

Women's Pavilion Guide to Your Delivery



Parking and Entrance to the Women's Pavilion



Patient & Visitor
Parking

Germantown Rd.
Entrance

Patient Drop-off



Family Waiting Area

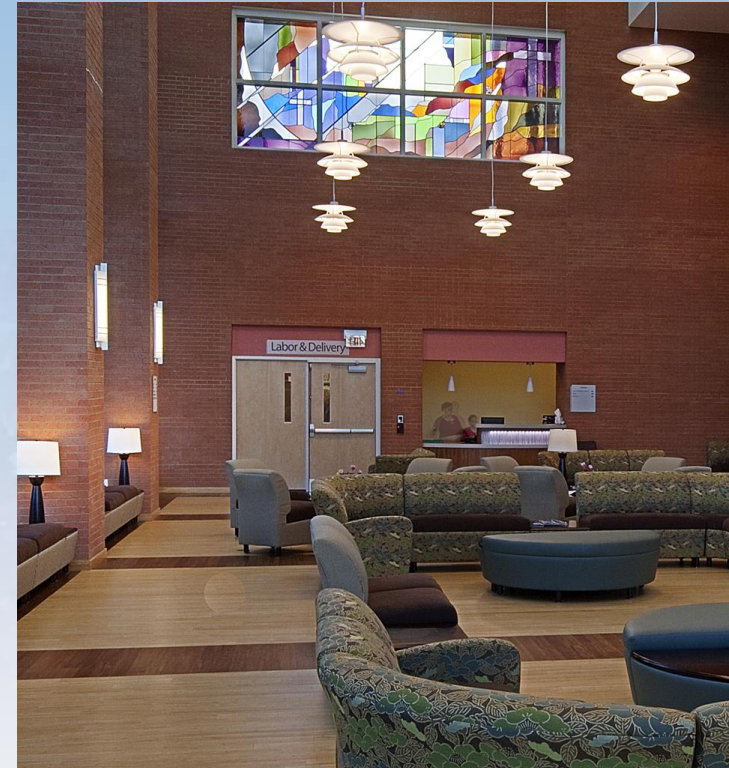


- There is a waiting area for family and visitors of both Labor & Delivery (located on the same floor) and Postpartum Units (4th floor).
- Labor & Delivery admissions desk is located at the back of the lobby.
- The Pavilion lobby area features a Bistro, Gift Shop and Women's Boutique, open during daytime hours.



Pavilion Labor & Delivery Admissions Desk

- If you are pre-registered, you will receive information in the mail one month prior to your due date.
- If you are not pre-registered, be prepared to provide insurance information.
- The Pavilion staffs a 24/7 board certified OB hospitalist to assist you or your physician when needed.



What should I bring?

- Insurance card if not pre-registered
- Pregnancy information
- OB & Pediatrician names
- Copy of medical directives
- Pillows
- Comfort measures (lip balm, lotion, socks, hair ties, toiletries, etc.)
- Music, if desired
- Camera and batteries
- Goody bag for coach



Please don't bring jewelry or other valuables



MethodistSM
Le Bonheur Healthcare
Germantown Hospital

Scheduled Inductions

- If your OB schedules you for an induction of labor, DO NOT eat or drink anything for 8 hours prior to your scheduled arrival time.
- If you do eat or drink anything in that time period, you will be asked to re-schedule your induction.
- A scheduled induction is not a reservation. Rooms are assigned according to available space in our unit and the individual needs of all patients.



Labor & Delivery Room

- You labor and deliver, and begin recovery in the same room.
- There is area in each room for family and visitors. Open visiting during labor but only 3 persons during actual delivery & pushing.
- Mother and baby remain in this room until stable. The two will then be moved to a postpartum room for the duration of their stay.



Delivery Room

- Your nurse, OB, an OB tech and any other necessary personnel will be present at the time of delivery.
- When the patient is ready to deliver, those not attending the delivery must wait in the Family Waiting Area. Only the support persons remain in the room.
- Immediately after delivery, your baby will receive initial assessment.



Scheduled C-Sections

- **DO NOT eat or drink anything for 8 hours prior to your scheduled procedure.**
- **Follow instructions given by your physician.**
- **Only one support person allowed in OR and recovery room.**
- **You may bring a still camera.**



During Recovery

Breastfeeding is encouraged within the first hour of delivery.

Your nurse is available to assist you if needed.



Level III Neonatal Intensive Care Unit (NICU)



- Babies occasionally arrive too soon or require extra attention resulting in a NICU admission.
- You will be given a folder with pertinent NICU information.
- Must scrub hands for two minutes and cover clothes with gown before entering room
- Lactation assistance is available for Moms wishing to breastfeed their NICU babies.



Neonatal Intensive Care Unit (NICU)

- Private NICU rooms for single and multiple births allow families to stay with their newborn(s) around the clock.
- A neonatal specialist is also on staff 24/7.
- Breastmilk storage is available
- Laundry and kitchen facilities available



Postpartum Room



Rooming In



- We encourage you and your baby to room-in together. It's a great way to learn about your new baby.
- You will have both a postpartum nurse and a nursery nurse to assist in caring for your baby.
- Everything you need to care for your baby is supplied.



Infant Security



- We're a locked unit with video surveillance.
- We maintain controlled access for visitors.
- Infants should never be left unattended.
- Secure cards and matching armbands for mom, partner and baby.
- Maternity staff wear badges with a special symbol for easy identification.
- Infants must remain in bassinet when not in Mom's room. NO carrying baby in arms in the hallway is permitted.



Other Staff

- Birth Certificate Clerk
- Environmental Services
- Hearing Screening Technicians
- Lasting Expressions Photography



Dining On-Call

- Your OB will order an appropriate diet for you.
- A menu is provided at your bedside to order your meals from our cafeteria

7 am till 7 pm

Allow 45 minutes for delivery

- Guest trays are available
- We also have patient kitchens available.



Visiting the Women's Pavilion

- No set visitation hours
- Open visitation for infant siblings provided they are supervised by an adult other than the patient.
- No sick visitors allowed.



OB Doctor / Pediatrician Visits



- An OB will visit you, and a pediatrician will visit the baby every day you are in the hospital.

- *What time will these doctors make rounds, you ask?*

There is no set time, times will vary according to their individual schedule and your needs.



Discharge from the Hospital

- Check with your insurance company to verify the length of stay covered for both vaginal and C-section deliveries.
- Vaginal: 24 to 48 hours
- C-Section: 48 to 72 hours
- Your OB and pediatrician will coordinate your discharge according to individual circumstances.
- Once you and your baby have discharge orders, your nurse will review important information regarding discharge medications and follow up care.
- Departure should be around 12:00 noon on the day of discharge.



Discharge from the Hospital

- There are carts available for your support person to move your personal items. Take advantage and have your support person put your belongings in your car prior to departure.
- Medical staff will escort Mom and baby to your car after discharge procedure is completed.
- You will be discharged at the same door you came through for admission.



Infant Car Seats

- Familiarize yourself with your Federally approved car seat prior to discharge.
- You are responsible for properly securing your infant into the car seat for the ride home.
- It is a good idea to bring your car seat to your postpartum room so that you can make proper strap adjustments for your baby prior to discharge.
- The car seat is to be placed securely in the back seat, rear facing.



Post Partum / Breastfeeding Support

- Lactation warm line: 901-516-6893
- Lactation Outpatient visits (\$60 fee)
- MOMS- Mothers of Methodist Support
Meets first Tuesday of each month
12:30pm to 2:30pm
Women's Pavilion
2170 South Germantown Rd.
Classroom 2



Going Home



Congratulations!
Have a
safe journey
home!

Thank you for choosing
Methodist Le Bonheur Germantown Hospital!

