



Sentara Leigh Hospital Family Maternity Center

830 Kempsville Road, Norfolk, VA 23502 • Second Floor

Ph: (757) 261-8695



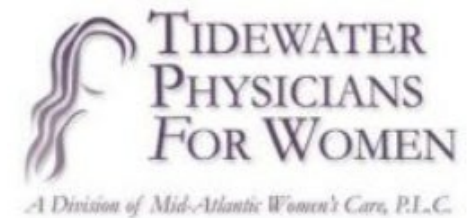
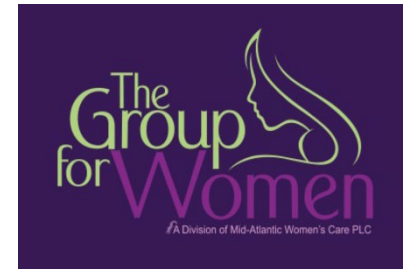


Highlights

- 15 labor rooms and 14 post-partum rooms
- All labor and post-partum rooms are private with bathroom/shower
- Ample space for a support person to spend the night
- 2 dedicated operating rooms
- Level 1 Newborn Nursery
- Level 2 Special Care Nursery (SCN)
- 24-hour coverage by Board-Certified Obstetrical providers, Pediatric providers, and Anesthesiologists

Obstetricians Serving Sentara Leigh Hospital

- Elite Women's Care
- The Group for Women
- Tidewater Physicians for Women
- Womancare Centers
- Art & Science of Obstetrics and Gynecology, PC



ART & SCIENCE of
OBSTETRICS and GYNECOLOGY PC





Arriving for Your Delivery

- Parking is available at the front of the hospital.
- As you enter from the main lobby, proceed to the information desk. Please wear your masks. Here you and your support person will have a COVID-19 screening including a temperature check.
- You will be pointed to the elevators. Press **2R**. You will come off the elevator into the waiting area. Proceed right to the window and ring the bell.
- Please have your ID and insurance card ready for check-in.
- Once you have checked in, a nurse will bring you to a triage area to assess your progress.
- *Your support person will also be asked to provide an ID.*

Arriving for Your Delivery

AFTER 9 P.M. ONLY or Advanced Labor

- If your labor is advanced to the point you are unable to walk, enter through the Emergency Department and they will bring you to the Family Maternity Center.
- The hospital front doors are locked after 9pm. Enter through the Emergency Department and let them know you are in labor. No registration is required until you enter the Family Maternity Center.
- If you are experiencing a fever, a cough, or shortness of breath, contact your physician by phone for further direction and/or proceed to the Emergency Department.



Safety and Security



- Safety is our top priority!
- Our FMC unit nurses wear a blue hospital ID badge with a visible name and photo. Do not let anyone take your baby without proper ID.
- Immediately after your baby is born, a nurse will place two ID bracelets on your baby. Mom and her support person will each receive identical bracelets. Please do not remove until after discharge as baby always has to be with someone that has a matching bracelet, or with one of our nurses wearing proper identification.
- A safety “Hugs” tag will be placed on your baby’s ankle that will lock-down the hospital if someone attempts to take your baby from the unit.



Safety and Security

- Your baby's picture and footprints will be taken and placed into their medical record.
- Babies should not be carried in anyone's arms outside of your room. All babies are transported in their bassinets when outside of your room.
- You are encouraged to enjoy taking your baby for a walk in the halls using their bassinet. Please avoid getting too close to any exit doors to prevent the security alarm from going off.
- Please remember to wear your mask anytime you are in the halls.



What to Bring

- Robe, slippers, pillows, toiletries, hair ties, lip balm, lotions, masks and snack foods for your support person.
- Camera with extra batteries or charger (no pictures or videos during any procedures, and please ask before including staff in your pictures or videos).
- Bring your favorite relaxing music — free Wi-Fi is provided throughout the hospital — Don't forget your phone charger!
- Nursing pillow for breastfeeding.
- Birthing balls are provided in each labor room.
- Please leave jewelry and other valuables at home.

Meals and Snacks

- All meals are provided for mom throughout your stay.
- Your catering associate will assist you with any special dietary needs.
- We offer a complimentary Celebration Meal for mom and her support person after delivery. Ask your nurse for more information about the celebration meal.
- The cafeteria, vending machines, and the Coffee Nook are available on the first floor.
- You may also find snacks in the outpatient pharmacy and gift shop.
- You are welcome to order food from the community and have it delivered to the front desk.



Car Seats

- If your car seat comes with a base, it is a good idea to have it already pre-installed in your car.
- Please consult your car seat manufacturer's manual and website for specialized install instructions.
- Utilize attached link for information on car seats from the National Highway Traffic Safety website:
 - <https://www.nhtsa.gov/equipment/car-seats-and-booster-seats>





Pediatricians

- You will need to select a pediatrician prior to delivery.
- If your pediatrician does not practice at the hospital, then our in-house pediatric provider will follow your baby while in the hospital. They will provide a documented report of your baby's hospital stay to your selected pediatrician.
- You will need to make a follow-up outpatient appointment with your pediatrician before discharge.

Pediatrician List

Bayside Pediatrics

Dr. Saileela Venkatesan
4501 N Witchduck Rd Ste A,
Virginia Beach, VA 23455
757.460.5521

Bayview Physicians Group

725 Volvo Parkway, Suite 100
Chesapeake, VA 23320
757.548.0076

Chesapeake Pediatrics

500 Discovery Dr #302
Chesapeake, VA 23320
757.668.2500

1124 S Battlefield Blvd S
Chesapeake, VA 23322
757.668.2500

Dr. Michelle Curry

700 Independence Circle, Suite 1A
Virginia Beach, VA 23455
757.490.6043

733 Volvo Parkway, Suite 200
Chesapeake, VA 23320
757.547.5851

Johnson Pediatrics of Pembroke

293 Independence Boulevard
Pembroke 5 Suite 330
Virginia Beach, VA 23462
757.499.4949

North Shore Pediatrics

924 W Little Creek Rd
Norfolk, VA 23505
757.440.0719

1700 Pleasure House Rd #105
Virginia Beach, VA 23455
757.440.0719

Pediatric Affiliates

200 Grayson Rd # 101
Virginia Beach, VA 23462
757.473.3200

Pediatric Associates

1909A Granby Street
Norfolk, VA 23517
757.640.0022

880 Kempsville Road
Suite 2600
Norfolk, VA 23502
757.466.658

Pediatric Diagnostic Center

6161 Kempsville Circle, Suite 101
Norfolk, VA 23502
757.668.4980

2021 Concert Drive, Suite 202
Virginia Beach, VA 23456
757.668.4980

American Academy
of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN®

Pediatrician List

Pediatric Specialists

885 Kempsville Road, Suite 200
Norfolk, VA 23502
757.461.6342

155 Kingsley Lane, Suite 200
Norfolk, VA 23505
757.489.3551

612 Kingsborough Square, Suite 301
Chesapeake, VA 23320
757.436.1770

502 Bud Drive, Suite 3
Chesapeake, VA 23322
757.312.9220

Pediatric Kempsville

1212 Lake James Drive
Virginia Beach, VA 23464
757.523.4589

Tidewater Children's Assoc

171 Kempsville Rd Bldg B
Norfolk, VA, 23502
757.668.6500

5835 Harbour View Blvd, Suite B
Suffolk, VA 23435
757.668.6050

601 Innovation Drive
Chesapeake, VA 23320
757.668.2650

Wards Corner Pediatric

7423 Granby St
Norfolk, VA 23505
757.451.5000

Pediatric Partners of Hampton Roads

Dr. Vernita Peoples
656 Independence Pkwy, Suite 200
Chesapeake, VA 23320
757.410.3630

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Visitor Policy

- Visitors are required to wear a mask during all interactions with hospital personnel.
- This visitation policy may change as we receive new information regarding COVID-19.
- Due to the current COVID-19 pandemic, children may not visit.
- For more information about visiting guidelines, please visit our website at <https://www.sentara.com/hospitalslocations/locations/sentara-leigh-hospital/visitor-information/visiting-hours.aspx>



Pre-Registration

- Click the link below to print your pre-registration paperwork:

<https://www.sentara.com/Assets/Pdf/Medical-Services/Maternity/Maternity-Pre-Admission-Form-HR.pdf>

Mail or fax the form with a copy of a picture ID and copy of insurance card to:

Sentara Leigh Hospital
Family Maternity Center, 2nd Floor
830 Kempsville Rd.
Norfolk, VA 23502
Fax: (757) 995-7037

OR

Email: WHEducation@sentara.com

Labor and Delivery (L&D)



- Our highly skilled and dedicated L&D nurses are here to support you throughout your labor and delivery experience.
- Calling your nurse: Please use the nurse phone number provided by utilizing your hospital room phone. You may also use the call bell button on the remote.
- We encourage active labor positions, which helps you progress through labor. Ask to try a birthing ball, peanut ball, or take a lap around the unit.
- Meals/Food: Most laboring moms may have clear liquids (please check with your nurse/doctor first).
- You may adjust the room temperature using the thermostat located near the room door.

Labor and Delivery

- Electronic fetal monitors are worn over your abdomen. They monitor your contractions and the baby's heartbeat.
- If allowed by your doctor, you may find a shower helps during labor. Shower chairs and hand-held shower heads are available.
- Birthing balls are available in each labor room. Evidence suggests that using a birthing ball during labor can reduce stress and encourages the opening of your pelvic muscles.
- Birthing bars are available — they attach to the labor bed and help to facilitate a squatting position. This can help to expand the size of your pelvis and uses gravity to promote the downward movement of your baby.



Labor and Delivery

- Birthing mirrors are available if you would like to watch your delivery — simply ask!
- Give your newborn a birthday snuggle! Your baby will be dried and placed immediately skin to skin. Research shows that when babies are placed skin to skin on mom's chest they have more stable breathing, heart rates, temperatures, and blood sugars.
- Keeping babies skin to skin also increases bonding and breastfeeding success!



Labor and Delivery (L&D)

- Approximately one hour after delivery, a nurse will complete a head-to-toe assessment on your baby and notify your pediatrician, if you have pre-selected one. If your pediatrician does not have practicing privileges at Sentara Leigh Hospital, our in-house pediatric provider will follow your baby throughout their hospital stay and forward the information to your pediatrician.



- Your baby will receive erythromycin in his/her eyes, which helps to prevent eye infection.
- Your baby will receive a shot of Vitamin K in his/her upper leg. Vitamin K provides protection against bleeding that could occur because of the low newborn levels of this essential vitamin.
- Your baby will also receive the Hepatitis B vaccine in his/her upper leg.
- Flu shot and Tdap are available to mom as needed.

Labor and Delivery

- Our cesarean suites are located within the Family Maternity Center.
- In the operating room if your infant is stable and transitioning well, we will encourage and assist with skin to skin and breastfeeding if you desire.
- After your cesarean you will go to a private room. There are times you may be placed in a private recovery area and then transferred to your permanent postpartum room once your recovery is complete.
- You will be closely monitored for a two-hour recovery period where we will continue to help you bond with your baby.



Nursery



- Your baby may need to make a visit to the nursery for exams or routine procedures
- Make sure only nurses wearing a blue ID badge take your baby
- Ask your nurse if you would like to accompany your infant to the nursery for routine exams/procedures.
- Circumcisions are performed in a special procedure room in the nursery. They are usually done the day after delivery. Your OB doctor will discuss the risks and benefits and have you sign a consent before the procedure. Infants are given a local numbing medication during the procedure.

Postpartum

- We are proud to offer you family-centered care. We encourage mom and baby to room-in where you can begin bonding as a family. Each of our postpartum rooms has a futon bed and chair for your support person.
- Rooming-in also allows you to watch for your baby's hunger cues and helps with establishing breastfeeding.
- Research shows that mom and baby get better rest when infants are allowed to room-in with mom.
- We offer delayed bathing considering each family's preference.
- Your nurse will help you give your baby their first bath. We offer baths that can be done right in your room! This is a great bonding activity, and your nurse will be happy to take pictures while you complete your baby's first bath!



Postpartum



- Our Birth Registrar will see you to complete your baby's birth certificate and help you apply for your baby's social security number. The actual birth certificate is mailed to you from Richmond, VA.
- You will be given an application to fill out and indicate the number of copies you would like. You may pay for the birth certificate with a \$12 check or money order made out to the State Health Department. There is a credit union available on site with limited hours that can provide you with a money order.
- You will receive a birth letter you can provide to your insurance company.
- The mother's insurance covers the baby for the first 30 days.

Newborn Screenings

- The following newborn screenings need to be done before discharge:
 - Metabolic screen
 - Hearing screen
 - Heart screening
 - Jaundice screening
 - Child ID sample (if desired)
- Your nurse will provide you with educational material, but in the meantime, you can visit www.vdh.virginia.gov/newborn-screening for more information.





Lactation Support

- Our dedicated lactation team is here 7 days a week.
- If you will need a breast pump to return to work or school, it is a good idea to contact your insurance company before delivery to make those arrangements.
- Mom to Mom support group is offered via Zoom weekly.
- Our breastfeeding hotline is (757) 388-MILK (757-388-6455).
- Due to COVID-19, prenatal classes and tours are being offered virtually. Visit <https://www.sentara.com/hampton-roads-virginia/classesevents.aspx> for more details.

Discharge from Hospital

- Uncomplicated vaginal deliveries will typically discharge between 24 - 36 hours after delivery.
- Uncomplicated C-Section deliveries will typically discharge between 48 - 54 hours after delivery.
- During this time you will be visited daily by your OB provider, the pediatric provider, and other members of the Family Maternity Center team.
- On day of discharge your nurse will give you written discharge instructions for both you and your baby. Prescriptions can be filled by our out-patient pharmacy and delivered to your room at your request.
- Educational videos on everything from postpartum and baby care, to breastfeeding and car seat safety, as well as many other mother baby topics can be viewed on your in-room TV.



Support and Resources

- You can also view other educational videos at home with any internet-ready device by visiting:
 - www.newbornchannelnow.com (enter SLH's Hospital Code: 06993)



- Many emotions come with bringing home a new baby. Postpartum Support Virginia provides help during this time. They offer phone support as well as virtual support groups:
 - <https://postpartumva.org>
 - 703-829-7152
- Mom to Mom support group is offered weekly via Zoom.
- Breastfeeding Hotline:
(757) 388-MILK (757-388-6455)

Please remember if you have
any questions during your stay
do not hesitate to ask.

We thank you for choosing Sentara Leigh Hospital to deliver
your baby and we look forward to seeing you soon!

Our commitments to you

We commit to:

- Always keep you safe
- Always treat you with dignity, respect, and compassion
- Always listen and respond to you
- Always keep you informed and involved
- Always work together as a team to provide you quality healthcare