



# Having Your Baby at Springhill Medical Center

***Thank you for choosing Springhill Medical Center!***

*We are proud to offer one-on-one labor and delivery service for our patients, and the most modern equipment and techniques available. As a family-oriented healthcare facility, our services are designed to meet your needs before, during and after your delivery. We are committed to your total satisfaction with your stay at SMC.*

*We hope your stay will be a comfortable and rewarding experience for you and your expanding family. For any concerns, please contact Anne Carpenter, Nurse Manager, at Extension 5324 or the house supervisor in off-hours at 460-5373.*

*Your complete satisfaction is our goal.*

*A little advance planning early in your pregnancy can help you feel relaxed and prepared for your labor and delivery experience.*

## First Trimester

By calling our “baby Ed” line at 340-7769, you can hear about our childbirth classes and newborn and infant CPR schedules. You can also email “baby Ed” your questions at [babyed@springhill.org](mailto:babyed@springhill.org). To register for classes or for more information, visit [www.springhillmedicalcenter.com/babyed.html](http://www.springhillmedicalcenter.com/babyed.html).

Join Springhill Athletic Club’s prenatal exercise class. This class is designed for the expectant mother to help ease discomforts, increase strength, maintain flexibility, and increase stamina during the birthing process. Prenatal Yoga classes are held on Tuesdays and Thursdays at 11:00 a.m. These classes are free of charge for those delivering at Springhill Medical Center. For information, or to register for prenatal classes, call Springhill Athletic Club at 340-7870. A doctor’s written consent is required.

If you are a smoker, please contact our Cardiac/Pulmonary Rehabilitation Program at 461-2438, for information regarding our Freedom From Smoking® program. These smoking cessation classes are by appointment and have been developed by the American Lung Association.

## Second Trimester

Begin *Childbirth Preparation* classes. These classes cover all aspects of the labor, delivery, and postpartum experience. These classes are offered on Mondays or Thursdays, or one Saturday per month. If you are unable to attend classes, an overview of the delivery process is available on DVD. Call 340-7770 to make arrangements to receive your copy.

## Third Trimester

Complete *Childbirth Preparation* classes. Attend *Breastfeeding Class* to learn more about this important choice you can make for your baby. Plan to learn infant CPR, or refresh your skills at our classes.

Our *Newborn Class* will help you understand your new baby and acquire the skills needed for newborn care.

Send in your preregistration form to SMC. This will save time when you arrive at the hospital. Keep a copy

of your preregistration with you to bring to the hospital, along with the OB history form your physician will give you. Choose a pediatrician for your baby. You can ask your obstetrician for a referral, or call our physician referral service at 460-5207.

Pack your suitcase and a separate labor room kit. (*See items needed on next panel.*)

Please check with your insurance provider regarding your co-pay. Arrangements may be made in advance to handle your co-pay.

# The Day Is Here...

## Going to the Hospital

*The day has finally come! What should you do?*

- Time your contractions, record how long they are, and how far apart.
- Call your obstetrician for instructions.
- If your water breaks, call your physician even if you have no contractions.

## Where To Go...

**Laboring patients enter through the Emergency Room entrance!**

Patients scheduled for C-sections and inductions will be admitted through the Emergency Room before 5:00 a.m. After 5:00 a.m., patients go to Admissions located to the left through the main entrance. Remember that you should arrive at the hospital 2-1/2 hours prior to your scheduled C-section time to allow for adequate preparation. Arrive one hour early if you are having a scheduled labor induction. You should have nothing to eat or drink after midnight.

Outpatients coming to the hospital for tests such as non-stress or ultrasound between the hours of 6:00 a.m. and 11:00 p.m. enter through Admissions, located to the left through the main entrance.

## What To Take...

### To The Hospital

#### Suitcase Items

- 2-3 nightgowns
- Support bra
- Underwear
- Toiletry articles
- Slippers and robe
- Clothes for baby's trip home
- Receiving blanket for baby
- Infant car seat



#### Labor Room Kit

- Socks
- Lip balm/lip gloss
- Telephone numbers
- Camera/film
- Toothbrush/toothpaste, mouthwash
- Hairbrush
- Pillows
- Relaxation music and portable player

# Labor and Delivery

To protect your privacy, there is an intercom outside of the labor and delivery door. Your family must use this when they wish to enter the unit.

No smoking or eating is allowed in the LDR rooms.

No smoking or eating is allowed in the waiting area. The cafeteria is located on the ground floor, and the grill is open until 2:00 a.m. except on weekends. Cafe' Breezeway, another dining option, is located in the Heart Center and is open from 8:00 a.m. - 4:30 p.m.

Only children of mothers in the hospital are allowed in the waiting room or on the postpartum unit.

All rooms are birthing rooms, equipped for labor, delivery and recovery. However, a delivery room may be used at your physician's discretion. If a delivery room is used, you will recover in a birthing room.

With your physician's approval, up to three people (this includes your partner) may stay with you during labor and delivery. Possible exceptions are: during your admit assessment, during the placement of an epidural, or if you have general anesthesia.

Videotaping is not allowed until after the delivery.

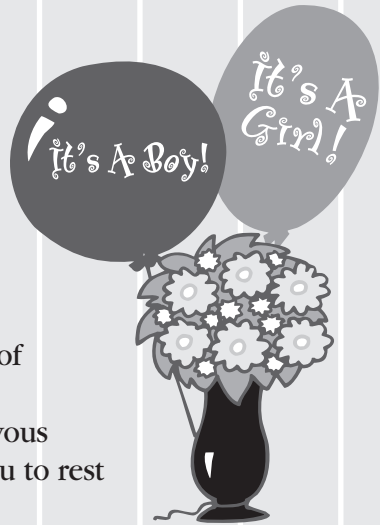
# Postpartum

Your postpartum stay begins the period of recovery and getting to know your baby. Visitors are welcome to share in your joyous event. However, short visits will allow you to rest and spend time with your baby.

Remember that guests must wash hands before handling the baby. Siblings are also welcome to visit their new family member, but those who are ill should wait for you at home.

## *Safety precautions:*

- Please ask for assistance the first time you get out of bed.
- Please leave valuables at home.
- Make sure the infant security locator is on your infant at all times. If it comes off, notify the nursery at **5322**.



# Nursery



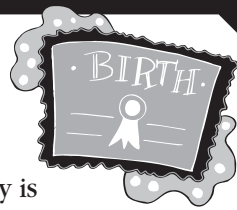
Springhill promotes family bonding. Condition permitting, your infant may remain with you and your family during your stay. We request that your baby return to the nursery during pediatrician rounds and whenever you would like to “nap.”

Your baby’s safety is a priority to us. All babies will be monitored with an infant security system. All staff members entering your room will identify themselves and wear a special maternal/child employee badge. Another security measure is matching mother/baby bracelets. Every time your baby is

brought to your room, the bracelet numbers will be checked. Do not leave your baby alone at any time, even to use the restroom or shower.

Breastfed babies are fed “on demand.” Formula fed infants are usually fed every 3-4 hours. Schedules may vary due to infant’s weight or condition. Please contact the nursery at extension 5322 concerning any questions related to infant care, feeding /feeding difficulties, and need of additional supplies not on infant’s crib. The nursery staff is here to support you and your family with “your newest addition.”

## Birth Certificates



A representative from Health Information Management will visit you shortly after your baby is born to ask specific questions pertaining to the birth certificate and the option of filing for a social security number for your child. Examples of questions asked pertaining to the birth certificate are:

- parents’ social security numbers
- date of birth
- years of education
- job titles and industry

After the process is completed, you will be given the appropriate papers to obtain a copy of your child’s birth certificate. If the parents are not married, paternity papers may be filled out. Both parents must be present and provide photo identification in order to have the father’s name put on the birth certificate, as well as the father’s employment information and any health insurance he may carry.

If you have any questions, you may contact the Vital Statistics Clerk at 460-5250 extension 1856.

Please make sure your baby’s birth certificate has been completed before you leave the hospital.

## Valet Parking

Remember to take advantage of our free valet parking available at the main entrance to the hospital.

Use the valet parking service whenever you or your guests visit the hospital or the medical office.

# Discharge

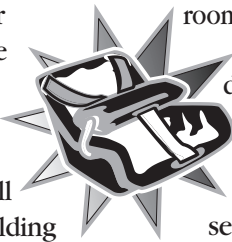
On the day you are to go home, your physician will discharge you, and your baby's pediatrician will discharge your baby. Lab work may be ordered and drawn prior to discharge. After your physician writes the order for your discharge, your postpartum nurse will direct the person you select to the business office to take care of your discharge.

Discharge time is 11:00 a.m. Your actual time of departure may be delayed for the completion of tests ordered by your physician or your pediatrician. Insurance co-pays are due at the time of discharge.

For our breastfeeding mothers, breast pumps are available for rental or purchase at the Springhill Pharmacy on the first floor of Building

2. Our on-campus retail pharmacy can also fill your prescriptions. For details, call 410-3870 before being discharged.

After you and your baby have been discharged, the baby will be brought to your room to be dressed for the trip home. At this time, the nursery nurse and the postpartum nurse will give you final instructions regarding your care and the care of your baby. You must have the baby's car seat brought to your room prior to discharge. A cart and wheelchair will be brought to your room. After everything is packed, you and your baby will be discharged by wheelchair to your car. Please have the car seatbelts ready so your baby can be strapped securely in the car.



*Note: Alabama state law requires that you provide an approved infant car seat for your baby.*



## Pictures/Web Site

An independent baby portrait photographer will photograph your infant with your permission. You will be asked to sign a permission form in Labor and Delivery. After receiving your signed consent form, your infant's picture will be taken in your postpartum room, usually in the next two days. It is up to the parent whether the infant is dressed in an outfit of their choosing or in the hospital t-shirt for this photo. With your signed permission, your baby's photograph package will be sent to your home.

Also at this time, the family will have the option to have their baby's portrait posted on the Internet through a link on the hospital Web site. Purchase of photographs is optional and not required in order to have baby's picture posted on the Internet.

***Every baby born at Springhill Medical Center is eligible for a drawing for a prepaid college tuition plan. The PACT program covers tuition cost for that child's first year of college. It's all part of our "baby Ed" program!***

FamilyCare at   
SPRINGHILL MEDICAL CENTER

**3719 Dauphin Street • Mobile, Alabama • 251.344.9630  
www.springhillmedicalcenter.com**