

## Cooperman Barnabas Medical Center

### Frequently Asked Questions for Expectant Parents

Thank you for choosing the Maternity Services at Cooperman Barnabas Medical Center (CBMC). The birth of your baby is one of life's precious moments. At CBMC, we are committed to providing you and your family with a special experience in a nurturing and comfortable environment.

#### [Registration and Admission Information](#)

##### **DO I NEED TO REGISTER FOR MY HOSPITAL STAY?**

Patients will receive instructions on how to register in [MyChart](#) from their doctor's office.

##### **WHAT PAPERWORK DO I NEED TO BRING TO THE HOSPITAL?**

Please bring a valid photo ID for both parents, your insurance card and a list of current medications (as well as any other necessary paperwork from the doctor's office). In addition, please call your insurance carrier with any coverage questions.

##### **WHERE DO I PARK THE CAR?**

Parking is available in our visitors' lot located in front of the hospital. A re-entry pass is available if you are here, leaving the hospital and returning the same day. See security for details.

##### **MY OBSTETRICIAN HAS INSTRUCTED ME TO GO TO THE HOSPITAL, WHERE DO I GO?**

After parking, you should enter through the Cooperman Family Pavilion. You will then proceed directly to the third floor of the central building and take one of the front, central elevators to the third floor. Stop at the Security Desk on the third floor to register. Security will then direct you to the PET UNIT (Peri-natal Evaluation and Treatment Unit).

##### **ARE CHILDCARE SERVICES AVAILABLE WHILE I AM IN LABOR OR ON THE PET UNIT?**

There are **NO** childcare services available at CBMC. You will need to arrange for someone to care for your older child/children.

##### **ARE CELL PHONES ALLOWED ON THE MATERNITY UNIT?**

Yes, cell phones are permitted on the maternity unit. Please remember to bring your extra-long cell phone charger, we also have a charging station behind the security guard on the 3<sup>rd</sup> floor.

##### **WHAT TYPES OF AMENITIES ARE INCLUDED IN OUR ROOMS?**

**All our rooms are private – at no additional cost.** If the census should demand a roommate, a private room will be assigned as soon as possible. Each room provides a warm and comforting environment to encourage bonding and celebration. The Post-Partum units offer a host of amenities including: a personal refrigerator, toiletries, an afternoon snack will be delivered to each room and a \$8.00 cafeteria meal pass is given for your partner. There is complimentary wireless internet access in each room.

#### [Labor and Delivery Information](#)

##### **WHAT CAN I EXPECT IN LABOR AND DELIVERY?**

Labor and Delivery consists of 16 private birthing rooms, 4 traditional operating/delivery and cesarean birth rooms and a large recovery room. If you have a vaginal delivery, you will recover in the birthing room and then be moved to post-partum as soon as a bed becomes available. If delivery is by cesarean birth, you will recover in our large recovery room until stable.

Skin-to-skin contact immediately after birth if medically stable is encouraged. At CBMC, we recognize the importance of the "Golden Hour", the first hour after birth. We recommend that this intimate hour be reserved for the infant, mother and her significant other to allow the family the opportunity to enjoy the first hour of life privately bonding together. Breastfeeding mothers can initiate the first feeding at this time if they wish.

**WHAT ABOUT LABOR SUPPORT?**

At this time, two significant others/support persons are permitted. In addition to a significant other/support person, a doula is also permitted throughout labor, delivery, and the entire post-partum hospital stay. The doula shall not count as the support person. Children under the age of 12 years old are not permitted in Labor and Delivery. Your labor partner will be issued a badge designating his/her role.

**WHAT IF I WANT TO USE A DOULA?**

At RWJBarnabas Health hospitals, we welcome doulas as part of your care team. Doulas can be helpful in enabling parents to feel comfortable and safe. If you plan to use or are thinking about using a doula, we ask that you and your doula review our [Doula Policy](#). In addition, you and your doula are welcomed and encouraged to contact our Doula Liaison at 973-322-5428.

**WHO CAN BE PRESENT AT A CESAREAN BIRTH?**

Only one person is allowed to be present during a cesarean birth. It is required that a neonatologist, a physician who specialized in the medical care of a newborn infant be present at a cesarean birth. Breast feeding if desired, will be initiated as soon as medically possible.

**WHAT ABOUT ANESTHESIA?**

We have 24-hour coverage in Labor and Delivery Unit. Any obstetrical anesthesia questions can be answered by calling the Anesthesia Office at 973-322-5512.

**WHAT IS THE ROLE OF THE OBSTETRICAL RESIDENT?**

CBMC is a teaching hospital. Residents initially evaluate all maternity patients upon admission and provide care during labor. Residents are monitored by your obstetrician at all times and are in contact with him/her regularly. Except under emergency circumstances, they act under orders from your obstetrician. In an emergency and until your obstetrician is contacted/available, the Residents may act under the guidance of an on-site obstetrician who monitors the residents' actions.

**MAY WE TAKE PICTURES OF THE DELIVERY AND/OR VIDEO?**

While videotaping is not permitted, photos may be taken of the mother and the baby after the baby is born, not during the birth.

**HOW AND WHEN ARE THE BABIES IDENTIFIED?**

Identification bracelets are applied to the baby, mom and the partner at the time of delivery; before the baby leaves the delivery room. Please do not remove the bracelets for the duration of the hospital stay. These bracelets have the same corresponding numbers. Babies cannot be taken out of the nursery by the parents until the bracelets are checked. Footprints of the baby, plus a finger print of the mom are taken immediately after birth. Souvenir footprints are also taken at the time of the delivery. The bracelet must be viewed by the security guard upon discharge so it is recommended the baby be dressed in clothing that snaps closed rather than zipper so the bracelet is easily viewed.

**WHAT ABOUT INFANT SECURITY?**

Security of the baby and the mother are the primary concern on all of our Maternity units. In addition to internal security policies, a state-of-art, computerized security system is in place for all infants while at CBMC. The father/significant other should not remove their ID bracelet until baby is discharged.

**WHAT IS CORD BLOOD BANKING AND IS IT AVAILABLE AT CBMC?**

If you are considering cord blood/ placenta banking, now is the time to find out about your options and make arrangements with an agency. Please bring the cord blood materials with you to the hospital and bring them to our attention upon arrival.

**[Post-Partum and Baby Information](#)**

**WHAT IS THE EXPECTED LENGTH OF STAY IN THE HOSPITAL?**

Most deliveries have a two-night stay in the hospital. Your obstetrician can extend your stay if medically warranted.

- **Full Rooming In** allows mom and baby to remain together 24 hours a day. Baby safety aspects of Rooming In will be explained upon admission to Post-Partum.

**WILL THERE BE SOMEONE TO HELP ME WITH BREASTFEEDING MY BABY?**

Yes. All of our nurses are trained to provide you with lactation assistance and support. In addition, lactation consultants can provide extra help.

- **Breast Feeding** – At CBMC, our policy is to endorse breast feeding as the optimal method of infant feeding. We encourage, empower and support all new moms and their families as they initiate breastfeeding and continue throughout their hospital stay and also at home after discharge. Lactation consultants are on staff if needed.

**WHAT IS ROUTINELY DONE IN THE HOSPITAL, INCLUDING VACCINATIONS?**

For vaginal births, the baby's weight and length are recorded after delivery in the birthing room. A Vitamin K injection is given for blood clotting, as well as the first of three doses of the hepatitis B vaccine (parent must sign a consent form for the hepatitis B injection.) An antibiotic ointment is administered in the baby's eyes to prevent infection. Tests recommended by the State of NJ are obtained at the appropriate time during your stay. Your pediatrician may also order additional blood tests. A hearing screening, pulse oximetry and bilirubin screening will be done at some time during the baby's hospital stay.

If you have concerns regarding vaccinations, please speak with your pediatrician and notify us upon admission.

**WHAT IF I WANT MY BABY BATHED?**

The World Health Organization (WHO) recommends delaying a newborn's first bath until 24 hours after birth. In addition to helping transition the baby from the womb to the outside world in a calmer fashion, doing so helps stabilize the baby's body temperature and blood sugar and promotes bonding and breastfeeding.

**WHEN WILL THE PEDIATRICIAN SEE MY BABY?**

The staff will contact your pediatrician when the baby is admitted. If your baby needs immediate medical care, the hospital neonatologist will provide immediate attention. In most cases, your baby's physician will examine your baby thoroughly within 24 hours or sooner. If your pediatrician is not on staff at CBMC, a pediatrician will be assigned to your baby by your delivering obstetrician.

**DOES THE HOSPITAL TAKE NEWBORN PICTURES?**

Yes, for an additional cost. Information on newborn pictures along with a consent form will be provided in your post-partum room.

**WHERE DO I GET INFORMATION REGARDING MY BABY'S BIRTH CERTIFICATE?**

A birth certificate department representative will obtain information after the delivery on your post-partum unit. Birth certificates will be ready for pick up one week after discharge from the Livingston Health Department or you can request it be mailed (that is done through the birth certificate department representative). Legal birth certificates are required by the State of New Jersey - every birth must be registered. A souvenir birth certificate may be purchased.

There is a section on the birth certificate form to request a social security number for your baby. It can take from 4 to 6 weeks to receive the number from the Social Security office. The social security card will be mailed to your home.

## **ARE ANY ADDITIONAL MATERNAL SCREENINGS DONE DURING MY HOSPITAL STAY?**

New Jersey State Law requires that all moms be screened for Post-Partum Depression during their post-partum stay.

## **Discharge and Support Group Information**

### **WHAT TIME IS DISCHARGE TIME?**

Please arrange to leave the hospital by 10AM.

### **DO I NEED A CAR SEAT FOR THE FIRST RIDE HOME?**

Yes, it is required by law. It is a good idea to do a trial run with a doll or a teddy bear to make sure you know how to adjust the straps and secure the car seat. Babies should always face toward the rear of the car and **MUST** be placed in the back seat. Please remember that there are many car seats on the market, the hospital staff is not permitted to assist with the installation. If you have any questions regarding car seat installation we recommend calling the Traffic Safety Division at 1-800-422-3750 or visit [nhtsa.gov](http://nhtsa.gov).

### **WHEN WE ARE DISCHARGED FROM THE HOSPITAL ARE THERE ANY SUPPORT GROUPS AVAILABLE?**

- **New Moms' Circle** – This group is led by a licensed clinical psychologist specializing in post-partum adjustment. To register, visit [rwjbh.org/cbmcevents](http://rwjbh.org/cbmcevents).
- **A Breastfeeding Support Group** – This group will help you achieve the confidence and skills needed to have a wonderful nursing experience. To register, visit [rwjbh.org/cbmcevents](http://rwjbh.org/cbmcevents).
- **The Warm Line: 973-322-5684** – A dedicated telephone line that is monitored by certified lactation consultants. They are available to answer any non-emergent questions regarding breastfeeding after you are discharged from the hospital.
- **Newborn Mom Breastfeeding Solutions** – Private consultation with a lactation consultant that can assist with problems such as sore or painful nipples, pumping issues, establishing a milk supply or slow infant weight gain issues: [newbornmomsolutions.com](http://newbornmomsolutions.com) or 973-740-0400.
- **Post-Partum Depression and Perinatal Mood Disorders: 1-800-328-3838** – 24 hours a day, 7 days a week assistance and link to resources for those who may be experiencing Perinatal Mood Disorders or post-partum depression.
- **Center for Perinatal Mood and Anxiety Disorders** – A multidisciplinary group of maternal mental health experts who can help manage postpartum anxiety and postpartum depression: [rwjbh.org/pmad](http://rwjbh.org/pmad)
- **Zipmilk ([zipmilk.org](http://zipmilk.org))** – A website that connects you to local breastfeeding help based on your zip code.

### **WHAT OTHER SERVICES ARE OFFERED BY WOMEN'S HEALTH/PARENT EDUCATION DEPARTMENT?**

Women's Health/Parent Education offers breast pumps and breastfeeding accessories for sale and rent. Please call Women's Health Education for fees and pick up arrangements; 973-322-5360. Additional childbirth preparation classes and other education courses are available. For more information or to register, visit [rwjbh.org/cbmcmaternity](http://rwjbh.org/cbmcmaternity) (both online registration and a printable registration form are available) or call 973-322-5360.

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