

Mother-Baby Services:
A Regional Perinatal Center

Welcome

Welcome to Robert Wood Johnson University Hospital (RWJ) and The Bristol-Myers Squibb Children's Hospital at RWJ, located in New Brunswick, NJ. We are so excited you've decided to start (or grow) your family with us.

Now that you and your doctor have decided RWJ is the right place for you to give birth, you probably have many questions about your upcoming stay and accommodations. This booklet will help guide you through the process from the moment you arrive until it's time to take your little bundle(s) of joy home with you. And, we've also included a listing of our childbirth classes and weekly support groups.

You've made a great choice trusting RWJ with you and your baby's care. Choosing RWJ means you now have access to New Jersey's only academic pediatric health campus: The Child Health Institute of New Jersey at Rutgers Robert Wood Johnson Medical School for specialty care and diagnosis, BMSCH as an inpatient children's hospital, PSE&G Children's Specialized Hospital for rehabilitation and the Ronald McDonald House for families.

Please know that we strive to provide the highest-quality patient care for you and your baby and are always interested in hearing your feedback.

Kind regards,

Cynthia Ferraro
*Administrative Director
The Bristol-Myers Squibb Children's Hospital
at Robert Wood Johnson University Hospital*

Carla Boyle, BSN, RNC
*Nursing Director
Labor and Delivery
Post and Antepartum Units*



Important Numbers to Know

Main hospital:

732-828-3000

Labor and Delivery (3 Tower)

Main Desk: 732-828-3000, ext. 8671

Lactation Services: 732-828-3000, ext. 2699

Mother-Baby Unit

Main Desk: 732-828-3000, ext. 8669 or 8681

Nursery:

732-828-3000, ext. 8670

Pediatric Emergency Department:

732-418-8173

Neonatal Intensive Care Unit:

Main Desk: 732-253-3807

Ronald McDonald House:

732-249-1222

Concierge Services:

732-729-7004 (dial ext. 7004 in-house only).

To find a physician:

1-888-MD-RWJUH or 1-888-637-9584

Additional Parking Information

For all parking, a flat rate is charged when your ticket is validated at one of the information desks.

Self-pay parking areas include:

- Main RWJ Parking Deck (off of Little Albany Street)
- Plum Street Parking Deck (located on Plum Street)
- Paterson Street Parking Deck (on Paterson Street across from the Clinical Academic Building)

Valet parking is available Monday-Friday from 5:30 am - 5 pm in front of the main hospital on Somerset Street.

About Our Regional Perinatal Center

The Regional Perinatal Center (RPC) at RWJ, offers the highest level of obstetric and neonatal services in New Jersey.

We are equipped to handle the most complicated pregnancies and the most medically fragile newborns.

Some of our high-risk obstetric and neonatal care services include:

- Pre-conception counseling for women with chronic health conditions
- Pregnant women with multiples or a previous pre-term infant
- Couples with high-risk factors for genetic problems before pregnancy
- Women with medical problems such as epilepsy, renal transplant, HIV or cardiovascular disease
- Evaluation and prevention of pre-term births and pregnancy loss
- Newborn transfers of high-risk patients from affiliate hospitals

We are also responsible for support, education, consultation and improvements in the quality of care in the affiliate hospitals within their region, to ultimately improve maternal and infant outcomes.

We treat the rare and special cases, but we're here for normal pregnancies too.

TIP:

Plan your route to the hospital ahead of time. Visit www.rwjuh.edu/directions so you can map out the most direct way to the facility.



What to Expect at RWJ Your Arrival, The Birth, Your Stay and Discharge

Now that you've taken our childbirth class (see page 13), and you are in labor, you are headed to RWJ.

Below you will find information on where to park based on the time you arrive:

- Arriving between 5:30 a.m. and 5 p.m. and your situation is non-emergent, please use valet parking
- After hours (5 p.m. or later) and your situation is non-emergent, use the self-pay University Deck adjacent to the hospital on Little Albany Street
- Emergent situation, any hour of the day, please go directly to the Emergency Department where security will assist you

If your situation is non-emergent, you will then proceed to the Labor and Delivery Unit, which is accessible by taking the Tower Elevators to the 3rd Floor.

Your doctor will make arrangements for your arrival and the staff will be expecting you. Ring the bell to access the unit.

TIP:

Make sure you have taken care of your pre-registration paperwork and tests with us, including your admitting forms. This will help expedite your admission.

Visit

[www.rwjuh.edu/
preadmissions.](http://www.rwjuh.edu/preadmissions)



Pain Management / Anesthesia

No two women have the same degree of pain during and after labor.
No two labors are alike.

At RWJ, we want you to choose the pain relief option that is right for you.

There are many ways to ease and control labor pain. Relaxation exercises, breathing techniques and frequent changes of position often help — particularly in the early stages of labor. Your partner or labor coach can massage or firmly press on your lower back, or apply ice packs or heat to your lower back. Other options include playing music and taking a shower.

As labor progresses — and contractions become stronger and more frequent — you may want to hear about your medication options. Our anesthesia team will present several options to you, including epidurals and spinal blocks to control pain in the lower body. An epidural can be used continuously throughout labor, while a spinal block is typically used shortly before delivery. Your nurse can help you choose from the various comfort measures available to you during labor.





Labor and Delivery

It's finally time to have your baby and both you and your family are extremely excited. We encourage your support person to be with you during labor.

Our recently renovated unit features:

- 12 private labor and delivery rooms
- State-of-the-art technology for mother and baby
- Warm, patient-friendly environment
- Nurses seasoned in mother/baby care
- Common kitchen area
- Flat screen TV's



Camcorders and cameras are permitted in the labor and delivery suites but please make every effort to be discreet and respectful of other new moms on the floor. The actual delivery may not be filmed. (No cameras are allowed in the nursery or during newborn resuscitation efforts).

TIP:

Know your pediatrician. You should have their name and contact information before you even get to the hospital. If your pediatrician does not have privileges at RWJ, one of the hospital's doctors will see your baby daily until discharge.

Need help
finding one?

Call
1-888-MD-RWJUH



Attend Breastfeeding 101

Get expert advice from our certified lactation consultant on beginning your breastfeeding journey with your newborn. Find out how to tell if things are going well and when to get help.

Offered once a month.

Registration required. There is a fee associated with this class.

For details and to register call 1-888-MD-RWJUH.

Breastfeeding

Our nurses are educated and specially-trained to help you achieve your breastfeeding goals. We believe in providing individualized care to support your breastfeeding success.

While you are still in Labor and Delivery, a nursery nurse will come in and check your baby's vitals and explain the breastfeeding process. Soon, you will notice that your baby puts his/her hand to the mouth, and may even root towards your breast. Your baby is looking for food! Your nurse will help your baby latch on and will check on you both frequently during this first feeding. When you and your baby are finished, your nurse will bring your baby to the nursery for further assessment and the first bath.

Breast Pumps

If you are a breastfeeding mother, we have access to several Ameda hospital grade electric breast pumps. Please speak with your nurse if you would like to schedule time to use the pump or call 732-828-3000, Ext. 2699.





Post-Partum Care

After you have your baby, you will be transferred to our post-partum unit where you will recover and your baby will be monitored in the nursery.

RWJ's Mother-Baby Unit is comprised of 40 luxurious private rooms for maternity care. Recently renovated, each room incorporates a hotel-like feel and amenities including: refrigerator, DVD, TV and sleep chair for significant other.

The nursery is located on the same floor, allowing for easy daily check-ups.

This unit also has a family kitchen and microwave for warming food, cups, forks and spoons, crackers and a refrigerator for juice and other small snacks for patient use.

On this unit, doctors, nurses and other specialists meet once a day to discuss the health needs of each patient and ensure that the best plan of care is in place. Your doctor and the baby's doctor will see you both everyday until discharge. This multi-disciplinary approach allows us to provide the highest quality patient care for both the mom and the baby.

Once you are both cleared by your medical team, both you and your new baby will be discharged. If your baby requires a stay in our Neonatal Intensive Care Unit, Mom will be discharged and baby will stay with us until he/she is ready to go home.

Visitation

You are allowed up to two visitors at a time. Primary support persons (with a green I.D. band) can stay with a patient at any time. Other visitors may come between 10 a.m. and 9 p.m.. To keep other patients and staff members healthy, we ask that all visitors be free of illness, such as cold or flu symptoms. Visitation may be subject to change in cases of flu outbreaks or other reasons according to hospital policy.

TIP:

Your spouse will receive a \$5 voucher for the RWJ Dining Room. He/She can even have the meal delivered along with yours!

New Moms – New Babies Weekly Support Group.

For details call 732-253-3871

Some of the topics covered include lack of sleep, body image issues, staying at home or working outside the home, child care issues, and how to balance the needs of a baby and the needs of the family.

There is no fee, but we ask that you call 732-253-3871 prior to the class to let us know that you are coming.





Access to Neonatal Intensive Care Unit

Our Level III NICU in The Bristol-Myers Squibb Children's Hospital (BMSCH) at RWJ was designed to promote healing. The 37-bed unit has large open spaces and by incorporating the most current innovations of sound and light, is proven to improve outcomes for babies. It features a family lounge and a room for overnight family stays.

The NICU is staffed by specially trained healthcare providers, including neonatologists or doctors who care for infant babies, nationally-certified nurses, respiratory therapists, social workers, speech and physical therapists, lactation consultants, nutritionists and child life specialists to name a few.

The NICU allows two visitors at the bedside at the same time. A parent or person with an I.D. band must be one of those visitors. Siblings must be over 3 years or older to visit and must meet with a Child Life Specialist first. Visitors must be free of illness, such as cold or flu symptoms and immunizations must be up to date. We ask all visitors to remove any jewelry up to the elbows and scrub their hands prior to each visit.

Visitation is subject to change in cases of flu outbreaks or other reasons according to hospital policy.



Pediatric Emergency Department

The Bristol-Myers Squibb Children's Hospital at RWJ is home to the area's only standalone Pediatric Emergency Department. We have board-certified pediatric emergency-medicine specialists present in the department 24/7. Our nurses are specialized in advanced care and moderate sedation, which often times can save your child from a trip to the operating room.

We are also New Jersey's only Pediatric Trauma Center, so we are prepared to treat the most ill and injured children.

Prenatal & New Baby Education



Maternity Tours (Free)

Expectant parents, this complete maternity experience will guide you through your first steps into the hospital through to when you leave our maternity unit with your beautiful baby. Two tours offered each month. Registration is required.

For details and to register call 1-888-637-9584.

Childbirth Experience

A class which prepares expectant parents to effectively participate in: delivery, anesthesia, analgesia, breathing and body conditioning, and recognizing signs of postpartum depression. One day, 6-hour session. Offered once a month. Registration is required. \$

For details and to register call 1-888-637-9584.

Preparing and Caring For Baby

A class which prepares new parents to care for their newborn. Safety, growth and development, bathing and feeding are a few of the topics covered. One day, 6-hour session. Offered once a month. Registration is required. \$

For details and to register call 1-888-637-9584.

Breastfeeding 101

Get expert advice from our certified lactation consultant on beginning your breastfeeding journey with your newborn. Find out how to tell if things are going well and when to get help. Offered once a month. Registration is required. \$

For details and to register call 1-888-637-9584.

The Happiest Baby on the Block

Expectant and new parents will learn step-by-step, how to help their baby sleep better, and how to soothe even the fussiest baby, in minutes. This program was developed by renowned pediatrician and child development expert, Dr. Harvey Karp. Offered once a month. Registration is required. \$

For details and to register call 1-888-637-9584.

A Gift of Love & Security (Infant Massage) *Communicating Parents' Love through Touch*

Infant Massage is one of the most natural and pleasant methods of providing early nurturing contact. What better gift can you give your baby in just 15 minutes of your time? Class is presented in a 3-hour session. Offered once a month. Registration is required. \$

For details and to register call 1-888-637-9584.

Start of a Beautiful Friendship

A family packet designed to prepare parents and soon-to-be big brothers and sisters for the arrival of a new sibling. Parents will learn tips to help manage their growing family. Big brothers and sisters-to-be will receive an interactive workbook to express their feelings about their new sibling. For ages 3-10. The packet is free.

To request your "Start of a Beautiful Friendship" packet, call 732-846-0131.

New Moms – New Babies Weekly Support Group

Join other Moms as you discuss topics like lack of sleep, body image issues, staying at home or working outside the home, child care issues, and how to balance the needs of a baby and the needs of the family. The group is free.

For details and to register, call 732-253-3871.

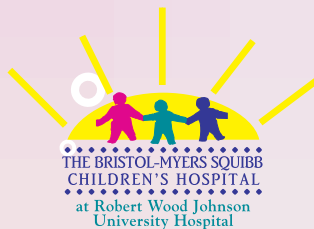
Child Passenger Safety

Your baby's car seat is one of the more important baby products that you will buy and use - it may very well prevent severe injury and save your child's life. The Injury Prevention Program at RWJ recommends purchasing a car seat by the 7th month of pregnancy, just in case you deliver early.

To learn more about car seat selection, installation and use, expectant parents can attend the Preparing and Caring for Baby class offered by our Community Education Department. You can also visit the Car Seat inspection Station in your County. A list of locations, dates and times, can be found at www.njsaferoads.com.

For more information about proper use of car seats, please call 732.418.8026.

\$ - There is a fee for this class. Please call 1-888-637-9584 for additional information.



www.bmsch.org



www.rwjh.edu