

WELCOME TO LABOR & DELIVERY at TRINITAS REGIONAL MEDICAL CENTER

This information has been prepared especially for you by the Nursing Staff. Our goal is to assist you with your hospital admission and stay, also known as “getting ready for the big moment!”

At Trinitas Regional Medical Center, all of our Obstetrical Staff believe in the philosophy of family centered care. Our Obstetrical Services consist of Labor & Delivery, Intermediate Care Nursery and the Mother-Baby Unit. We encourage you to bring a support person with you during labor. Grandparents and siblings are welcome to visit in your postpartum room after delivery. Our staff is focused on teaching you how to care for your baby so you and your partner will feel comfortable with baby care when you leave the hospital.

While in labor, our professional nursing staff will be monitoring your needs in collaboration with your physician/midwife. You will receive continuous care from a nurse specially assigned to you and you will meet other staff who may check in on you during rounds. Be assured that your nurse is in regular contact with your physician/midwife to keep him/her informed of your progress.



225 Williamson Street | Elizabeth, NJ 07202
www.TrinitasRMC.org

GETTING READY FOR THE BIG MOMENT



COMMON QUESTIONS

Can I visit the unit before I am hospitalized?

Tours of our Maternity Unit are offered. If you have not toured the area and would like to do so, or would like additional information about our services, please contact the Nurse Manager of the Maternity area at 908.994.5294. If no one is available, please leave a message so that your call may be returned.

Where do I go to be admitted?

There are two methods of admission to Labor & Delivery. If your physician wants you to be evaluated in the hospital prior to your admission, you will be examined in our Labor Exam Triage Room located in the Labor & Delivery Unit. You will first need to register in the Emergency Department and then you will be sent to the Labor Exam Room. After an evaluation by a nurse and physician/midwife, your physician will be consulted to determine if you will be admitted or discharged.

Your physician may also inform the hospital of your "direct admission" to Labor & Delivery. Between 7:00 AM and 8:00 PM, you will go to the Admitting Office on the first floor to be registered and will then be escorted to Labor & Delivery. After 8:00 PM, you will be admitted through the Emergency Department.



Who should come with me?

We welcome up to two persons to assist you during your labor. Your support person will be given a special identification band to wear while you are in labor and to later use as a pass for visitation. Please ask your support person to leave the band on until you are discharged from the medical center.

The length of each woman's labor is varied, so we usually encourage other family members and friends to wait at home. We do have a small family waiting room however where family members are permitted to wait.

There is a phone in each labor room so your support person may contact family members at home to keep them informed of your labor progress and the birth of your baby. We ask that your family not call the unit because the nurses will be busy caring for you. Also, due to patient confidentiality, we cannot give out information over the phone. Please assure your family that your support person will keep them updated.

What should I bring?

A small bag with socks, reading material, hard candy or lollipops, a toothbrush and toothpaste and a robe and slippers often come in handy while you are in Labor & Delivery. Your support person may also want to bring a few "comfort items" for his/her use. If you bring your own pillow, please use a print pillowcase so we can identify it as your pillow. You will be given a belongings bag for your clothes when you are admitted to the Labor & Delivery Unit. If you have a suitcase, your family can bring it to your room on the Maternity Unit after you deliver.

In your suitcase you should include a good supportive bra (nursing bra if you will be breastfeeding), undergarments and baby clothes for going home.

Please leave jewelry, valuables and large amounts of money at home. Any money or anything of value to you should be kept with you at all times during your stay.

