

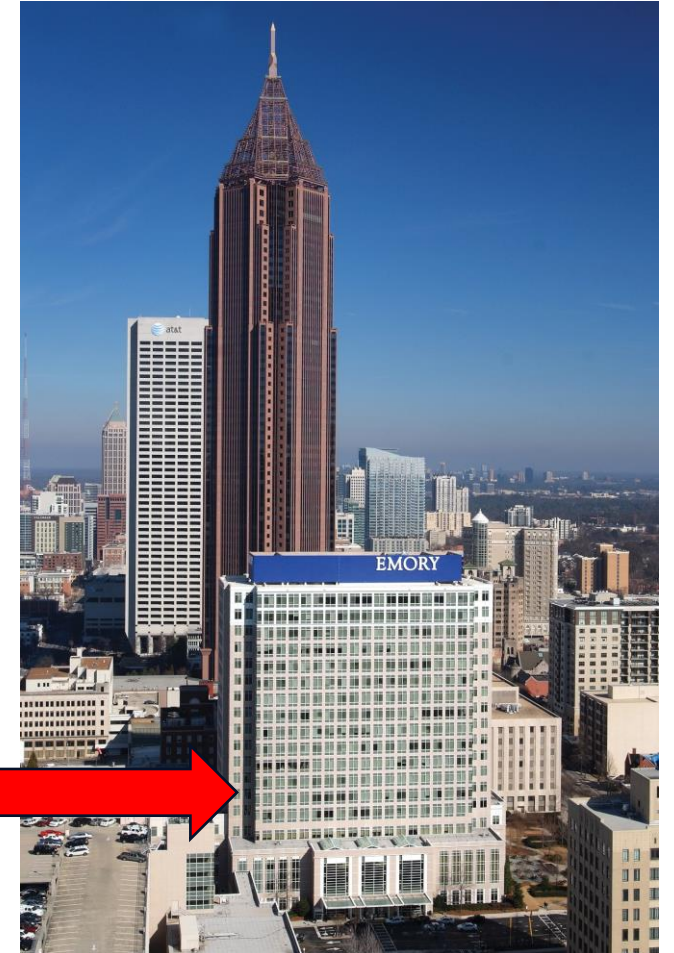


Welcome to Emory University Hospital Midtown

We are located in Midtown Atlanta:

550 Peachtree Street NE, Atlanta GA 30308

- Anticipate traffic & plan accordingly
- Labor and Delivery is on 3rd floor of the Medical Office Tower shown here





Women's Services Visitor Policy

In addition to the one (1) designated essential caregiver, three (3) adult visitors are welcome in both Labor & Delivery and the Post-delivery unit. Siblings under the age of 16 must be accompanied by an adult but are not included in the visitor count.

In most C-sections, one (1) support person is allowed

In the Triage unit, one (1) support person is allowed

In the NICU, visitors are determined by the parent. Two (2) visitors are allowed at the NICU bedside at a time.

Prenatal/Maternity Classes, Tours and Support Groups



Emory Healthcare offers a wide variety of classes, tours and support groups with both online and in-person options.

Please view and register [online](#) or use the QR code.

Note: To search for more in-person Infant CPR courses, you can visit www.heart.org. You can learn infant CPR at home by purchasing a [CPR training kit](#).



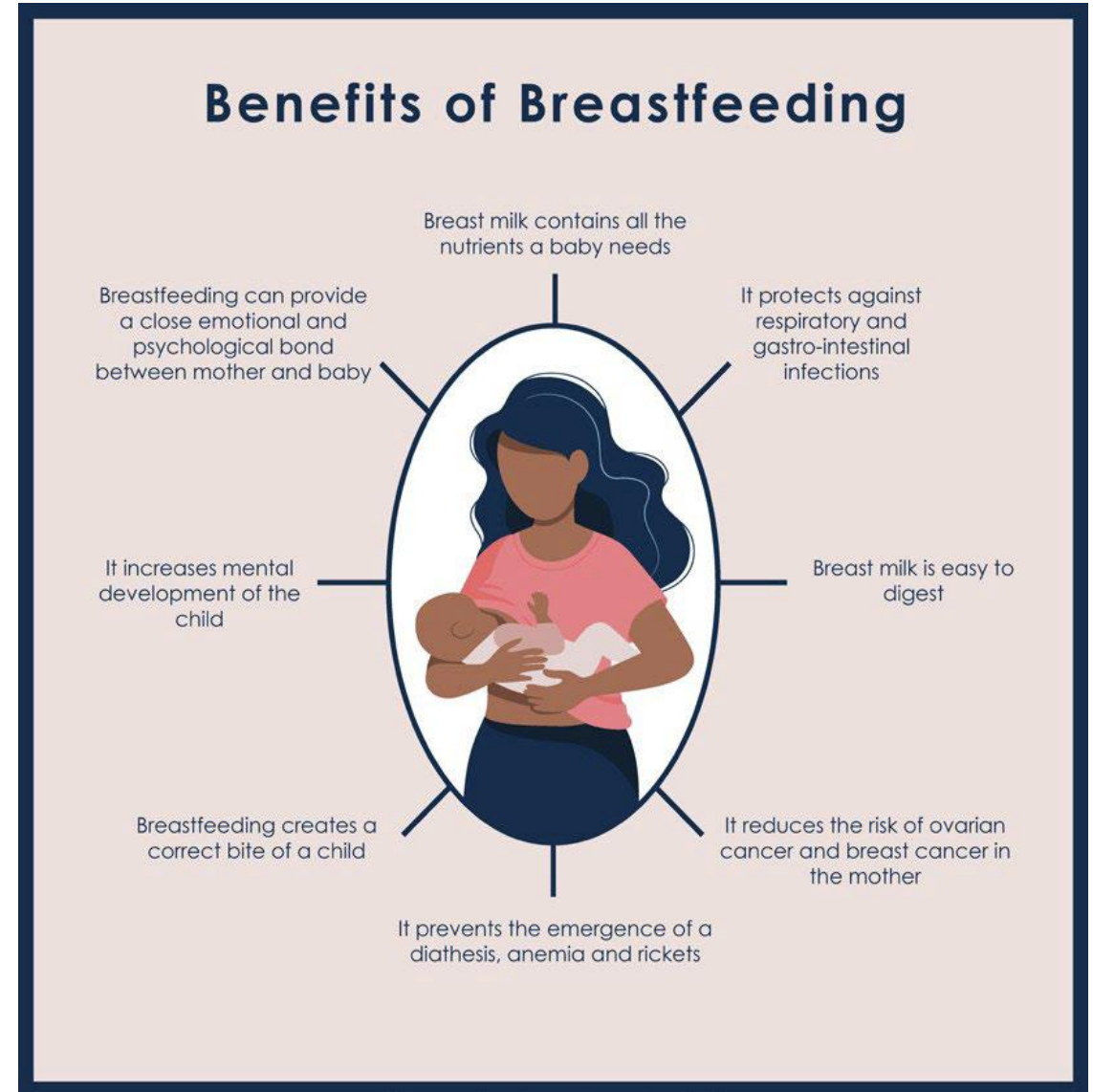
Preparing for Parenthood – Before Delivery:

- Choose a pediatrician that you will use for your baby's care after leaving the hospital.
- Need Help finding a pediatrician?
- Scan here  
(& ensure they are taking new patients)
- Choose and purchase a car seat:
 - Get familiar with installing and using the car seat before coming to the hospital.
 - Pre-install the car seat for yourself or go to seatcheck.org to find a nearby car seat installation center.
 - Hospital employees cannot install or assist with car seat operation.



Before Delivery – choose how you'll feed your baby.

- Breast milk is the natural source of nourishment for a baby.
- Evidence-based practice recommends exclusive breast milk feeding for the first six months.
- Breastfeeding alongside complementary foods is recommended for up to 2 years or longer.
- After being given education regarding the benefits of breastfeeding, those who make an informed choice to formula feed will be supported by our staff.



Breastfeeding Basics

- Breastfeeding is learned & takes time, practice and patience.
- All of our staff are trained to assist you & Lactation consultants are available 24/7.
- Breastfeeding is not done on a schedule; you'll feed your baby "on cue/demand" (when they show you signs they are hungry) typically eight or more times in each 24 hours.
- You'll give only breast milk unless there is a medical reason for supplemental feedings (most common medical reasons are too much weight loss and/or low blood sugar).
- We have donor breast milk available for supplemental feedings.
- Avoid artificial pacifiers/nipples until breastfeeding is established.



NOTE: Please do not bring your own breast pump to the hospital.
If a breast pump is needed, the hospital will provide it.

Planning for the Hospital

- Make plans ahead of time for the care of your other children and pets.
- Pack the things you'll need/want during labor and for your stay post-delivery.
 - Bring an outfit for professional photos of your baby if desired.
 - Bring an outfit and blanket to take your baby home in.
 - Please check out our suggested [list of items](#) to bring.

TIP: Pack in a rolling suitcase, if possible.



If Needed: our Emergency Department is open 24/7

If you are experiencing an emergency please call 911 or go straight to our Emergency Department.

24/7 entrance is on West Peachtree side of the hospital – drop off parking spaces are in front – see photo.

(Your OB provider may send you to the Emergency Department or L & D OB Triage for an urgent assessment during your pregnancy)



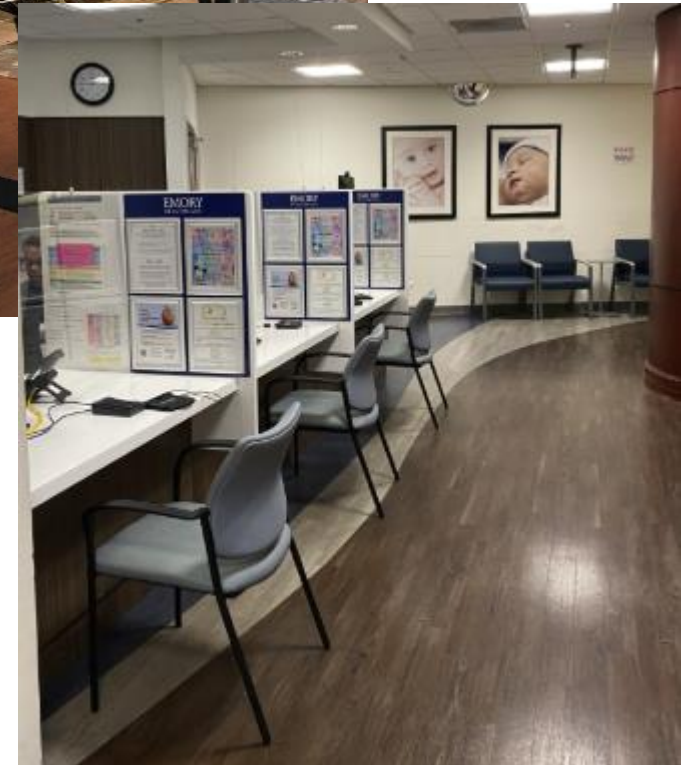
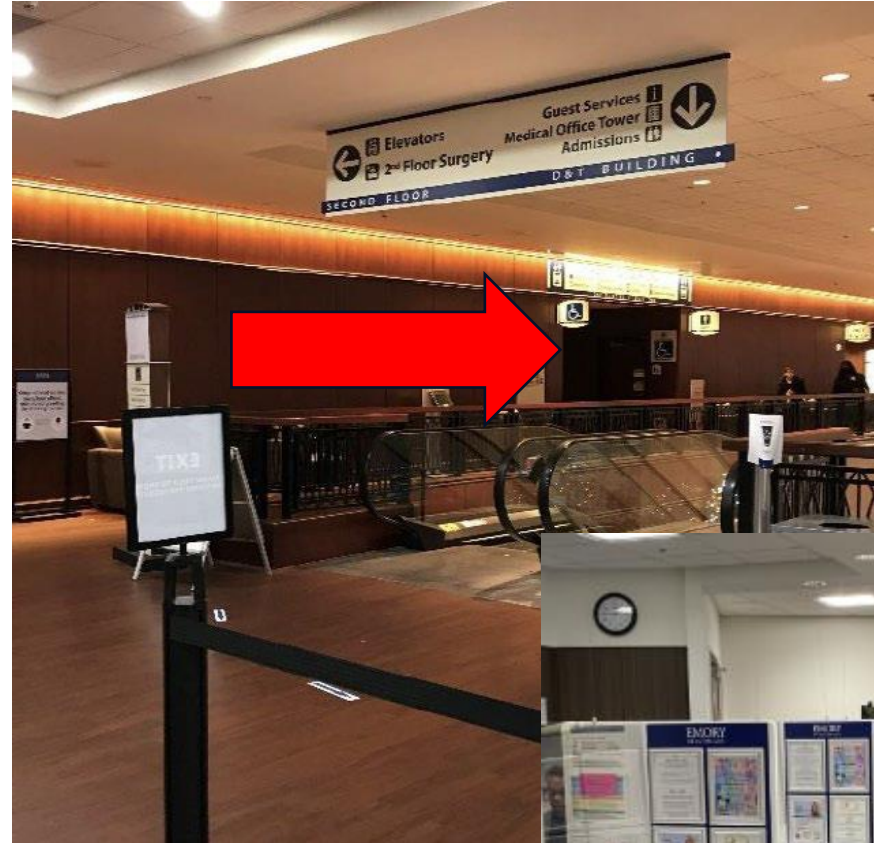
Arriving at the Hospital – park in Patient Parking Deck

- Remember to bring your driver's license/state ID and insurance card & leave your valuables at home.
- Park in our Patient Parking Deck (open 24/7) and take the elevators to Level F.
- When you exit the elevators, turn left and cross the glass pedestrian bridge that leads into the hospital.
- Everyone arriving at the hospital will walk through the metal detector and check in briefly.
- Valet parking is available weekdays only until 5 pm (\$10)
- Discounts are offered for self-parking in our Patient Parking Deck– see last slide



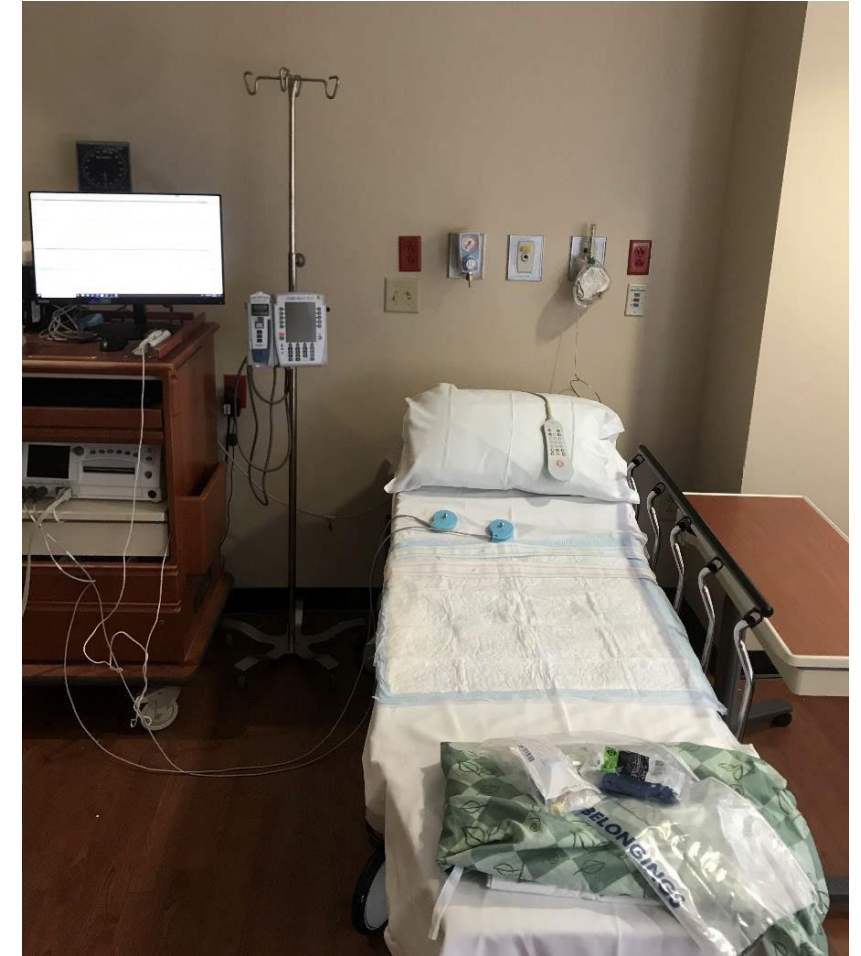
Arriving at the Hospital

- After walking through the metal detector, you'll walk **past** the escalators to the elevator bank on your **left**. (see red arrow)
- Take the elevator to the **3rd floor** where you will check in at L & D Registration
- Every type of delivery checks in here (C-section, induction, and vaginal).
- You'll wait here until called back to L & D OB Triage for further evaluation, or to L & D if you have a scheduled C-section or induction.
- TIP: You can pre-register on MyChart – can save time – ask your OB provider about this.



L & D OB Triage Unit

- Here, certified midwives, registered nurses and your OB Provider will make the best decision for you – based upon assessment – as to whether it is time for you to be admitted to the hospital.
- One support person is allowed in your triage room after an initial 10 minutes with only you, the patient, in the room – this is a great time for your support person to use restroom, eat a snack, get mentally prepared for next steps.
- If it is time for you to have your baby, you will be admitted to a Labor & Delivery room where you will stay until you have your baby.
- NOTE: If you need hospitalization but it's not yet time for you to have your baby, you'll be admitted to our Antepartum Unit



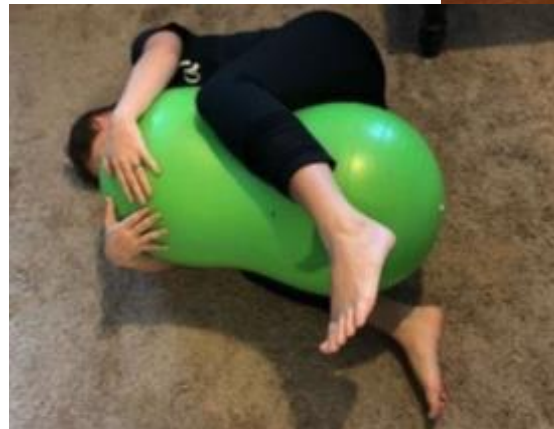
Labor & Delivery Room

- All Labor & Delivery rooms are private with private bathrooms
- Emory Midtown does not perform water births.
- No tubs are used for labor
- One sofa bed/linens is provided in each room for guests.
- 24/7 anesthesia services are available. Our anesthesiologists would like you to please [read here](#) for more information about epidurals
- You will remain in this room for one-to-two hours after a vaginal birth before going to your Post-delivery room.



Labor and Delivery – Comfort tools

- There are showers with a sprayer nozzle to help manage labor pain with hydrotherapy
- We have peanut balls, squat bars and mirrors for your use.
- We have wireless fetal monitors available
- You may bring LED candles, music, battery string lights, aromatherapy oils.
- We do not have birthing balls – feel free to bring your own.



Date: _____ Room # _____ Dietary: _____

My Care Team

Labor Plan



Provider:



Anesthesia Team:



Nurse:



Charge Nurse:



ST/PCA:

Early Labor

Active Labor

Pushing



Coping Level:



Coping Goal:



My Preferences:

My Preferences: Baby:

Support person(s):



Last Vaginal Exam:



Next Team Huddle:



Notes:

Have you considered your
"Birth Preferences/Plan" ?

- Your Birth Preferences can be written on the whiteboard in your Labor and Delivery room
- Please ask your OB provider for their own suggested birth plan template.

Only if Needed: Cesarean Birth

- Safety is our top priority.
- One support person can accompany you during the C-section in most situations.
- You, baby and your support person will stay in the recovery room on Labor & Delivery (PACU - Post Anesthesia Care Unit) for around two hours after your C-section before moving to your Post-delivery room



When Baby is Born:

Skin to skin:

- Vaginal birth: immediately.
- Cesarean birth: as soon as baby/mom are ready.
- Lasts for at least 60 minutes after birth, or until completion of first breastfeeding.

Helps baby:

- Regulate heart rate, breathing and temperature.
- Begin to build 'good' germs.
- Prepare for breastfeeding.

Delayed umbilical cord clamping:

- (one-to-two minutes in stable deliveries) provides evidence-based benefits for both you and baby.

Placenta:

- On admission you will be asked if you plan to keep your placenta (unless it's contraindicated). Discuss your preferences with your provider ahead of time.
- Please bring a cooler to the hospital & choose a person to take it home from Labor and Delivery.



When Baby is Born: Infant Security

- ID bands placed at delivery – do not remove until you are all home; two (2) on baby, one (1) on you, one (1) on dad/partner.
- While in the hospital, baby's name will match mom's name band along with “Boy” or “Girl” - you will be given paperwork to start the birth certificate process in the hospital
- Staff ID badges: all of our nursing staff caring for babies have a **pink** stripe on their Emory name badge.
- Providers have a **green** stripe
- Infant Security System: Monitors with soft band are placed on babies, ensures secure entrance/exit points.



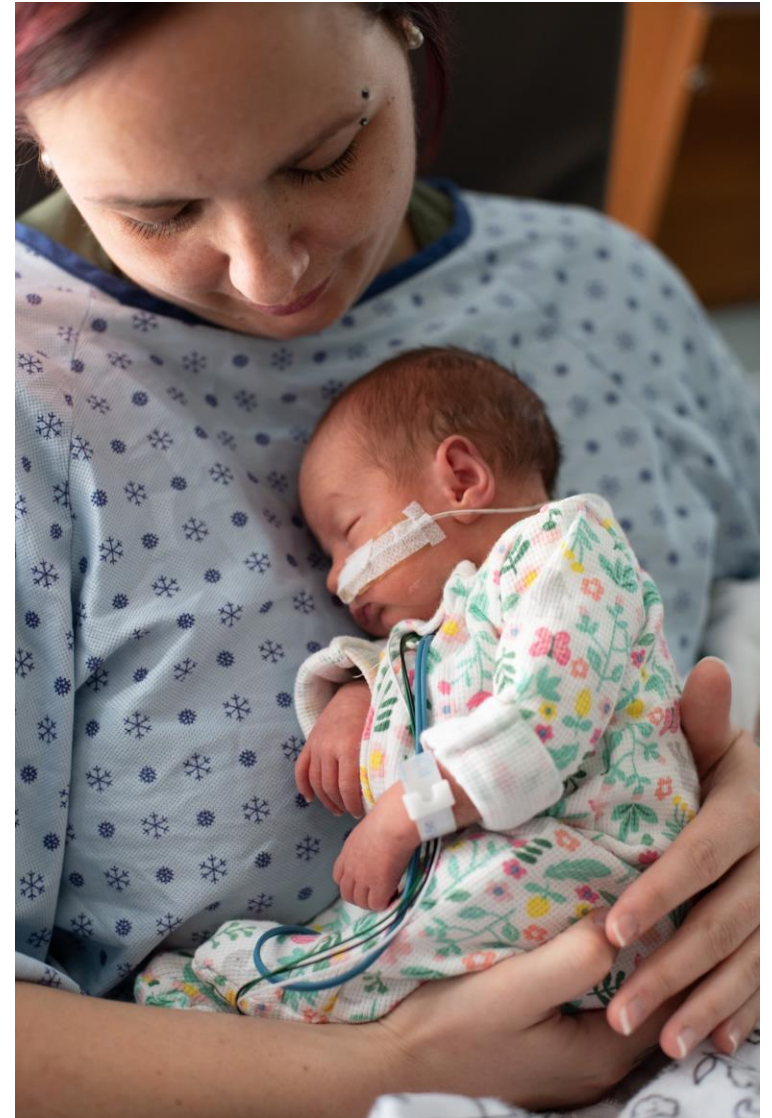
Only if Needed: Neonatal Intensive Care Unit (NICU)

- Level III Neonatal Intensive Care Unit (NICU) with 24/7 specialized team of caregivers
- Located on the 3rd floor near Labor & Delivery.
- Common reasons your baby might need to go into the NICU:
 - Prematurity (born early)
 - Breathing problems
 - Signs of infection



Only if Needed: NICU

- Parents will be able to see and touch the baby before transfer when given permission by a healthcare provider.
- Your support person is encouraged to accompany baby to NICU.
- Expressing breast milk is encouraged to begin within one-to-six hours after birth.
- Hand expression kits are available in L & D to get started.
- Donor breast milk is available as needed.
- Skin to skin is encouraged when it is medically appropriate for baby.



Post-Delivery Units (We have two at EUHM, on 4th and on 5th floors)

- All rooms are private
- Sofa bed for support person with linens provided.
- Glider/rocking chair in most rooms.
- Bassinet for baby's safety and comfort.

The average hospital stay after a vaginal birth is two days and three days after a C-section.



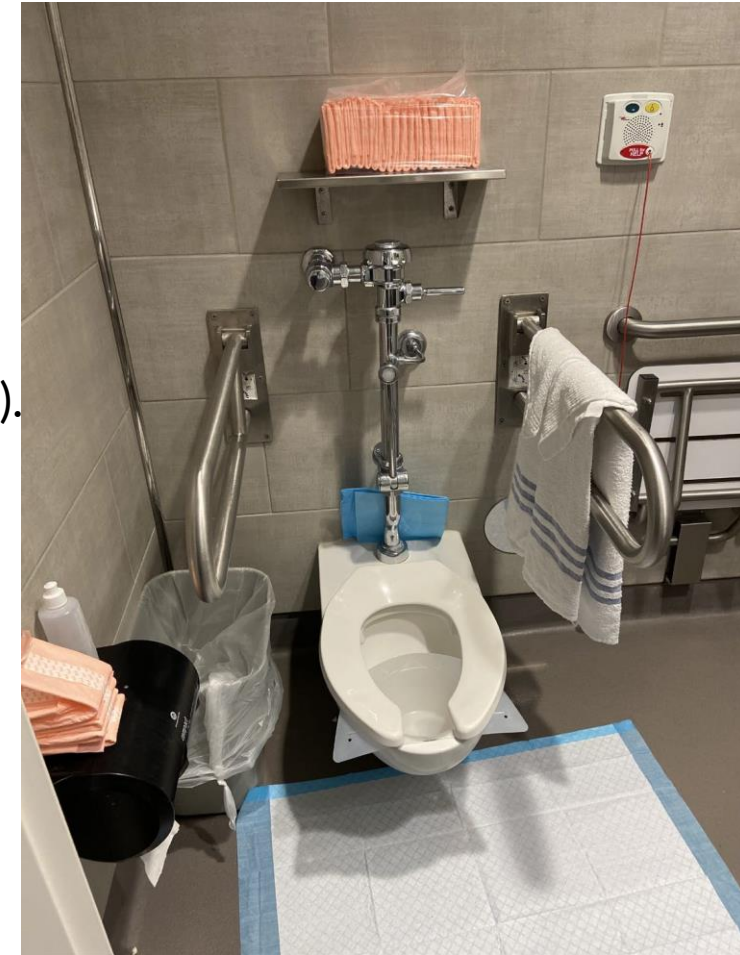
Baby Supplies Provided on the Post-delivery unit

- We provide baby supplies that you are welcome to take home with you:
 - Bulb syringe.
 - Under the arm thermometer.
 - Diapers & wipes.
 - Hat.
- We also provide baby supplies that you are welcome to use, but please leave these at the hospital:
 - Blankets.
 - T-shirts.
 - Burp cloths.



Patient Supplies Provided on the Post-delivery Unit

- Supplies provided for patient:
 - Perineal pads & mesh panties.
 - Perineal spray bottle.
 - Sitz bath (warm, shallow bath for hemorrhoids and/or perineal stitches).
 - Cold perineal pads (for hemorrhoids and/or perineal stitches).
 - Basic toiletries (soap, shampoo, toothbrush and toothpaste).
 - Any medications needed for post-delivery pain.
 - An abdominal binder is provided to help with pain after a C-section.



Food in the Post-delivery Unit

- ❑ After delivery, patients are allowed to eat.
- ❑ A menu is available in your room via this QR code.
- ❑ You will place your order for 3 meals a day
- ❑ Different diets are accommodated (including Vegetarian & Kosher)



Note: Meals are given to patients only.



Food Available for Visitors

- Visit the Savory Fare Café in our lobby.
- We have vending machines in various locations.
- Can use Uber Eats/Door Dash
- A large, shared refrigerator on each unit is available to store food from home if desired.
- Shared coffee/tea machines and microwaves are available on each unit for patient/visitor use.



Baby's First Bath is done in your Post-delivery room & is delayed for 12-24 hours

- Vernix (waxy, white substance on baby) remains on skin to:
 - Protect and moisturize baby's skin.
 - Reduce risk of infection.
- Better for baby:
 - Less stressful for baby.
 - Improves temperature regulation.
 - Stabilizes blood sugar.
- Better for family:
 - Improves initial bonding.
 - Improves early breastfeeding.
 - Allows family to participate, if desired.





Circumcision

- Your OB provider performs the circumcision on your baby, if desired.
- The circumcision may be performed:
During your stay in the hospital **or** in the OB provider's office the following week.
- Please check with your OB provider group to confirm their preferred timing.
- Your nurses will instruct you how to care for your baby after the circumcision.

Post-delivery room : Rooming In

Babies stay in the room with the families instead of a nursery.

- Better for babies:
 - More soothed and are more easily calmed.
 - Improved initial bonding time between parent and baby.
- Better for you:
 - Parents rest/sleep more.
 - You'll learn and respond better to baby's feeding cues.
 - You'll have increased breast milk production
- The American Academy of Pediatrics (AAP) recommends room sharing at home for the first six to twelve months to reduce chance of Sudden Unexpected Infant Death (SUID)





Room Sharing continues at home to help keep your baby safe:

The American Academy of Pediatrics (AAP) recommends room sharing for the first six-to-twelve months to reduce the chance of Sudden Unexpected Infant Death (SUID).

Additionally, to help prevent Sudden Infant Death Syndrome (SIDS), the AAP recommends pacifiers at night after breastfeeding is established at approximately three-to-four weeks of age.

REMEMBER:

- Your baby should be in your room in their own safe sleeping space – not in your bed.

- **“ABC”**

A. **ALONE**

B. On their **BACK**

C. In a **CRIB**

- For more information, visit [Safe to Sleep](#)



Skin-to-Skin in hospital & at home

- Continue to hold baby skin to skin as often as possible as this helps to wake a sleepy baby and increases bonding time between baby and parent.
- We recommend at least once a day for sixty minutes.
- We encourage the father/partner to hold baby skin to skin.

Going Home: Be aware of the POST-BIRTH Warning Signs (we will give you this information on a magnet or flyer to take home with you)

Most childbirth complications occur after delivery – usually in first 6 weeks.

You are at risk for up to a year after birth – listen to your body and get help if needed.

<p>Call 911 if you have:</p>	<ul style="list-style-type: none"><input type="checkbox"/> Pain in chest<input type="checkbox"/> Obstructed breathing or shortness of breath<input type="checkbox"/> Seizures<input type="checkbox"/> Thoughts of hurting yourself or your baby
<p>Call your healthcare provider if you have:</p> <p>(If you can't reach your healthcare provider, call 911 or go to an emergency room)</p>	<ul style="list-style-type: none"><input type="checkbox"/> Bleeding, soaking through one pad/hour, or blood clots, the size of an egg or bigger<input type="checkbox"/> Incision that is not healing<input type="checkbox"/> Red or swollen leg, that is painful or warm to touch<input type="checkbox"/> Temperature of 100.4°F or higher<input type="checkbox"/> Headache that does not get better, even after taking medicine, or bad headache with vision changes

Going Home: Breastfeeding Support

For free phone advice from our lactation consultants, please leave a message in our lactation office at 404-686-2883. We will return your call within 24 hours.

- Other support:
 - In your discharge folder, you will have an up-to-date list of local lactation resources.
 - A lactation nurse leads an in-person breastfeeding support group every Thursday at Emory Decatur Hospital. Info for signing up [here](#).



Scan here to go to the EUHM maternity center website - scroll to bottom to see videos of our L & D, Mother-Baby/Postpartum, & NICU rooms



Parking at the Hospital: Ways to Save Money

- Parking at EUHM is up to \$16/day - we do not pay for your parking.
- You can buy a \$25 in/out weekly pass by going to the Patient/Visitor's Parking Deck office on level B. Their hours are M – F, 7:00 a.m. - 9:00 p.m.
- Bring your ticket and credit card or exact cash.
- If your baby is in our NICU, the NICU social worker can help you buy a \$50 in/out monthly pass.
- Call 404-686-2320 with questions.





Thank You for Choosing Emory University Hospital Midtown

Questions?

Please contact: Kate Phillips, MSN, RNC-MNN

katherine.phillips@emoryhealthcare.org