

#### **4. Upon Arrival to Labor & Delivery**

The nurse will ask you questions, start an IV, take your vital signs and monitor your baby.

#### **5. Jewelry and Body Piercings**

When you are admitted to the hospital, we request that you remove all jewelry and body piercings. If your fingers are too swollen to remove your wedding rings, let us know. If you wear contact lenses remember to bring your glasses in case you need to remove your contacts.

#### **6. Medications**

Please bring a list of any medications you may be taking.

#### **7. What to Bring**

Items you may wish to bring include toiletries, nightgowns, underwear, nursing bra, an outfit for your baby to wear home and if you have a birth plan, please bring a copy. If you forget, we have extra toiletries available for you upon request. Some patients prefer to leave their suitcase in the car until they are admitted and assigned a room.

#### **8. Anesthesia**

If you are planning on an epidural for pain relief in labor, anesthesia services are available.

#### **9. Visitors/Support Persons in L&D**

- ❖ All visitors are required to sign in at the registration desk and present picture identification.
- ❖ Children of the expectant mother are welcomed to visit in L&D.
- ❖ Maximum of four care partners are welcomed in each Labor Room.
- ❖ Maximum of three care partners are welcomed during the birth.
- ❖ Maximum two care partners are welcomed in each OB assessment room (Triage).

#### **10. Immediately After Delivery (Bonding and Breastfeeding)**

Your baby will remain in the room after delivery.

- ❖ All mothers are encouraged to do skin-to-skin with their baby immediately after delivery.
- ❖ Two identification bands will be placed on your baby in the delivery room. A duplicate band will be placed on you and **one** other person of your choice. If your baby is in the nursery for any reason, this allows the banded mother and other designated person entrance into the nursery. The identification bands should remain on until discharge of mom and baby.
- ❖ You will be recovering for one to two hours after birth on Labor & Delivery.
- ❖ Breastfeeding mothers are encouraged to feed their baby as soon as possible after birth.
- ❖ The typical hospital stay after a vaginal delivery is two days.

#### **11. Baby Safety and Sleep**

Accidental falls may occur when you sleep with your baby or doze in a chair with him or her in your arms. Please help us maintain a safe environment by placing your baby on his or her back in the bassinet when you feel drowsy or ready to sleep. Keep your baby in the crib while walking in the hallway. Please call your nurse if you need help.

#### **12. Car Seat**

You will need to have a car seat to take your baby home.