

Frequently Asked Questions for Expectant Parents

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

We invite you to join our online facebook community, **Barnabas Babies**, made just for moms and moms-to-be. Whether you are expecting your first or fourth child, this group was created to address your pregnancy, motherhood and parenting questions. Join us today at www.facebook.com/BarnabasBabies.

Registration and Admission Information

DO I NEED TO REGISTER FOR MY HOSPITAL STAY?

WHAT PAPERWORK DO I NEED TO BRING TO THE HOSPITAL?

Registration will take place upon arrival at the hospital (pre-registration is not required). 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 obstetrician's office). In addition, please call your insurance carrier with any coverage questions.

If you would prefer to pre-register, please visit rwjbh.org/sbmcmaternity and look under "Registration and Admitting" for the Pre-Registration form. It will need to be printed and mailed as noted.

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 where you will be asked screening questions and have your temperature taken. 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 SBMC.

ARE CELL PHONES ALLOWED ON THE MATERNITY UNIT?

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

WHAT ARE THE VISITING HOURS?

Post Partum: All can visit from 8am - 11pm.

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 12 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. If delivery is by cesarean birth you will recover in our large recovery room until stable.

For those patients who desire a more natural Birth, a Relaxing Birth program by the Women's Health Education Department (973-322-5360) is available.

Skin-to-skin contact immediately after birth if medically stable is encouraged. Here at Saint Barnabas Medical Center we recognize the importance of the "Golden Hour", the first hour after birth. We recommend this intimate hour to 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 will be initiating the first feeding at this time.

WHAT ABOUT LABOR SUPPORT?

At this time, only your partner/significant other can join you in the labor and delivery room. 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 and another badge will be given for an additional support person.

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 – Anesthesia Office at 973-322-5512.

WHAT IS THE ROLE OF THE OBSTETRICAL RESIDENT?

Saint Barnabas Medical Center 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 our primary concern on all our Maternity units. In addition to internal security policies, a state-of-art, computerized security system is in place for all infants while here at Saint Barnabas Medical Center. Father/significant other should not remove their ID bracelet until baby is discharged.

WHAT IS CORD BLOOD BANKING AND IS IT AVAILABLE AT SAINT BARNABAS?

If you are considering cord blood/ placenta banking, now is the time to find out about your options and make arrangements with an agency. Saint Barnabas has an affiliation with "Life Bank, USA". For further information call 1-877-543-3226. If you are planning on cord blood banking please let the nurses know upon admission.

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 & baby to remain together 24 hours a day) Baby safety aspects of Rooming In will be explained upon admission to Post Partum.

Breast Feeding - At Saint Barnabas Medical Center, 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.

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, group breastfeeding classes are offered during your hospital stay.

WHAT IS ROUTINELY DONE IN THE HOSPITAL

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 1st of 3 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.

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 anesthesiologist or a 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 SBMC, a pediatrician will be assigned to your baby.

DOES THE HOSPITAL TAKE NEWBORN PICTURES?

Yes. Information on newborn pictures along with consent and order forms 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 usually take 2-4 weeks and will be mailed to your home. 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 6 weeks to 8 weeks to receive the number from the Social Security office. The social security number 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 Web site: www.njsaferoads.com or www.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 www.rwjbh.org/sbmcevents.
- **A Breastfeeding Support Group** - This group will help you achieve the confidence and skills needed to have a wonderful nursing experience. To register, visit www.rwjbh.org/sbmcevents.
- **The Warm Line** – 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. 973-322-5684
- **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. Information online at www.newbornmomsolutions.com, 973-740-0400
- **Postpartum Depression and Perinatal Mood Disorders**- 24 hours a day, 7 days a week. Provides assistance and link to resources that can assist individuals that may be experiencing Perinatal Mood Disorders or Postpartum Depression. 1-800-328-3838
- **Zipmilk**- www.zipmilk.org – Website that is able to connect 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 www.rwjbh.org/sbmcmaternity (both online registration and a printable registration form are available) or call 973-322-5360.

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