
- Hospital infant security system
- State-of-the-art fetal monitoring system
- The latest in pain management techniques, including epidurals
- RN staff are all certified in the nationally recognized Neonatal Resuscitation Program
- On-staff, certified lactation consultants are available
- Breastfeeding support and instruction
- Complimentary steak dinner for mother and her chosen guest
- Handmade blanket or quilt for baby from community volunteers
- Special Mason Health certificate in honor of the birth, with baby's footprints



More resources online!

The Mason Health website offers more information, including a prenatal guide, suggestions for what to bring to the hospital, breastfeeding and lactation resources and much more. Go to www.MasonGeneral.com for information and many helpful links.

Breastfeeding support

At Mason Health, we support breastfeeding mothers. Our certified lactation specialists on staff can help to answer any questions or address any concerns.

We encourage pregnant women to purchase a breast pump at the start of the third trimester, so that they have a pump if they need one as soon as baby is born. Many women have access to free breast pumps through their insurance company, or the federal Women, Infants and Children (WIC) assistance program. Ask your provider for more information if you are unsure of how to procure a breast pump.

Visiting hours

Supervised children of family members or close friends are welcome to visit during regular Hospital visiting hours: 8:30 a.m. to 8:30 p.m.*

All visitors, such as family members and friends who come to the hospital, and especially to The Birth Center, should be free of fever, coughing, sneezing, vomiting, diarrhea, or other contagious illnesses.

*Call the Birth Center during periods of viral outbreaks (such as COVID-19) to get up-to-date information on visitor guidelines.