

PREGNANCY: BEFORE, DURING & AFTER



Having a baby involves far more than simply arriving at the Hospital when it's time to give birth. Virginia Hospital Center supports parents every step of the way, combining cutting-edge medical skills and equipment with the comforts of home. In addition to its state-of-the-art NICU managed by a team of neonatologists from Children's National Health System, superior imaging technologies and all-private postpartum rooms, the Women & Infant Health Center offers scores of programs to keep moms, dads, babies and siblings healthy and happy.



Preparing for Baby

We offer complete prenatal services:

- ◆ Maternal-Fetal Medicine for High-Risk Pregnancy
- ◆ Genetic Testing
- ◆ Prenatal Testing
- ◆ State-of-the-Art Ultrasound

Take Childbirth Education or Fitness & Healthy Lifestyle classes*:

- ◆ Preparation for Childbirth
- ◆ Unmedicated Class
- ◆ Breastfeeding
- ◆ Baby Care 201
- ◆ Grandparenting Class
- ◆ Infant Care Skills
- ◆ Sibling Class
- ◆ Parents of Multiples
- ◆ Hospital Tour for Expectant Parents
- ◆ Prenatal/Prenatal Partner Yoga
- ◆ Heartsaver® CPR AED

**(Classes subject to change)*

Having Your Baby

Giving birth at Virginia Hospital Center is a very personal experience. Our Women & Infant Health Center includes:

- ◆ 50 all-private rooms with daybeds
- ◆ 16 all-private labor, delivery & recovery (LDR) rooms
- ◆ 6 all-private triage rooms
- ◆ 3 C-section operating rooms
- ◆ 4-bed recovery area for C-section moms to recover with baby at the bedside
- ◆ 26 suite Level IIIB Neonatal Intensive Care Unit (NICU)
- ◆ 8-bed Pediatric Unit
- ◆ 24/7 in-house OB/GYNs, anesthesiologists, pediatricians, hospitalists and Children's National Health System neonatologists and pediatricians
- ◆ State-of-the-art infant security system

- ◆ Lactation Consultants available 7 days/week as needed
- ◆ In-room massage (optional) provided by the Teal Center for Therapeutic Bodywork
- ◆ Education about newborn care in preparation for going home

Bringing Up Baby

Connect with one of our support groups for help with transition at home:

- ◆ Breastfeeding Support Group
- ◆ Breastfeeding Support Group for the Working Mom
- ◆ New Parents Support Group
- ◆ Postpartum Support Group

Get back in shape with your baby. Take a Fitness & Healthy Lifestyle class:

- ◆ Postpartum Pilates
- ◆ Postpartum Yoga
- ◆ Baby Yoga
- ◆ Tots Yoga

For registration and information about classes and support groups, visit www.virginiahospitalcenter.com/childbirth.



CHECKLIST FOR EXPECTANT PARENTS

You've read all the books, taken birthing classes, and decorated the nursery. Now there's just one last thing you need to do: plan ahead for your stay at Virginia Hospital Center and figure out which comforts of home to bring with you. Here is a recommended checklist to help you be more prepared when it's time to go to the Hospital.

Pre-Admission & Insurance Information

- Complete the Pre-Admission Questionnaire any time before the expectant mom's predicted due date. A hard copy of this form can be found in this folder.
- Or to register online, visit www.virginiahospitalcenter.com. Click on "Patients & Visitors." Under "Obstetrics Pre-Admission," click on "Register Online."
- Precertification should be completed by your OB/GYN prior to delivery. Contact your insurance company to verify that Virginia Hospital Center is in your network. If you are self-pay or uninsured, please call 703.558.6227.

Patient Portal

- Our Patient Portal is a free online service that allows you to view, save or print your medical information. If you wish to access your newborn's record, the easiest way is to make sure you indicate this on the form provided by the newborn Birth Certificate Registrar after you deliver while you are still in the Hospital.

Select Your Pediatrician

- If you do not designate a private pediatrician, your baby will be seen by a pediatrician from Children's National Health System during your stay. You will receive a separate bill from the pediatrician for his/her services.

What to Bring in the Car

- A plastic bag (in case of nausea)
- A thick bath towel (in case your water breaks)

Arriving at the Hospital

- Expectant moms in labor should be dropped off in the Women & Infant Health Center Lobby at 1701 N. George Mason Drive. Security officer or volunteer on duty 24/7. Patients & visitors arriving after 8:00 pm will need to show a government-issued photo ID to the security officer on duty.
- Curbside parking, marked "Labor & Delivery," is available in front of 1701 building. Temporary parking permit required and may be picked up from the volunteer or security officer in the 1701 lobby.
- After dropping off mom, partner and/or visitors should park in GREEN parking.

- Mom and partner should take 1701 lobby elevators to the third floor and check-in at the Labor & Delivery nurses station. If mom cannot wait for her partner to return, a staff member will direct her partner to Labor & Delivery.
- You will need your photo ID and insurance card to sign paperwork upon arrival at Labor & Delivery.

What to Bring to the Hospital for Labor

Pack a bag with items you want to have with you during labor.

- Camera
- Music
- Extra pillow from home (in a colorful pillowcase)
- Lamaze focal point
- Glasses (it is not recommended to wear or bring contact lenses)

What to Bring to the Hospital for After Delivery

Pack a bag with everything you need for your Hospital stay after the baby is born. This bag should stay in the car until you have moved from Labor & Delivery to your private postpartum room.

- Robe & slippers (optional)
- Toiletries (shampoo, conditioner, toothpaste, toothbrush, deodorant)
- Hair dryer
- Maternity clothes for the trip home
- Comfortable shoes (your feet may swell)
- Nursing bra (be fitted for a bra at about 36 weeks)

Preparing to Bring Baby Home

- Pack a going-home outfit (a sleeper with legs and feet is best, even in summer).
- Install the car seat before you arrive at the Hospital for the trip home.
- Know how to use the car seat. Practice strapping a stuffed animal in the seat in advance.

VISITATION POLICY

Visiting hours are from 11:00 am to 8:00 pm daily (*hours subject to change*). Mom's partner can spend the night, and should bring sleeping clothes and toiletries if they plan to do so. Siblings must be accompanied by an adult (other than mommy) while visiting.

HELPFUL TIPS FOR BRINGING HOME BABY

Your bag is packed for the Hospital. But, what happens after your baby comes home? Have you thought about what kind of help you'll really need? A little advance planning can help during the first month or two. Here are some practical tips from the Women & Infant Health Center experts at Virginia Hospital Center.

Simplify Household Chores

Save steps for yourself. Keep a basket on each level of your house with diapers and basic supplies, such as burp cloths, a clean receiving blanket, a clean baby outfit—and a clean shirt for you.

Cook ahead. Whether your mother is staying with you or you're doing your own cooking, freeze meals for the future. Ditto with meals that friends bring over.

Know your physical limitations.

Depending on the type of delivery you had, you might not be able to lift for several weeks. Think about the layout of your house, and line up help for lifting and carrying heavy items like laundry baskets.



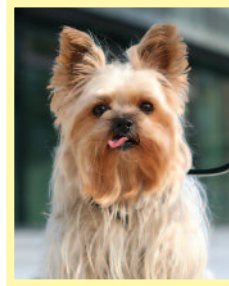
Go easy on yourself. Don't stress. Your daily routine will change. If you and your family are eating takeout more often than usual, that's fine. If your older child has a bake sale, it's OK to buy cookies. Take it easy and enjoy this time with your baby.

Let People Help You

Have mom come visit when it's best for you. An out-of-town grandmother might want to visit when you first come home from the Hospital. But, you might need her help more after Dad goes back to work. Or you may want to be alone with your baby first. Think about what you want.



Accept help graciously. You have one job: taking care of your baby and yourself. Have family, friends, neighbors, co-workers—anyone who wants to help out—do everything else. That includes walking the dog.



Be selective about visitors during the first month. The folks you want around those first few weeks are those who don't mind doing some dishes or making dinner while you grab a nap.

Keep some cash on hand and a list of what you need from the store. When a neighbor offers to pick up something for you from the grocery store, you'll know what you need and be able to pay for it.

Unrival Siblings

Make sure visitors acknowledge older children first.

Ask visitors to really pay attention to them and tell them how special it is to be a big brother or sister.

If the sibling is old enough, ask her if she would like to introduce visitors to the baby.

Have a gift from the baby for the sibling. Put it in the crib in the Hospital and when the sibling comes in, say, "Look what the baby gave you!"

Foster the connection from the very beginning. Babies are naturally drawn to children. Point out how the baby's body language changes—smiling, kicking, waving his arms—when your older child comes near.



Involve siblings as much as is appropriate.

A two-year-old can hand you a diaper or a blanket, rest his hand on the baby's back while you're breastfeeding or sing the baby a song.

Plan special outings just for siblings.

Set up an activity with Daddy or a grandparent in advance—and talk it up. When you're able to leave the baby for a bit, do something special with your older child by yourself.

Take Care of Yourself

You need a peer group.

Being a new mom can be isolating, especially when the company drops off. Get out of the house and meet other moms. Take advantage of one of the mom-baby support groups and/or fitness classes at Virginia Hospital Center.

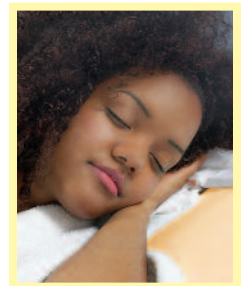


Take a walk. Fresh air is good for you and the baby. Don't be afraid to go outside even when it's cold. A walk in the stroller might lull the baby to sleep.

Find a friend with an older baby. This helps you see that, eventually, you too will be able to shower two days in a row!

Sleep when your baby sleeps.

It's important to get as much sleep as you can. Stay flexible with your routine and take advantage of those times when your baby is sleeping to catch up on your rest.



NEWBORN TESTS & TREATMENTS

It's almost time for your baby to be born at Virginia Hospital Center. In preparation for your stay on the Mother-Baby Unit, we want to fill you in about common tests and treatments your newborn may have before going home.

Physical by a Pediatrician

All babies are medically assessed at birth. In addition, they must have a physical by a pediatrician within the first 24 hours of life. Children's National Health System neonatologists, pediatricians and pediatric residents are on staff at the Hospital 24/7 to address any issues that may arise during the baby's stay.

Newborn Metabolic Screening

All babies are required to have the Newborn Metabolic Screening, a blood test that screens for more than 50 metabolic diseases, genetic disorders and anemias. It is done once the baby is at least 24 hours old and has been through at least one feeding. A lab technician will prick the baby's heel to draw blood, which can either be done at your bedside or in the nursery. The results will be available in two weeks and are sent to your pediatrician.

Bilirubin Test

After birth, the level of bilirubin in the baby's blood increases over the first few days. In normal circumstances, the level will then decrease as bilirubin is secreted in urine and stool. High bilirubin levels result in jaundice. If the bilirubin is allowed to get too high, it can make the baby very sick. This is why we test all babies. We have the ability to easily treat this condition before the bilirubin gets to dangerous levels.

A noninvasive test to measure bilirubin level is done at or after 24 hours after birth by placing a light on the baby's forehead that looks through the skin. If the bilirubin level is too high, then a blood test is done. You and your baby's condition may prompt earlier testing; premature babies, for example, are monitored more frequently because their livers aren't as mature, which can result in higher bilirubin levels.

The typical treatment for jaundice is phototherapy; the baby lies on a blanket with ultraviolet (UV) lights wearing only a diaper and a mask placed over the eyes for protection. Overhead UV lights may be used as well. The need for treatment is common; 33 to 50 percent of newborns are jaundiced and half of those will need treatment. High bilirubin levels may extend your baby's Hospital stay.



Hearing Screening

Every baby is required to have a hearing screening. Typically done the day after birth, the screening is performed by placing soft earpieces over the baby's ears and hooking up sensors to measure the brain's response to sound. It takes 10 to 15 minutes and also can be done at your bedside or in the nursery.

It's important to know that babies don't always pass the test the first time. After birth, some babies may still have some amniotic fluid or vernix wax in the ear canal. It takes a while for that to evaporate, so, when necessary, we will repeat the test.

Oxygenation Saturation Test

Pulse oximetry ("pulse ox") is a simple, painless test that measures how much oxygen is in the blood. Pulse ox can help identify infants with Congenital Heart Disease (CHD) before an infant shows signs of the disease. This test is performed after the baby is 24 hours old.

Other Blood Tests

Depending on your prenatal history, your doctor may order other blood tests for your baby, such as blood sugar or complete blood counts (CBC). Those tests are done if they are clinically indicated for the baby's health. A blood sugar test can be done as early as one hour after birth; CBC is done at 12 hours after birth.

Hepatitis B Vaccine

Recommended by the American Academy of Pediatrics, this three-shot series is not mandatory. If parents consent, the first shot is given at the Hospital; the two follow-up shots are done at your pediatrician's office. The vaccine can be given at any point during the Hospital stay.

Circumcision

Circumcision is offered at Virginia Hospital Center at the request of the parents and is performed by, and scheduled with, the mother's obstetrician.

Virginia Child ID Program

At birth, parents have the option of having the Hospital collect a sample of their newborn's blood. The sample is preserved and given to the parents for storage and safekeeping to be used for future child identification purposes. This is a free, optional service offered by Virginia Hospital Center.