

Nursery

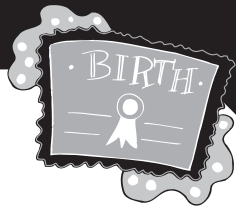


Springhill promotes family bonding. Condition permitting, your infant may remain with you and your family during your stay. We request that your baby return to the Nursery during pediatrician rounds.

Your baby's safety is a priority to us. 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
- dates 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 1863.

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 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.



Our on-campus retail pharmacy located on the first floor of Building 2 can fill your prescriptions. For details, call 410-3870 before being discharged.

At this time, your 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 seat 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 consent form. After receiving your signed consent form, your infant's picture will be taken in your room, usually within two days of delivery. 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.



The Birthing Suites at Springhill

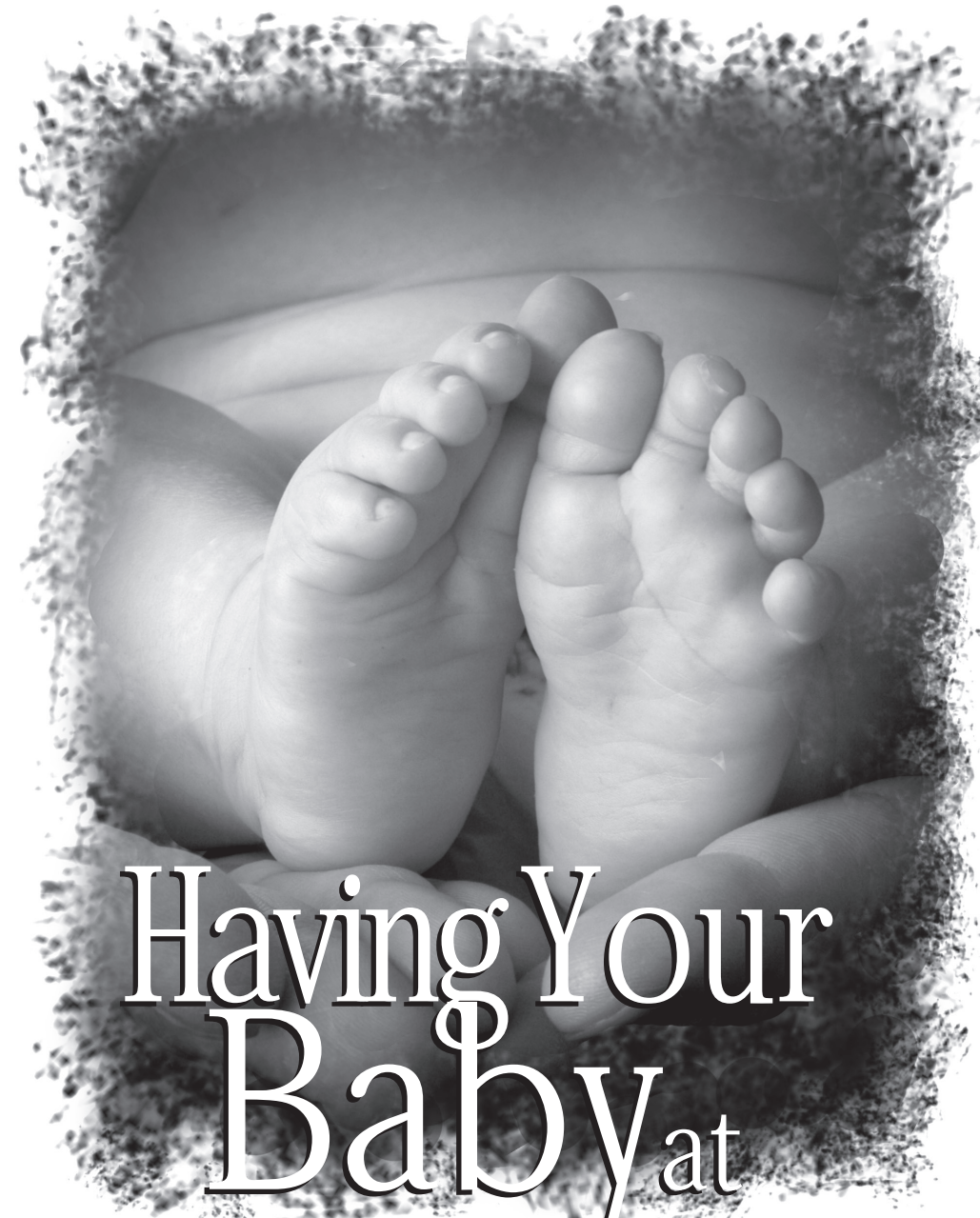


Birthing Suites Webpage



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251.344.9630
www.springhillmedicalcenter.com



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 the Labor and Delivery 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

Visit our website at www.springhillmedicalcenter.com/BirthingSuites and take a virtual tour of our Birthing Suites. Here you will learn about all the classes we offer to our expectant mothers. Registration is available online or by calling 340-7769. Please "Like Us" on Facebook at www.facebook.com/WhereBabiesComeFrom and stay in touch with our highly skilled and compassionate medical professionals who are happy to answer any of your questions.

Join Springhill Athletic Club's prenatal Yoga 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 at noon. 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 by registering for our *Baby Prep Parade* and *Childbirth Preparation* classes. These classes will guide you and your family by preparing you for what to expect from the moment you walk through the doors of our hospital. We will cover all aspects of labor, delivery, "The Golden Hour," and your postpartum experience. You can register online at www.springhillmedicalcenter.com/BirthingSuites or call 460-5240 for more information. You will also need to choose a pediatrician for your baby. You can ask your physician for a referral, or call our physician referral service at 460-5207.

Third Trimester

Complete *Childbirth Preparation* classes, attend *Breastfeeding & Newborn* classes, and plan to learn *Infant CPR*. Our classes will teach you about the important choices you can make for your baby and help you understand your new baby and acquire the skills needed for newborn care. We also offer a fun and interactive *Me Too Sibling Tour* for our new big brothers and sisters. All of these classes are taught on campus and some are also taught at Babies R Us. Please visit our website at www.springhillmedicalcenter.com/BirthingSuites or call 340-7769 to register.

Please check with your insurance provider regarding your co-pay and make arrangements ahead of time with our financial office if needed. Also, don't forget to pack your suitcase. (See suggested items on next panel.)

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 2½ 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 a.m. and 6 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
- Toothbrush/toothpaste
- Hairbrush
- Pillows
- Relaxation music and portable player

Labor and Delivery

"The Golden Hour" should be spent holding your newborn *Skin to Skin*. All babies and mothers benefit from *Skin to Skin* care. It is so important and we want to do everything we can to provide you with the opportunity of sharing this special time with your newborn and family in The Birthing Suites at Springhill.

We have 12 birthing suites that are equipped for labor, delivery, recovery and postpartum care. However, a delivery room may be used at your physician's discretion, and, occasionally, we have to transfer patients to our overflow unit.

In the event that your baby requires a longer hospital stay, we will do everything possible to allow our moms to stay in the hospital with their newborns in our patient boarding room.

With your physician's approval, up to three people (this includes your partner) may stay with you during your labor and delivery. All visitors will be asked to leave during the initial admission assessment and during the placement of an epidural. Generally, only one person is allowed in the operating room during a cesarean section with local anesthesia. If general anesthesia is required, unfortunately we cannot allow any visitors in our operating room.

Springhill is a tobacco-free campus, and smoking is not permitted.

The cafeteria is located in the main hospital on the ground floor. Cafe' Breezeway, another dining option, is located in the Heart Center and is open from 8:00 a.m. - 4:30 p.m.

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 identification bracelet is on your infant at all times. If it comes off, notify the Nursery at 5322.

