

Inova Fairfax Hospital Virtual Maternity Tour



Welcome to Inova Fairfax Hospital!



- Inova Fairfax Hospital, Inova's flagship hospital, is a nationally recognized regional medical center serving the Washington, DC, metro area.
- Inova Fairfax Hospital is consistently ranked among the top healthcare providers in the United States. [Click here](#) to learn more about Inova Fairfax Hospital's awards and recognitions.
- Inova Women's Hospital is home to the 5th most highly sought-after obstetrics program in the United States.
- In January 2016, Inova Fairfax completed the largest building project in Inova history, which included the 12-story replacement tower for Inova Women's Hospital and Inova Children's Hospital, as well as a new parking garage and improved campus access to go with these facilities.
- Our [Amenity Services](#) program provides resources and support to all of our patients, similar to that of a concierge, to optimize your time and experience with us. Through the Amenity Services program, amenity packages and a la carte items are available upon request to enhance your stay. A resource coordinator is available for non-clinical requests from 8am-5pm, Monday to Friday.



- **Via I-495 (Capital Beltway):**

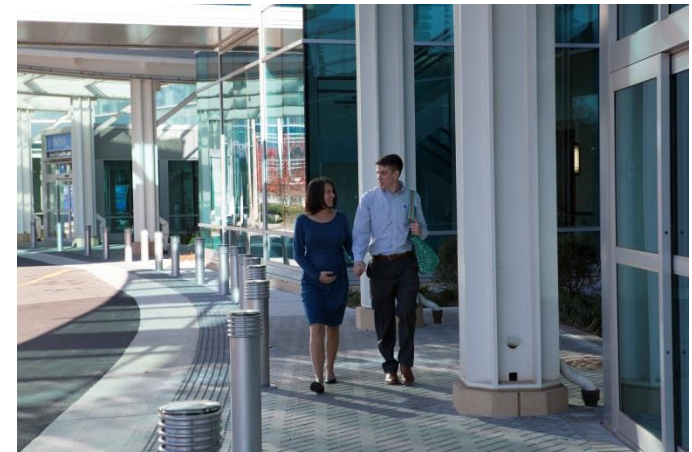
- ***From the North (Tyson's):*** Take Exit #51 Gallows Road/650. Go straight across Gallows Road. Turn right at the first light onto Wellness Blvd at the GREEN entrance.
- ***From the South (Alexandria/Springfield):*** Take Exit #51 Gallows Road/650. At the traffic light at the top of the ramp, turn left onto Gallows Road. Turn left at the third light onto Woodburn Road. Turn right at the first light onto Wellness Blvd at the GREEN entrance.

- **Via Rt. 50:**

- ***From the West (Fairfax):*** Exit onto Gallows Road/650. At the top of the ramp, bear to the right onto Gallows Road. Proceed onto Gallows Road and turn right at the fourth light onto Woodburn Road. Turn right at the first light onto Wellness Blvd at the GREEN entrance.
- ***From the East (Washington/Falls Church):*** Pass under I-495 and exit onto Gallows Road/650. At the light at the top of the ramp, turn left onto Gallows Road. Proceed on Gallows Road and turn right at the fourth light onto Woodburn Road. Turn right at the first light onto Wellness Blvd at the GREEN entrance.

- **Where to enter?**

- When you arrive, park in the Green Garage across from the Women's and Children's Hospital entrance.
- The skywalk from the Green Garage closes @ 9pm.
- **24 hours a day/7 days a week:**
 - Enter through the Women's and Children's Hospital entrance. Check in at the registration desk just inside the lobby doors and from there you will be directed to Triage or to Labor and Delivery.



- OB triage is available on the ground floor near the entrance to the Inova Women's Hospital for any OB related issues, or if you are directed there by your physician.
- Use the emergency room for any non-pregnancy issues or in case of an emergency.

Parking

- There is a patient drop-off area in front of the entrance to the Women's Hospital where patients and visitors can be dropped off.
- Use the Green Hospital Entrance located directly off Wellness Boulevard to access the campus and park in the **Green Garage**.
- There is a \$5 parking fee per trip. Bring your ticket with you into the hospital and then pay before returning to your car at the kiosks near the garage elevators. Also, the parking attendant accepts cash, checks, and credit cards.
- Multi-trip parking passes are available through the parking attendant at a discounted rate.
- Enter the Hospital from the Green garage at the ground level or enter via the skywalk that connects the garage to the second floor lobby, then take the elevators down to the Ground level registration desk.
- [Click here](#) for more directions and parking information.

Valet Parking

- Valet parking is available at the Women's and Children's Entrance, Monday-Friday 7:30am-5:00pm.
- You may access your valeted car 24/7. If it's after valet hours, ask the front desk for the security guard.
- The cost to valet park is \$5.

Step 1 – Registration

- Your first stop will be to check in at the Women's registration desk on the Ground floor. From this point you will be guided to either Triage or the Labor and Delivery floor.
- **Pre-registering** will make the registration process go much quicker! You can complete this process two ways:



1. [Click here](#) to complete your pre-registration form for Inova Fairfax Hospital online. The online form should be submitted between your 20th and 28th weeks of pregnancy.
2. Ask your obstetrician for a paper pre-registration form.

Step 2 – Triage Assessment

- If your doctor has instructed you to go directly to Labor & Delivery, you may follow those instructions. If you have not spoken with your doctor or arrive at the hospital for a labor check, you will check in at the Ground floor registration desk and then be escorted to Triage (also on the Ground Floor).
- Only one adult visitor will be allowed to accompany you in triage. Other visitors may wait in the lobby area.
- If you are considered to be in active labor, you will be admitted to a private labor, delivery, and recovery suite on the First Floor.
- If your labor is not progressing very quickly, you may have the opportunity to walk around or go back home to rest, as determined by the medical staff.
- If you are expecting to deliver by C-section, our team will admit you to the pre-operative assessment suite, located on the first floor at the C-section registration desk. (Across from the skywalk entrance.)

At Inova Fairfax Women's Hospital, you will spend your entire birthing experience in one comfortable and private home-like room – your labor, delivery, and recovery suite.

Our suites provide a warm and inviting environment while equipped with modern technology to provide a safe and positive birth experience for you and your family.

Labor & Delivery Environment

- Our compassionate, highly trained care team includes certified nurses, technicians, and physicians who will assist you in managing your labor.
- Pain-management and anesthesia services are available onsite 24/7 to meet individual needs.
- There are large, personal bathrooms with showers in each of the labor, delivery, and recovery rooms for those desiring a natural non-medicated delivery. Squatting bars are available for pushing upon request.
- You are welcome to bring a peanut or birthing ball to assist with labor (if cleared by your doctor).
- Each room has a television and wireless internet. Each room also has a thermostat so that you can keep the room at a temperature that is comfortable for you.
- An electronic fetal monitor will be used intermittently to evaluate your baby's well-being during your labor and delivery.

Post Labor & Delivery Experience

- Following your labor & delivery experience, our goal is to meet your unique expectations. We seek to provide a personalized, once-in-a-lifetime experience by fostering an immediate introduction to your baby.
- You may also expect the following after labor & delivery:
 - Skin to skin bonding
 - An overall assessment
 - Erythromycin eye ointment to prevent infection
 - Vitamin K injection to help with blood clotting
 - Wiping the baby with warm blankets
 - Emotional support and guidance for the first breastfeeding experience
 - Baby's footprints are completed
- After delivery your newborn will stay in the labor and delivery room to recover with you for 1-2 hours after your delivery. After this period, you and your newborn will travel together to a room on our Family Centered Care Unit for your postpartum stay.
- We respect that this is your special time with your new baby. We strive to keep you and your family together during your stay at Inova Fairfax Hospital.

Cesarean Birth



- Our labor and delivery unit features dedicated operating rooms, available only for C-sections.
- Your support person will wear protective clothing to join you during the procedure.
- Only one support person is allowed to accompany you during a C-section; other visitors may wait in the lobby.
- After your C-section you will go to the Post-Anesthesia Care Unit (PACU), which is designed so mothers and newborns remain together.
- 1-2 hours after a vaginal delivery or a C-section, you and baby will travel together to a room on our Family-Centered Care (FCC) unit.
- Inova HealthSource offers a virtual class that takes you step-by-step through a cesarean birth. Class information is available through the [Inova HealthSource Childbirth Education](#) program.

What to Bring for Labor & Delivery

In order to make sure you are comfortable during your stay with us, we suggest you pack the following things in your labor bag:

- Slippers/sandals
- Bath robe
- Camera and music
- Toothbrush and toothpaste
- Eyeglasses or contact lenses
- Socks
- Lip balm
- Hair ties
- Pediatrician's business card
- Insurance card
- Photo ID

Many of these must-have items are available in the hospital, in the Women's Boutique. For example, the Women's Boutique has available for purchase:

- Universal phone chargers
- Socks
- Lip balm
- Labor gowns

Safety & Security

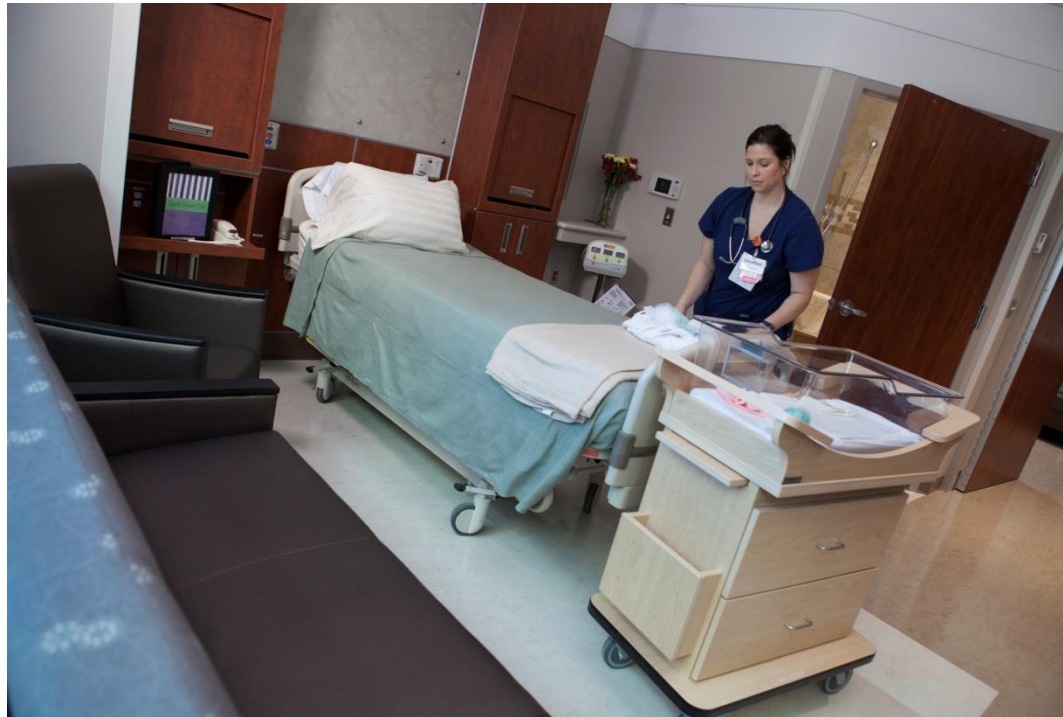
- The safety, security, health, and happiness of your family are of utmost importance to us at Inova Fairfax Hospital.
- We have a special newborn-protection system in place that we will review with you after admission. You will receive full instructions about how we secure the safety of your newborn baby.
- All staff members will wear a photo ID badge.
- The Labor and Delivery unit and Family Centered Care unit are secure units and the entrances are monitored.



- Right after your baby's delivery, your baby will receive identification bands with the same medical record number that will be placed on the wrists and ankles.
- Both you and your partner will receive a band with the same medical record number as your baby.
- Upon transfer to the Family Centered Care Unit, both mom and the baby's bands will be verified.
- A small security sensor will be attached to the baby that will sound an alarm if the baby is taken beyond designated areas. This sensor will be removed just before discharge.



Step 4 – Family Centered Care Unit



After your initial post-partum recovery, you will be moved to our Family Centered Care unit for the remainder of your stay. Experienced, specially-trained maternity nurses will be caring for your newborn and will teach you about baby care. Our rooming-in practice keeps babies and their families together, promoting bonding and recognizing babies feeding “cues” or signs that they are hungry.

Family Centered Care Unit: Details

- The Family Centered Care Unit offers private recovery rooms with soft, soothing colors, subdued lighting, and comfortable furnishings with state-of-the-art equipment.
- One adult support person may stay overnight with you.
- It is encouraged for your newborn to room-in with you 24 hours/day. Since our goal is minimal separation of mother and baby, we encourage you to keep your newborn with you at all times, even during the night. By keeping your baby with you around the clock, bonding is promoted, you will get to know your baby right away, and you will be better prepared to take care of your baby at home.
- Whatever method you choose for feeding your baby, rooming in allows you to recognize feeding cues and learn to identify when your baby is hungry. Learning early feeding cues can help to avoid the stress of a frustrated, crying baby.
- While we encourage rooming-in, the nursery is available 24/7 upon request and as needed.



The nursery is a place for newborns who may need additional monitoring following birth, but whose conditions are not serious enough to require treatment in our neonatal intensive-care unit (NICU). Although we encourage rooming-in with your baby, you may also take advantage of our nursery if you want to rest or shower.

Family Centered Care Unit: Details



- Once stable, your baby will receive their first bath in your room or in the nursery, based on mom's recovery and your preference.
- Mom stays in the hospital for about 24 – 48 hours after a vaginal delivery or 48 – 96 hours after a cesarean section. Total time spent in the hospital is dependent on mom's recovery.
- Free wireless internet access is provided for your convenience.
- Cell phone use is permitted. There are also local phones in each room and calling cards can be used for long distance calls.
- MediMap pharmacogenetic testing can be conducted in your FCC room.
 - MediMap is a one-time genetic test, carried out via cheek swab of your baby, that may indicate how a person will respond to some prescription medications and therefore can guide healthcare providers to better medication choices for their patients.
 - The test is optional, and performed at no additional cost to you.
 - [Click here](#) to learn more about MediMap and the science of pharmacogenetics.

Family Centered Care Unit: Details

- The Newborn Education Channel and Tiger System offer free programs 24 hours a day on various aspects of new baby care and adjustment to parenting.
- Each room has a private bathroom and shower for your use.
- A sleep sofa is provided in your private room so your support person may stay overnight with you.
- Our specialized “dining on call” provides you the option of ordering when you desire from our special menu from 6:30am-7:30pm. [Click here](#) for more information about meals and snacks.
- Serenity Time is a daily break from 2:00 p.m. to 4:00 p.m. when moms are encouraged to relax and rest without being disturbed by visitors or caregivers.



Amenities Packages & Upgrades



- Amenities Packages
 - Gold Package - \$299 per night on Family Centered Care
 - Includes a beautiful standard room plus an additional attached suite, as well as a luxurious bed spread, sheet set, and bathroom linens
 - Diamond Package - \$429 the first night, \$299 each night after on Family Centered Care
 - Includes the same features as the Gold Package plus a celebratory gift basket, a 3-piece set of muslin blankets, and a spa-inspired robe and slipper set
 - Both packages are available on a first-come, first-served basis
 - Payment is out-of-pocket and due upon admission for the expected duration of stay on Family Centered Care
 - [Click here](#) to learn more about the Amenities Packages

Amenities Packages & Upgrades



- A la carte upgrades
 - If you do not need an extra suite, you can purchase certain upgraded items a la carte, including luxurious bed and bath linens, muslin blankets for your baby, and robe and slippers for mom
 - Payment for a la carte upgrades are also out-of-pocket and available on a first-come, first-served basis
- Celebration meal
 - Celebrate the birth of your baby with a fine dining experience
 - A 3-course meal for two, delivered right to your room. Served on luxury linens and fine china.
 - \$130 for a celebration meal for two
- For more information on amenities packages and upgrades, or for any question related to your stay, please call Concierge Services for Inova Women's Hospital at 703-776-5652 or [click here](#).

What to Bring for Recovery

In order to make sure you are comfortable during your stay with us, we suggest you pack the following things in your overnight recovery bag **(please leave it in your car until after your baby is born):**

- Nightgown or pajamas for you and your partner who will spend the night
- Nursing bra
- Cosmetics
- Shampoo and conditioner
- Hair dryer (also provided in-room)
- One “going home” outfit for baby
- One loose-fitting “going home” outfit for you
- Several pair of underwear
- Sweatpants or pajamas for the support person who will spend the night
- Installed infant car seat
- A \$12 check or money order made out to ‘State Health Department’ for a birth certificate

While here in the hospital, you can arrange for a bra fitting. During that fitting, a nice selection of bras will be available to view and purchase, all from the comfort of your patient room.

Breastfeeding Support




- **Internationally Board-Certified Lactation Consultants:** A consultant is available during your hospital stay to offer one-on-one support. In addition, your Family Centered Care nurses are also specially trained to assist and support breastfeeding.
- **Women's Boutique:** The on-site center is staffed by internationally board-certified lactation consultants who can provide information on electric breast pumps, bra fittings, and many other breastfeeding products.
- **Outpatient Lactation Consults:** Outpatient lactation consults are available by appointment for babies of any age, born at any hospital. The cost of a one hour consult is \$75. Consults can be scheduled prior to discharge. The number to schedule an appointment is 703-776-MILK (6455).
- **Breastfeeding Support Group:** Inova Fairfax Women's Hospital offers a weekly Breastfeeding Moms Support Group. This complimentary group is held every Thursday from 10:00 a.m. to 11:00 a.m. No registration is required.
- **New Moms Support Group:** Drop in to our weekly New Moms Support Group when you are ready to meet new friends and talk about the challenges and joys of being a new mom. Groups are facilitated by an experienced Childbirth Educator. There is no fee to attend or registration requirements. Visit the [Inova HealthSource Childbirth Education](#) webpage for locations and more information.
- **Inova HealthSource Breastfeeding Class:** Attend a class prior to your delivery to prepare for a successful and rewarding breastfeeding experience. View the online schedule [here](#).
- [Click here](#) to read more about breastfeeding support through Inova Women's Hospital.

Neonatal Intensive Care Unit (NICU)

- Inova Children's Hospital on the Inova Fairfax Medical Campus has a Level IV, all private room Neonatal Intensive Care Unit (NICU) that is fully equipped to care for infants with specialized needs.
- The NICU is nationally recognized for the quality of care provided and was named among the nation's best hospitals for neonatology by *U.S. News and World Report* for 2016-2017.
- [Click here](#) for more information about NICU services at Inova Children's Hospital.



Neonatal Intensive Care Unit (NICU)

- Inova Children's Hospital is home to the most comprehensive subspecialty neonatal intensive care unit (NICU) in the region.
- If needed, our excellent NICU staff will support you in the care of your newborn and help you prepare for the day of discharge.
- Free, personalized Caring Bridge websites are available to families to stay connected with loved ones and friends during your hospital stay.
- [Click here](#) to learn more about  CARING BRIDGE^{ORG}



Your Pediatrician

- When admitted, bring your pediatrician's (your baby's doctor) name and phone number with you to the hospital. The hospital staff will notify the pediatrician after your baby is born.
- The pediatrician will examine your baby within 24 hours of the birth.
- If your pediatrician does not visit Inova Women's Hospital, your baby will be examined by one of the physicians on staff. One to two days after discharge you will need to follow up with your own pediatrician.
- An in-house pediatrician and neonatologist are available 24 hours a day, seven days a week.
- Should you desire that your male baby be circumcised, it will be performed by your obstetrician outside of your room.



We recognize the importance of having visitors during your stay to celebrate your joyous occasion. Inova Women's Hospital offers open visiting hours to its patients, meaning there are no specific times family and friends can visit. Our patient-centered philosophy states that the patient determines who visits and when they visit. We believe surrounding our patients with the people who matter most is important to the healing process.

Current guidelines within this open visitation policy are:

- Patients may have up to 5 visitors at a time – a significant other plus 4 others.
- Mothers are encouraged to take advantage of Serenity Hours between 2 p.m. and 4 p.m. During this time, we ask all visitors and hospital staff to allow our patients uninterrupted time to rest or to bond with their newborn.
- No children under the age of 12, other than siblings of a newborn, may visit. Children may not stay the night.
- Patients, friends, and families should call the Patient Information desk at **703-776-6017** to confirm the visitation policy at the time of their stay.

During periods of increased flu-like illness at Inova Women's Hospital, the hospital institutes temporary changes to their [visitation policy](#).

The temporary measures include:

- No visitors under the age of 16, including siblings of the baby.
- No visitors with any symptoms of influenza-like illness.
- Visitors will be limited to two persons.
- Visitors will be limited to spouses/significant others, parents, grandparents, other immediate family member responsible for care, or other designated caregiver.
- Visitors may be issued masks for use while visiting, and asked to wash hands frequently.
- **A patient care companion is allowed to stay with the patient 24/7.**
- Patients, friends and families should call the Patient Information desk at **703-776-6017** to confirm the visitation policy at the time of their stay.

Going Home

- There is a birth certificate office and registrar in the hospital to help you with paperwork for your baby. There is a \$12 fee payable by check or money order made out to 'State Health Department' – cash and credit cards are not accepted.
- Once your nurse has received discharge orders or instructions from both your physician and pediatrician, they will review your personalized discharge instructions and written resources.
- Make sure your car seat is properly installed before discharge. Hospital staff cannot help with installation. It is recommended that you have your car seat installation inspected by a trained technician. For more information about car seats, visit:
 - SaferCar.gov
 - [Fairfax County Sheriff's Office](#)
- An appointment with a Pediatrician is a requirement for discharge. [Click here](#) to search for a Pediatrician.
- It is our goal to always meet the needs of both you and your baby. We consider it a privilege to be a part of this special time in your life. We want to know how you feel, who and/or what made your visit great, as well as what opportunities we have to improve our services. In the near future, you may receive a survey in the mail, or by email—please let us know about your experience with us!



Support at Home – New Moms Groups



Weekly New Moms Groups are a great resource for parents adjusting to their new role. An experienced maternal-infant health educator facilitates an informal discussion with new moms. Please visit the [Inova HealthSource Childbirth Education](#) page for details!

Why should you visit New Moms?

- Meet other new moms and babies
- Get support from an experienced maternal-infant health educator
- No registration required
- Free parking and attendance
- Babies are welcome!

New Moms Groups

Tuesdays	12:00pm–1:30pm	Inova HealthPlex-Franconia/Springfield 6355 Walker Lane, Alexandria, VA, Classroom 1-105
Wednesdays	11:00am–12:30pm	Inova Fair Oaks Hospital Campus, Cancer Center Building 3580 Joseph Siewick Drive, Conference Room C
Thursdays	11:00am–12:30pm	Inova HealthSource 2700 Prosperity Avenue, Suite 100, Fairfax, VA, Classroom 7/Fitness Room

Working New Moms Group

2 nd Saturday of Every Month	10:00am–11:30am	Inova HealthSource 2700 Prosperity Ave, Suite 100, Fairfax, VA, Classroom 7/Fitness Room
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Additional Resources

- [Click here](#) for more information about Inova Childbirth Education Classes
- [Click here](#) for more information about Childbirth Services at Inova Women's Hospital
- [Click here](#) for Pregnancy, Childbirth, and Parenting resources at Inova Women's Hospital
- [Click here](#) for Inova Online Health Information & Library Services
- [Click here](#) for the Inova Health Video Library
- [Click here](#) to pre-register online for your OB admission
- [Click here](#) for more information about the National Cord Blood Program
- [Click here](#) for more information about the Inova James G. Sites Antenatal Testing Center

Stay Connected!

Follow us for essential prenatal information,
helpful breastfeeding tips,
and valuable postpartum resources.



Inova HealthSource
Childbirth Education



@InovaChildbirth

THANK YOU!

