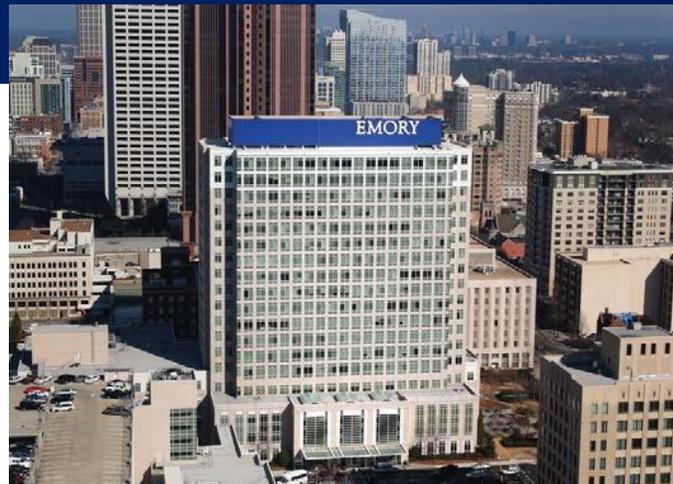


EMORY

HEALTHCARE

Welcome to Emory University Hospital Midtown



COVID-19 Precautions for OB Patients

Emory Healthcare is committed to the continued health and safety of all patients. Visit emoryhealthcare.org/covid for details on the precautions we are taking to keep you safe.



For OB Patients:

- Covid Tested only if patients display symptoms.

Current Visitation Policy as of July 2023 (subject to change)

- All minor siblings under 16 years of age must be accompanied at all times by an adult.
- The total number of visitors in the room for Labor & Delivery, Antepartum and Mother/Baby at any time is three (3) which includes siblings
- Sleeping accommodations is for one visitor only in L&D, Antepartum, Mother/Baby
- Please check with the Neonatal Intensive Care Unit regarding sibling visitation guidelines

Current Covid masking and testing policy as of May 2023 (subject to change)

Masking

- At a minimum, a well-fitting medical procedure or surgical mask is still REQUIRED in the following settings:
- Staff and providers must wear a mask during ALL face-to-face patient interactions.
- Patients, care partners, and visitors must wear a mask only IF they have symptoms of a respiratory illness
- The decision to wear a mask is now OPTIONAL in many public areas of EHC hospitals and clinics (including nursing stations, waiting rooms, lobbies, hallways, and elevators) for ALL staff/providers, patients, care partners, and visitors.

Testing

- Patients without COVID symptoms do NOT need routine testing for COVID on admission, prior to non-surgical procedures, or prior to surgery. Testing for COVID may still be ordered at the clinical discretion of an ordering provider

Parenthood Classes

(Updated July 2023)

All classes, tours and support groups are currently on Zoom. There are some in-person Infant Safety CPR classes

- Childbirth Preparation
- Newborn Care
- Infant Safety and CPR (these classes also have an in-person option)
- Breastfeeding Classes
 - Breastfeeding Basics
 - Pumping/Returning to Work
- Preparing for Parenthood: Wellness and Self-care
- EUHM Tour (Free)
- New Parent Support Group (Weekly/Free)
- Breastfeeding Support Group (Weekly/Free)

Please continue to check the Emory Healthcare website for [classes](#) and updates.

- To search for more in-person Infant CPR courses, you can check www.heart.org
- Alternate way to learn CPR at home – shopcpr.heart.org/infant-cpr-anytime-kit

Preparing for Parenthood

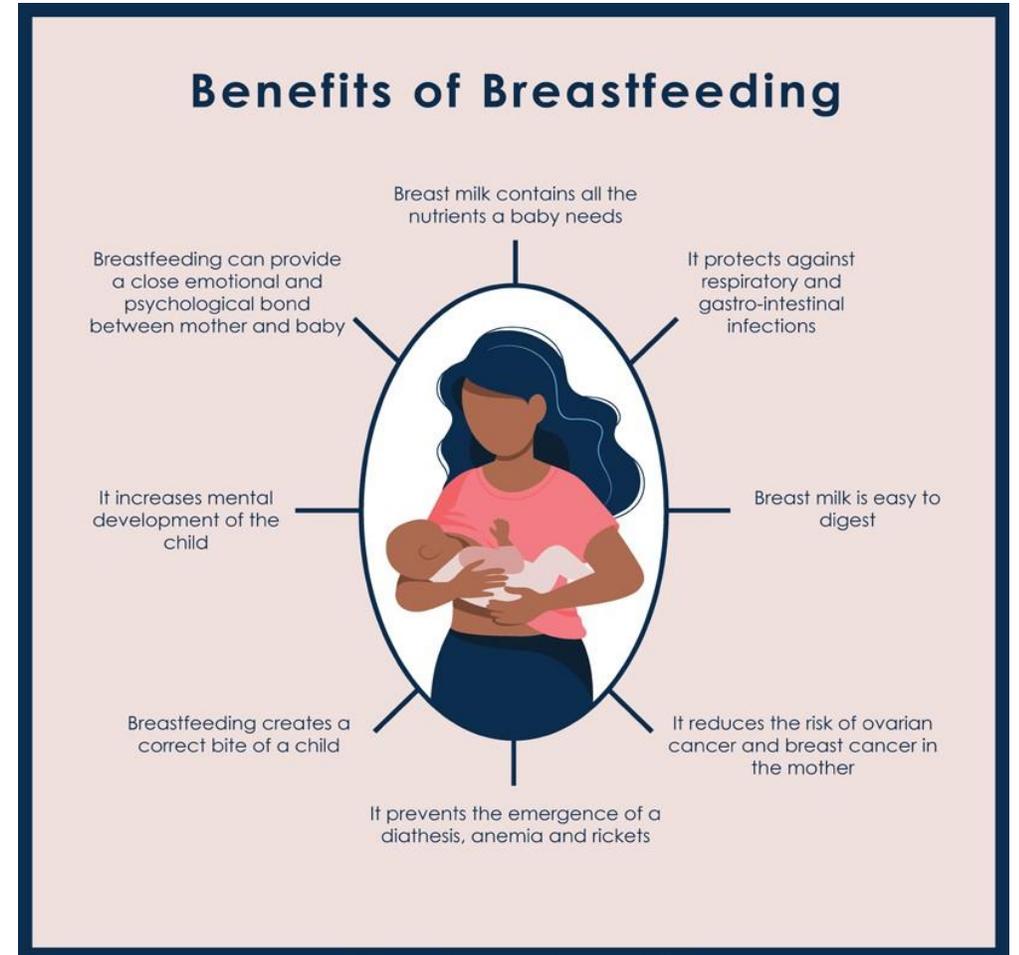
- Prior to delivery: choose a pediatrician to take your baby to after you leave the hospital
 - At the hospital, an in-hospital pediatrician will care for your baby, and neonatology services are available 24/7 for sick and premature infants.
- Choose and purchase a car seat
 - Practice with the car seat before coming to the hospital
 - Pre-install the car seat yourself or go to seatcheck.org to find a nearby car seat installation center.
 - Hospital employees cannot install or assist with car seat operation



Planning to Feed your Baby – the Benefits of Breastfeeding

Emory University Hospital Midtown is designated as a Baby-Friendly birth facility.

- The first few days are critical bonding times between mother and child.
- Breast milk is the normal food for the human baby.
- Evidence-based practice recommends exclusive breast milk feeding for the first six months.
- After being given education regarding the benefits of breastfeeding, mothers who make an informed choice to formula feed will be supported at Emory University Hospital Midtown.



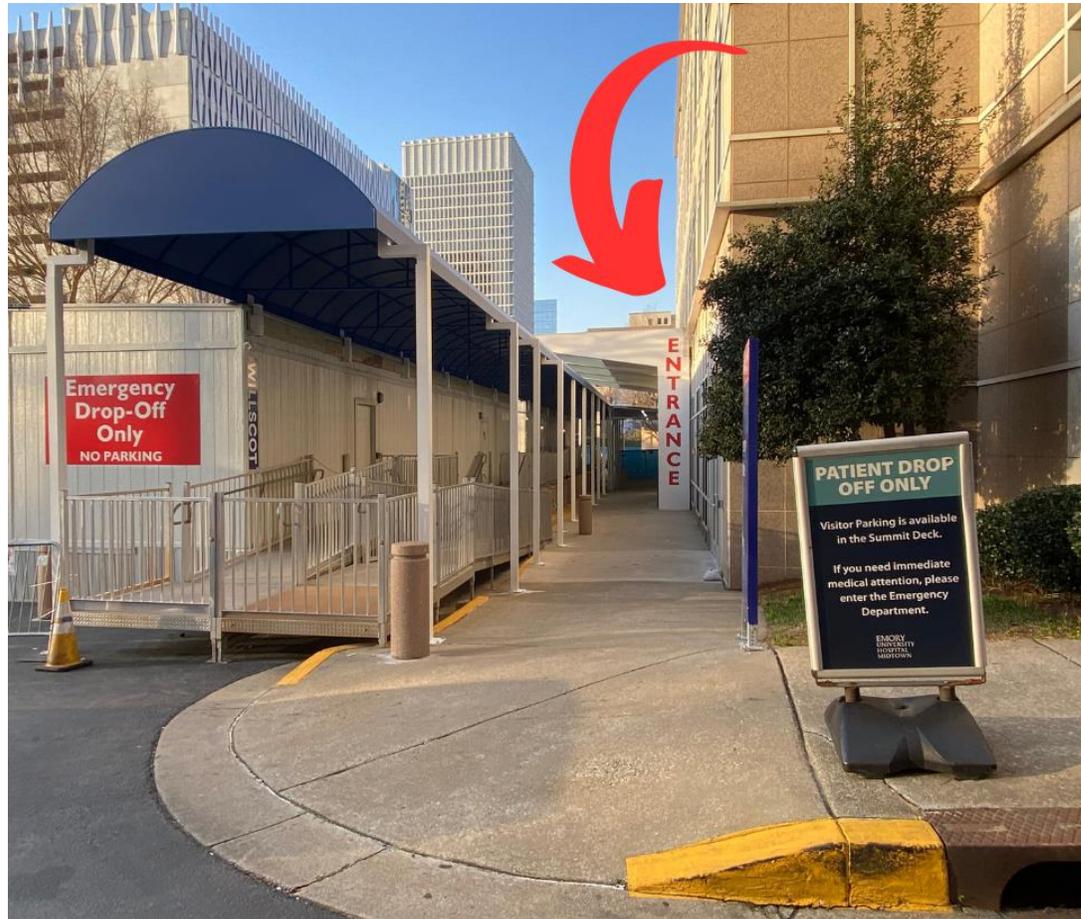
Planning for the Hospital

- Make plans ahead of time for the care of your other children (and pets).
- Pack things you'll need during labor and for your stay post -delivery.
TIP: Use a rolling suitcase if possible.
 - Bring an outfit for professional photos of your baby if desired.
 - Please check out our [FAQs](#) for a list of suggested items to bring.
- Family is responsible for all belongings.



Only If Needed: Emergency Dept.

If you are experiencing an emergency, please go straight to our emergency room.



Only If Needed: Emergency Dept.

- Your OB provider may also send you here for an urgent assessment during pregnancy.
- Obstetricians are on staff 24/7.
- Moms with complications up to six weeks after birth may also be sent here for assessment.



Arriving at the Hospital

Remember to bring your photo ID and insurance card.

You can park in the visitors parking deck and take the elevators to Level F. (Parking rates range from \$6 for one hour to \$16 for 24 hours. A \$25 weekly pass is available at the parking garage office. See details in [FAQs](#)).

When you exit the elevators, turn left and cross the glass pedestrian bridge that leads into the hospital

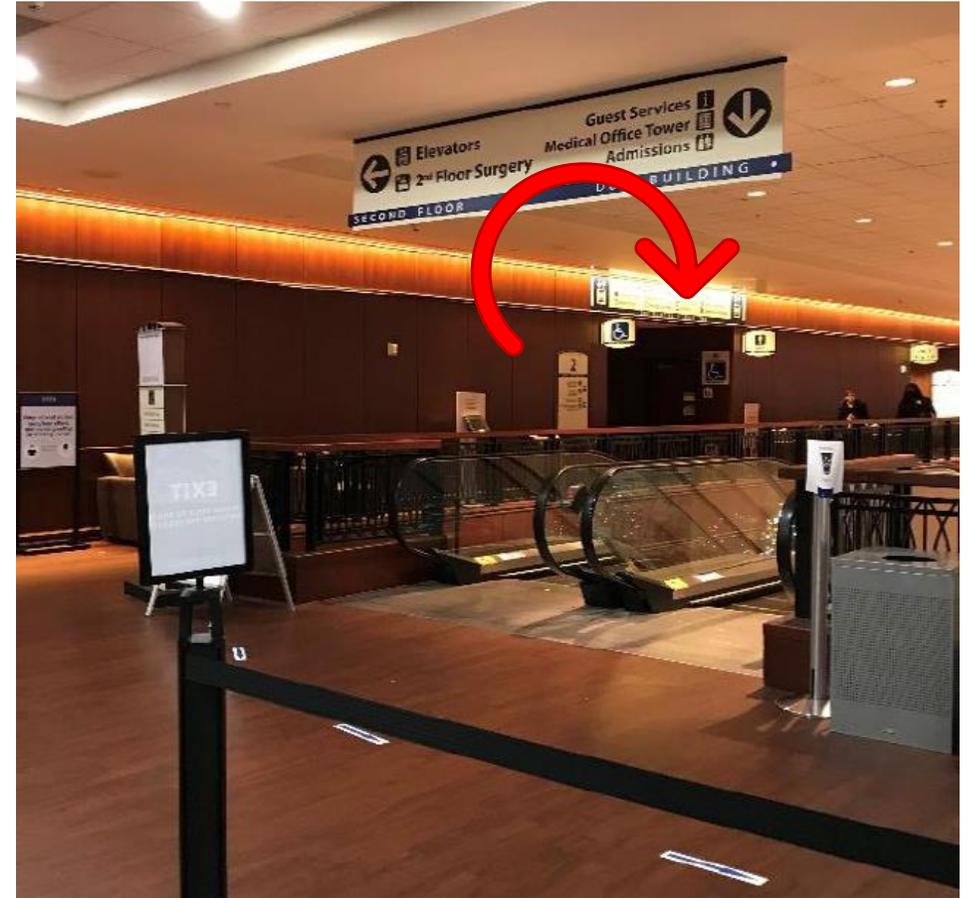
All people arriving to the hospital will walk through the metal detector and check-in briefly.

During the weekdays, valet parking is available.



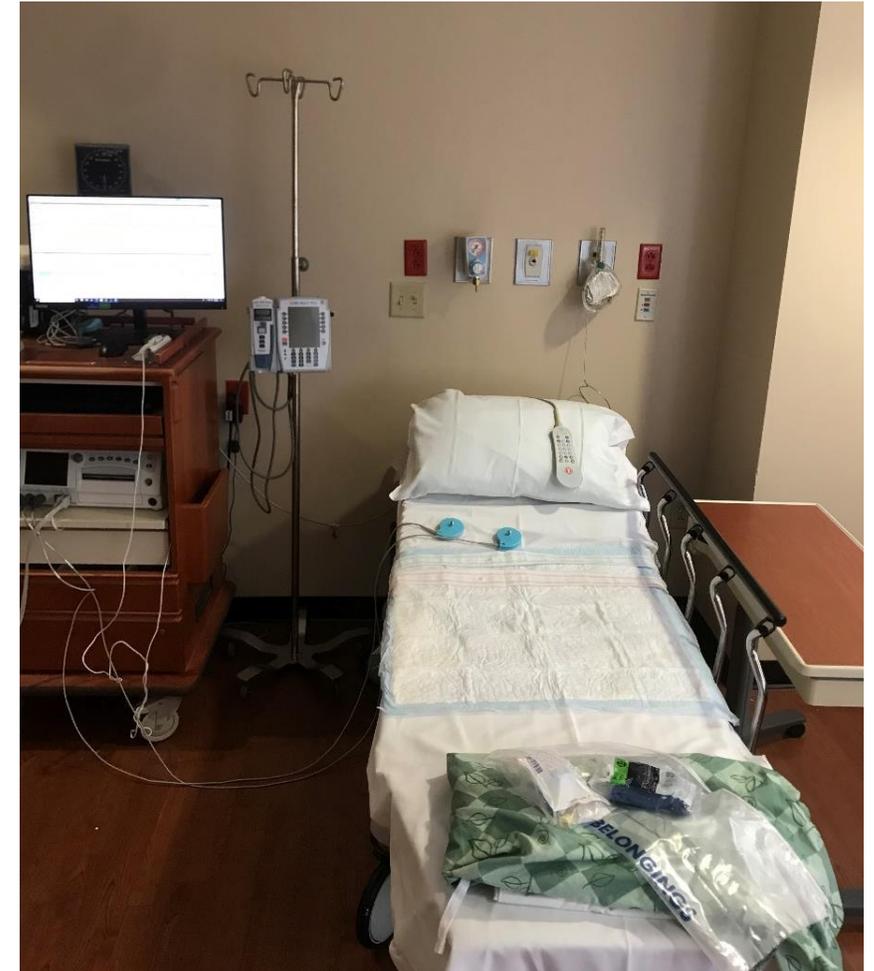
Arriving at the Hospital

- Walk past the escalators to the elevator bank on your left. (see red arrow)
- Take the elevator to the 3rd floor registration area where you will check in. You'll wait in this area until they call you back to triage for further evaluation.



Triage Unit

- When your doctor sends you to the hospital, the Triage unit is where most mothers are evaluated.
- In the Triage room, Certified Midwives, Registered Nurses and your doctor will make the best decision for you, based upon assessment, as to whether it is time for you to be admitted to the hospital.
- If it is, you'll then be assigned to a Labor and Delivery room where you will stay until you have your baby.
- For mothers that need specialized hospital care but are not ready to have their baby, the Antepartum unit is an extension of Labor & Delivery.



Labor & Delivery Room



- One sofa/bed is provided in each room.
- Monitors are present for mom and baby.

- Available labor support devices include squat bars and peanut balls.
- 24/7 anesthesia services are available. **TIP:** Click [here](#) for more information about epidurals.
- You will remain here for 1-2 hours after a vaginal birth before heading to the Mother-Baby room.

EMORY HEALTHCARE Today's Date: (Fecha): / /

Welcome to Labor & Delivery

Room #: (Número de cuarto): **LDR# 2** Telephone #: (Número de teléfono): **(404) 686-4052**

Support Person: (Persona de apoyo): _____ Provider: (Proveedor): _____

Labor Nurse: (Enfermera de parto): _____ init. Second Stage Start: (Segunda etapa comienza ahora): _____ init.

Charge Nurse: (Enfermera de cargo): _____ init.

OB Tech: (Asistente de parto): _____ init.

Please place your baby skin to skin as soon as you can. 1st Count _____ 2nd Count _____

Goals: (Metas): _____

Pain Management is our Goal! (Manejo del dolor es nuestro objetivo)

0 1-2 3-4 5-6 7-8 9-10 Pain Goal

Remember to ask for your pain medication.

Your care is our highest priority. If your care is not excellent, please contact our Unit Director.

Only If Needed: Cesarean Birth

- Mother and baby's safety is the top priority
- One support person can accompany mom during the C-section in most situations
- Mom, baby and the support person will stay in the Recovery room (PACU) in Labor Delivery for 2-4 hours after a C-section before heading to the Mother-Baby room.



When Baby is Born: Skin-to-Skin

- Helps baby:
 - Regulate heart rate, breathing, temperature
 - Begin to build 'good' germs
 - Prepare for breastfeeding
- Lasts for at least 60 minutes
- Vaginal birth: immediately
- Cesarean birth: as soon as baby/mom are ready
- Delayed umbilical cord clamping (one-to-two minutes in stable deliveries) provides evidence-based benefits for both mom and baby.
- Bringing your placenta home may be a possibility – see [FAQs](#) for details.



You can help save a life by donating your babies cord blood that is otherwise discarded as medical waste!

- Cord Blood could be used to treat one of 80 life threatening diseases such as:
 - Blood cancers, Immune deficiencies, sickle cell disease and many more
- Free to donate to a public bank – scan QR code for more information.
- Cord blood is collected after baby is delivered.
 - Baby is not involved in collection.
 - Collected while waiting for the placenta to deliver naturally.
 - No interference with your delivery or your baby's medical care.
 - Personal information is kept confidential.
- Cleveland Cord Blood Center is a non-profit FDA licensed bank
 - Cord blood is listed on National Marrow Donors Program (Be The Match) registry.
 - Contact Candice Laster directly at claster@clevelandcordblood.org for questions!
 - For more information, visit [our website](#).



When Baby is Born: Infant Security

- Baby ID bands:
 - Two (2) for baby
 - One (1) for mom
 - One (1) for dad or partnerBaby's name will be listed as "Boy" or "Girl" and mom's name



- Staff ID badges: all staff caring for babies have a pink stripe located on their Emory name badge
- Infant Security System: monitors for all babies, ensures secure entrance/exit points



Only If Needed: Neonatal Intensive Care Unit (NICU)

- Level III Neonatal Intensive Care Unit (NICU) with 24/7 Neonatology and Respiratory Therapy services
- Located on the 3rd floor near Labor and Delivery
- Common reasons for NICU transfer:
 - Prematurity
 - Low blood sugar
 - Respiratory distress
 - Symptoms of infection



Only If Needed: NICU

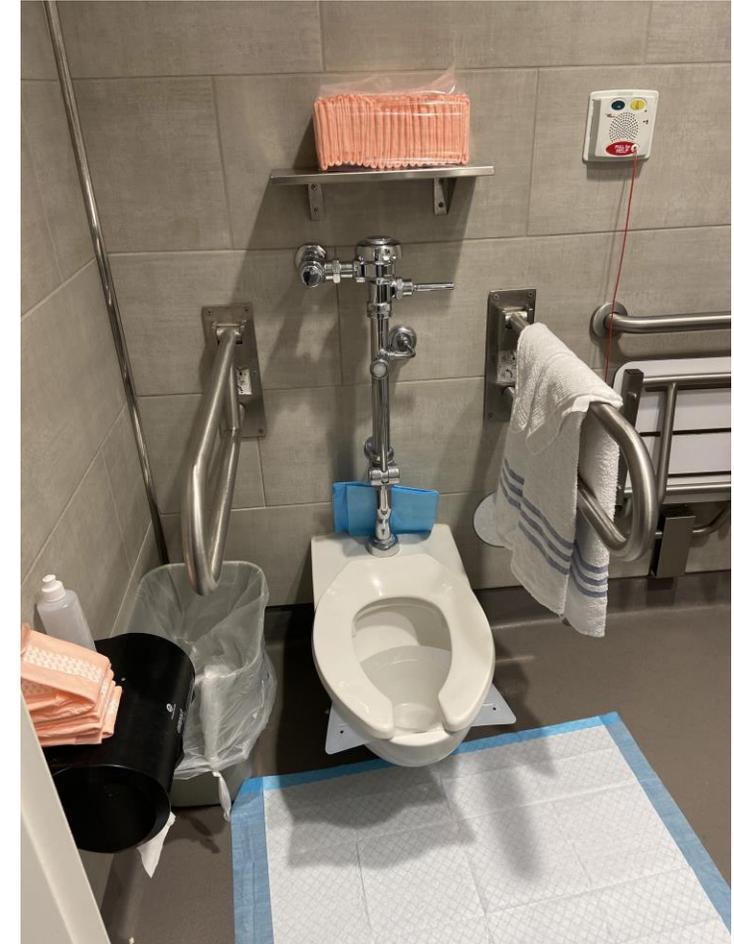
- Mom will be able to see and touch the baby before transfer when given permission by a healthcare provide
- Support person is encouraged to accompany baby to NICU
- Mom should begin expressing breast milk within three to six hours of birth
- NICU staff will support mom to hold baby skin-to-skin when its medically appropriate for baby
- Donor breastmilk available in NICU if needed for babies less than 35 weeks if mom is unable to produce enough.



Mother/Baby Room



- All rooms are private
- Sofa bed for support person – linens provided
- Glider/rocking chair in most rooms
- Bassinet for baby's safety & comfort
- Private bathroom with shower
- Average hospital stay for vaginal birth is 2 days, for C-section is 3 days



Supplies given on the Mother/Baby Unit



Food in the Mother/Baby Unit



- After delivery, patients are allowed to eat. A menu is provided to order from.

Food for Visitors

- Savory Fare Café in Lobby.
- Vending Machines in various Locations.
- Many nearby restaurants will deliver.
- Large shared refrigerator on each unit available to store food from home if desired.
- Shared coffee/tea machines and microwaves are available on each unit for patient/visitor use



When Baby is Born: First Bath

Usually occurs six or more hours after birth.

- Vernix remains on skin
 - Protects and moisturizes baby's skin
 - Reduces risk of infection
- Better for baby
 - Less stressful for baby
 - Improves temperature regulation
 - Stabilizes blood sugar
- Better for mom & family
 - Improves initial bonding
 - Improved early breastfeeding
 - Allows mom or family to participate, if desired

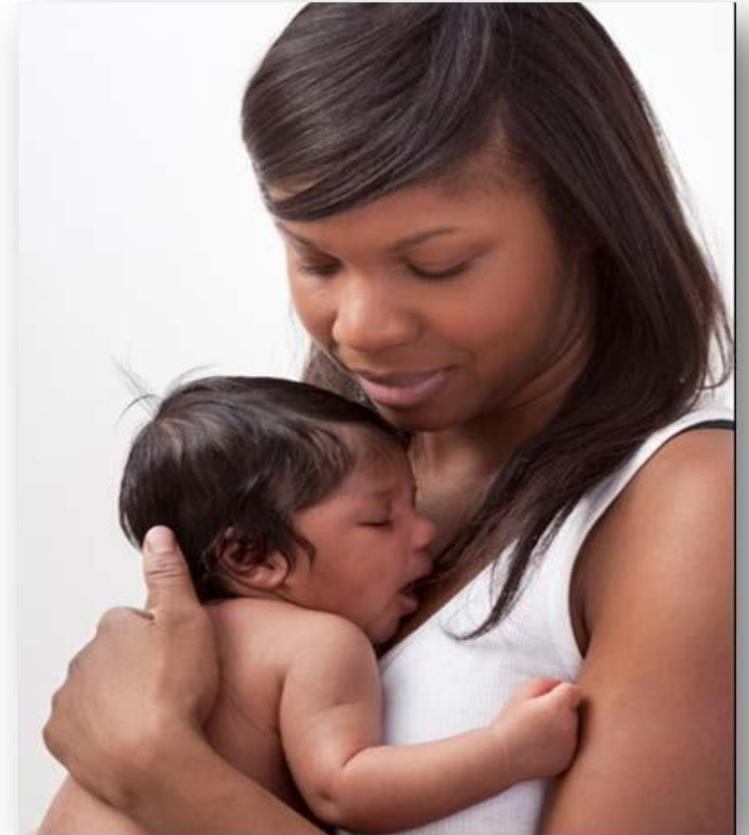


Mother/Baby: Rooming In

- Babies stay in the room with the families instead of in a nursery
- Better for babies:
 - Cry less and are more easily calmed
 - Improved initial bonding

Better for moms:

- Moms rest more
 - Respond better to baby's feeding cues
 - Make more breast milk faster
- AAP recommends room sharing for the first 6-12 months to reduce chance of SIDS.



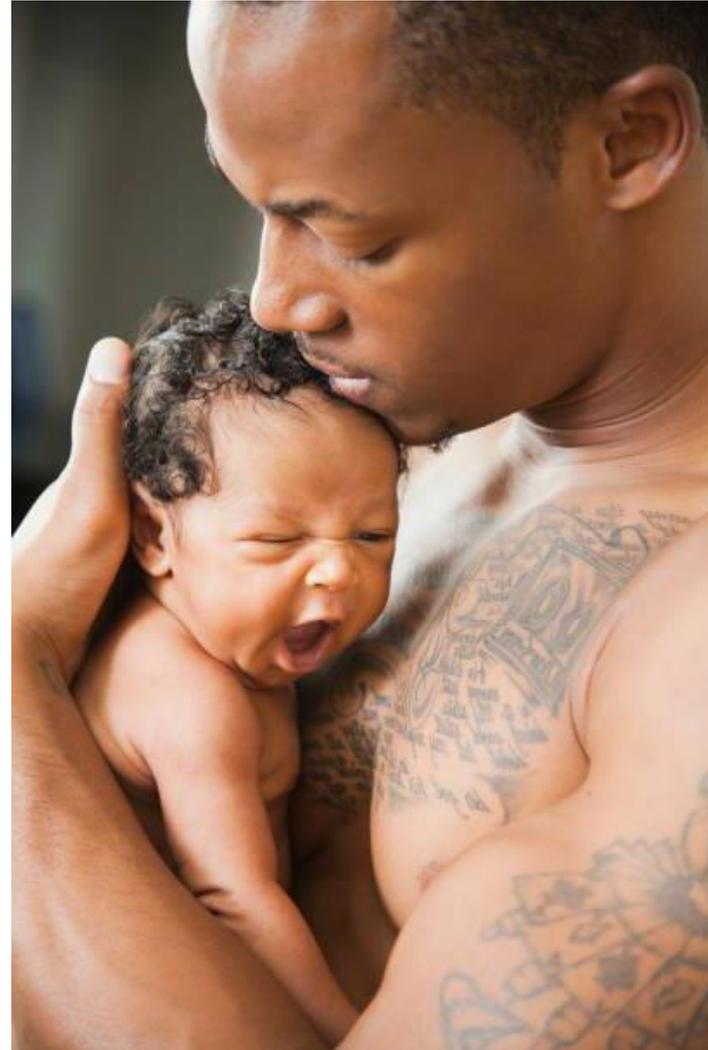
Room Sharing at Home

- The American Academy of Pediatrics (AAP) recommends room sharing for the first 6-12 months to reduce the chance of Sudden Unexpected Infant Death (SUID)
- Your baby should be in your room in their own safe sleeping space (not in your bed!)
- Remember “ABC”
 - A. ALONE
 - B. On their BACK
 - C. In a CRIB
- For more information, visit <https://safetosleep.nichd.nih.gov>



Mother/Baby: Skin-to-Skin

- Continue to hold baby skin-to-skin as often as possible
 - *At least once a day, for sixty minutes*
- Helps to wake a sleepy baby
- Father/Partner can also hold baby skin-to-skin



Mother/Baby: Breastfeeding

- Breastfeeding is learned, it takes time, practice and patience
 - All staff in our departments are trained to assist you
 - Lactation Consultants are also available 24/7.
- All health organizations recommend:
 - Exclusive breastfeeding for at least the first four weeks
 - Exclusive breast milk feeding for the first six months
- Please do not bring your own breast pump or breastfeeding pillow to the hospital. If a breast pump is needed, the hospital will provide it.



Mother-Baby: Breastfeeding

- Feed your baby on cue/demand
 - Eight times or more in a 24-hour period
- Give only breast milk unless there is a medical reason for formula.
- Avoid artificial pacifiers/nipples until breastfeeding is established
 - If appropriate, we will cup, syringe, or spoon-feed the baby if supplementation needed.
 - NOTE: To help prevent SIDS, AAP recommends pacifiers at night after breastfeeding is established (at approx. 3-4 weeks of age.)

Circumcision

- Your OB performs the circumcision on your baby, if desired.

- The circumcision may be performed:

- During your stay in the hospital, or
- In the OB office the following week

Please check with your OB group to confirm their preferred timing.

- Your nurses will instruct you how to care for your baby after the circumcision.

Going Home: Breastfeeding Support

- Our Lactation office number: 404-686-2883
 - Phone advice from a lactation consultant – please leave a message and we will return your call
- Other local support
 - La Leche League (lli.org)
 - WIC Peer Counselors
 - In-person Breastfeeding support group every Thursday at Emory Decatur Hospital. Info [here](#).



Going Home: POST-BIRTH Warning Signs

Call 911
if you have:

- P**ain in chest
- O**bstructed breathing or shortness of breath
- S**eizures
- T**houghts of hurting yourself or your baby

**Call your
healthcare
provider**
if you have:

(If you can't reach your
healthcare provider,
call 911 or go to an
emergency room)

- B**leeding, soaking through one pad/hour, or blood clots, the size of an egg or bigger
- I**ncision that is not healing
- R**ed or swollen leg, that is painful or warm to touch
- T**emperature of 100.4°F or higher
- H**eadache that does not get better, even after taking medicine, or bad headache with vision changes

Scan for Emory's OB Maternity Website/Short Videos of Maternity Area Rooms





Thank You for Choosing
Emory University Hospital Midtown

Questions?

Please contact: Kate Phillips

Katherine.Phillips@emoryhealthcare.org