

OHIO STATE MATERNITY CENTER

buckeyebaby

Having Your Baby

at Ohio State Maternity Center



THE OHIO STATE UNIVERSITY

WEXNER MEDICAL CENTER



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For an electronic copy of this book, go to go.osu.edu/pted3434.

Please bring this book with you if you go on an Ohio State Maternity Center Tour.

For more health information, go to wexnermedical.osu.edu/patiented or contact the Library for Health Information at 614-293-3707 or health-info@osu.edu.

Welcome to Ohio State Maternity Center

Pregnancy and childbirth bring special meaning to a family. Ohio State's team of doctors, nurses, nurse-midwives and staff are ready to give you the care you need for your special BuckeyeBaby.

To help you plan for your baby's birth, this book has general education about labor and delivery and information about our maternity services. We hope that you and your health care provider plan a birth experience that is meaningful to you.

We invite you to:

- Tell us how we can meet your personal, cultural and spiritual needs. We are here to care for you and your baby.
- Ask questions and share your concerns with your health care provider and your hospital care team.
- Tell us how we can make your stay pleasant and comfortable.
- Visit our website at wexnermedical.osu.edu/maternity.



**We are excited
to meet your
BuckeyeBaby!**

Important contacts

Ohio State Maternity Center Pregnancy and Childbirth Classes and Tour information

go.osu.edu/pregnancy-education

Virtual Tour

go.osu.edu/maternity-tour

Ohio State Health Plan for Employees

(Your Plan for Health):
614-292-4700

Pre-register for delivery if you are not seeing an Ohio State OB doctor or certified nurse-midwife:

Call 614-293-8200

or go to the online form at go.osu.edu/maternity-center

Ohio State Maternity Center at University Hospital (Labor and Delivery Unit):

Doan Hall, 6th Floor
410 West 10th Avenue
Columbus, OH 43210
614-293-8497

Mother-Baby Unit:

614-366-6407

Breastfeeding Helpline:

614-293-8910

Packing for the Hospital

For mom

Have your hospital bag ready 3 weeks before your due date. You may want these items:

- Cash, credit card or debit card
- Phone and charger
- List of medicines
- Eyeglasses, hearing aids, inhalers or other medical devices you use
- Toothbrush, toothpaste, deodorant, hair brush, shampoo and conditioner
- Hair clips or headbands
- Comfortable underwear with soft waistband
- Nursing bra
- Soft nightgown with buttons or easy access for breastfeeding
- Robe
- Relaxation materials such as books, magazines, music and photos
- Comfortable clothes and shoes to go home

For baby

Get a small bag ready for baby when you pack your own. You may want these items:

- Going home outfit for baby, such as a T-shirt or onesie and a hat
- Socks or booties
- Clothing for baby's first photo
- Receiving blanket
- Extra blanket if the weather is cold
- Baby book for footprint stamps
- Name, address and phone number of the doctor who will care for your baby's health after going home from the hospital

Also, install a rear-facing car seat and have it inspected for safety.

For the labor support person

Have your labor support person pack these things:

- Change of clothing
- Money for parking and meals
- Medicines or medical devices
- Toothbrush, toothpaste, deodorant, hair brush, shampoo and conditioner
- Pillow or other items from home for comfort
- Snacks, breath mints and gum
- Reading materials
- Camera or mobile device to take photos
- Phone and charger
- Phone numbers to call after the birth



When You Arrive at the Hospital

When coming to the hospital during normal hours, it is best to park in the **12th Avenue Garage** at 340 W. 12th Ave., Columbus, OH 43210. Maps, parking directions and updates are available at: wexnermedical.osu.edu/obstetrics-gynecology/maternitycenter/labor-and-delivery.

If arriving **between 6 PM and 6 AM**, please go to the **Emergency Department**. You may also use the intercom at any hospital entrance after-hours when entrances are locked.

When you enter the hospital, go to Labor and Delivery on the 6th floor of Doan Hall. Turn left when getting off of the elevator to enter the unit. **Sign in at Registration.**

Registration

At the Registration desk, tell staff your name and show your **photo ID**. State the reason for your arrival. Be ready to share your **medical insurance card**.

- If you are pre-registered, we will clarify some information. This is for your safety and to check for changes in your health.
- We will ask for the name of the doctor who will care for your baby's health. Your baby will need to have a health visit with this doctor a few days after leaving the hospital.

How we care for you

Ohio State Wexner Medical Center is a teaching hospital. After registration, you will be checked by your health care provider (OB doctor or certified nurse-midwife) or a nurse or resident doctor if your provider is not available. Your care is managed by your provider. Medical and nursing students may be there as part of your care team, but they are always supervised by a doctor or nurse.

- **If you are in active labor:** Staff will admit you to the Labor and Delivery Unit.
- **If you are scheduled to be induced:** Call ahead 2 hours before coming to the hospital to confirm that a room is available for you at 614-293-6417 (or 614-293-8497 if the nurse cannot be reached at the first number). If there is a delay in the schedule, you may be asked to wait in the comfort of your own home. Because birth can be hard to predict, delays can sometimes happen.
- **If you are scheduled for a Cesarean section:** Arrive 2 ½ hours before your surgery. You will be taken to the pre-surgery area on the Labor and Delivery Unit. Only one visitor (your labor support person) may be in the pre-surgery or surgery areas. Other family members need to stay in the waiting area on the 6th floor of Doan Hall.
- **If you are not in labor,** you will be sent home.

When you are admitted to the hospital, our staff will:

- Ask you more questions about your health history and lifestyle.
- Continue to check your health and your baby's health.
- Work with you to make your birth experience pleasant.
- Place an intravenous (IV) line, if needed, to give fluids and medicines during your hospital stay.

You may be instructed to wash with CHG soap if you did not do this before coming to the hospital. This helps to prevent infection.

About the Wexner Medical Center

Having a baby is a very special time in your life. We want to help you plan for this special moment in a way that is meaningful to you. Use these pages to prepare for your stay with us.

Patient rooms

Labor and Delivery rooms are on the 6th floor of Doan Hall. Each birthing suite is a private room. Rooms in the Maternal Special Care Unit are semi-private.

Patient meals

Dining on Demand is our unique meal service. You will custom-build each meal and order it for delivery at a time that works best for you. Rather than calling in to place your order, you will be able to use a hospital-provided tablet, or a server will come to your room to order with you.

Snack and beverage choices are available on your floor. You are also welcome to bring your own food. We can provide storage on the unit to meet your dietary needs.

Labor and delivery visitor policy

Our visitor policy may change based on patient health and safety needs, including visitor limits.

For the comfort of our patients:

- Visitors need to check in at the entrance to Labor and Delivery.
- We invite **two visitors plus your labor support person**. All visitors, including children, siblings, family and friends, need to be free from illness. A child is considered one of the two visitors.
- Children less than 12 years of age are not permitted within Labor and Delivery unless they are a child of the patient. Children need to be supervised by a non-patient adult at all times as the labor support person will be focused on mom and baby.
- Only one visitor is permitted with the patient in the pre-surgery and triage areas.
- **Visitors are not permitted to wait in the hallways** within Labor and Delivery. Please go to the waiting room if asked to leave the patient's room.
- Children, who are not siblings, need to stay in the waiting area of Labor and Delivery or wait until mom and baby are settled in the Postpartum Unit. **Please check with staff before bringing children for visits.**
- To aid in your rest and recovery after delivery, we practice **Mother and Baby Quiet Time from 1 to 3 PM and 2 to 4 AM**. These periods are set specifically for new families to have uninterrupted time together.



**Please keep a respectful noise level throughout the hospital.
Patients heal better in a quiet environment.**





Flowers and balloons

Flowers and balloons are delivered by a hospital volunteer Monday through Friday before 4 PM. Direct delivery by the vendor occurs on evenings and weekends. Delivery may change based on patient health and safety needs.

Only Mylar foil balloons are allowed to protect people with latex allergies.

Phone calls

Cell phones and other wireless communication use:

- Mobile devices may be used in many areas of the hospital. Keep phones at least 3 feet from medical equipment.

Hospital phone use:

- **For calls from a hospital phone to another hospital phone**, dial only the last five digits of the phone number. For example, 614-293-8000 would become 3-8000.
- **For local calls**, dial 9 + area code + phone number. You do not need to listen for a dial tone. For example, 9-614-555-1212.
- **For long distance calls with an operator**, dial 777 + 0 + area code + phone number. The call can be charged collect, to a home phone and to a credit card.
- **For long distance calls with a pre-paid phone card**, dial 9 then follow the instructions on the card.

Wi-Fi access

To access free Wi-Fi:

- Make sure your device is configured for a wireless connection.
- Go to your device's Settings. Select OSUMC Guest Internet as your Wi-Fi network.
- A usage disclaimer will open in your web browser. If you agree to the terms and conditions, click "Connect".



If you have any problems with connecting, please call Patient Experience at 614-293-8944, Monday through Friday, 8 AM to 5 PM.

For more information

Visit wexnermedical.osu.edu/patient-and-visitor-guide for more visitor information, including dining options and menus.

Your Health Care Team

Many people work together to provide your care. Here are some of the key members of your team.

Doctors or midwives

Doctors (MDs) or certified nurse-midwives (CNMs) plan your care while you are in the hospital. You may also have residents or interns who are doctors continuing their medical training.

We need to know who you have chosen to be your baby's doctor (pediatrician). This doctor checks your baby's health in the hospital and sees your baby at well child visits after leaving the hospital.

My baby's doctor is: _____.

Nursing staff

Nurses manage your care, give comfort, give medicines and ensure a safe environment. They teach you and your family about your care and your baby's care before going home. Nursing staff includes **registered nurses (RNs)** and **patient care associates (PCAs)**. The **nurse manager** manages the nursing staff and their duties on the unit.

Other staff

Here are some other staff you may see on the unit:

- **Lactation Consultants (RNs)** help nursing staff to support you in breastfeeding your baby.
- **Chaplains or Pastoral Care** help with spiritual needs.
- **Nutrition Services** help with the selection of daily meals.
- **Environmental Services** help to keep your room clean during your hospital stay.



For Your Health and Safety

Keeping you and your baby safe and healthy is our biggest priority. Please let us know if there is anything we can do to ensure your and your baby's well being. We ask that you be an active partner in your care.

Be an active partner in your care

During your stay, we will teach you about your care and your baby's care, answer your questions and help you to achieve your personal health goals. Take an active role in your care.

- **Ask questions.** We will answer any questions you have. Ask us about procedures, treatments and medicines that are a part of your care and your baby's care.
- **Tell your nurse if you have pain or discomfort.** We will help you with pain control and take action if new symptoms occur.
- **Tell us about your medicines and allergies.**
- **Remind staff and visitors to clean their hands.** Everyone should wash their hands when entering the room, before handling baby, after touching objects or surfaces, before and after eating, and after using the bathroom.
- **Talk about your care and your baby's care** with doctors, nurses and other staff. We are here to help you.

Partner with us as we teach you how to care for yourself and your baby.



Hand washing prevents the spread of infection

1. Wet your hands and apply soap.
2. Scrub well for at least 20 seconds.
3. Rinse well.
4. Dry with a clean towel.

Make sure you, all of your visitors and anyone giving you care practice good hand washing. Do not be afraid to ask your health care team members if they have washed their hands.

Call, don't fall.

Please use your call button before you get out of bed or if you need anything.

Safety on the Women and Infant Unit

We want all moms and babies to feel safe and comfortable. Please let us know if you have any questions or concerns about your baby's safety during your hospital stay.



Secure women and infant unit

For your safety and your baby's safety, both the Labor and Delivery Unit and Mother-Baby Unit entrances are secured with alarms.

Visitors must be "buzzed" in and out of these locations, so we know who is on the unit at all times.

Identification bracelets

Identification (ID) bracelets are placed on the:

- Baby's mother
- Baby
- Labor support person

Keep these bracelets on at all times. Do not remove the bracelet until the baby goes home.

Bracelets are checked by staff any time you and your baby are separated. Tell us if your ID band becomes loose or falls off.



Infant safety

We ask that everyone **follow the ABCs** to keep baby safe:

- Always place baby **ALONE**,
- On his or her **BACK**, and
- In a **CRIB** when sleeping.

Your baby needs to be in a crib when:

- You walk the halls with baby.
- You shower or use the bathroom.
- You travel to and from the nursery.
- Baby has a newborn screening test or procedure.



Welcoming Your Family and Baby

Ohio State Maternity Center is ready to welcome your family and baby. Here are some of the services you can expect during pregnancy and when coming to our center for your birth experience.

Family centered maternity care

Your care will focus on your needs as a family unit.

- Your baby stays in the room with you. Baby may leave the room for health screens, procedures or observation as needed.
- Your labor support person stays in the room with you. Each room has a pull-out couch or chair. We recommend bringing a pillow or other items from home for comfort.
- A complimentary continental breakfast is offered every morning to you and your labor support person.
- Your labor support person can buy lunch and dinner at low cost. When you order your meals, your labor support person may order as well.



BuckeyeBaby photos

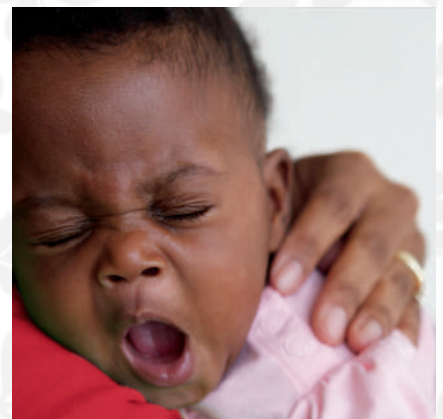
We offer baby photos during your hospital stay. There is no cost to have the photos taken. There is a fee to purchase a photo package. You may buy a photo package at the hospital or later at home through a website. You are welcome to take photos of your baby with your own camera or mobile device.



Birth certificate and social security number for baby

We can help you with the paperwork for your baby's birth certificate and social security number. One of our staff members will visit you during your hospital stay to tell you more about the process.

- **For an Ohio birth record**, visit the Ohio Department of Health at www.odh.ohio.gov/vs.
- **For a U.S. Social Security number**, visit the Social Security website at www.ssa.gov.



Your Care in the Hospital

As you prepare for your baby's birth, we want to share some important information about your hospital stay after delivery.

As part of your care, we will

- **Provide you a tablet computer during your hospital stay called MyChart Bedside.** You may use the tablet to look at your medicines, lab test results, vital signs and daily schedule. You can also order your meals and review educational materials about your condition and care. There is no charge to use the tablet.
- **Keep you and your baby together as much as possible** in our mother-baby rooms. One nurse will care for you both.
- **Have rooms with a pull-out couch or chair so your labor support person may stay overnight.**
- **Use ink to take baby's footprints for the birth record.** You may want to bring a baby book to capture this ink imprint for yourself.
- **Talk with you about newborn screening tests and what the results of these mean for your baby's health.**
- **Personalize meals for mom.** We also have snacks available day and night on the unit. If you would like to bring special foods for the birth, please let us know and we can help store these items.
- **Teach you about baby care,** from dressing and bathing, to feeding and diapering. We will also **talk with you about care for mom in the first days and weeks after pregnancy.**
- **Respect your need for rest and privacy.** We will do our best to care for you and baby quickly and quietly.
- **Answer all of your questions and work to make your stay pleasant and comfortable.**



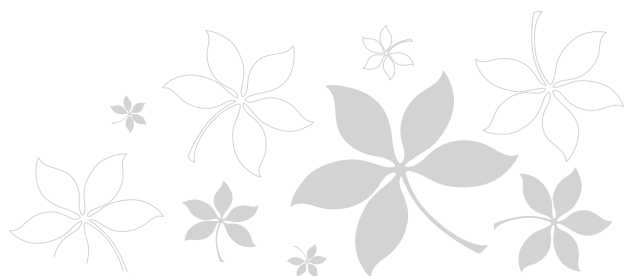
Before You Go Home

As you recover from childbirth, we are here to help you and your baby with:

- **Baby care basics:** We will teach you how to change diapers and what to expect of your baby's first behaviors at home.
- **Skin to skin and kangaroo care:** Holding your baby close on your chest helps baby to keep a regular heart rate and body temperature, and it reduces baby's stress. Called skin to skin care, we will teach you how to hold your baby. We will also help you with kangaroo care and explain how both of these methods help with family bonding.
- **Breastfeeding and breast care:** The American Academy of Pediatrics (AAP) recommends breastfeeding for all babies in the first year of life. Your nurse will teach you about the different holding positions, how to get baby to latch on, and how to watch for breast changes as your milk comes in. A Lactation Consultant will also visit you during your stay for breastfeeding support. Talk to a staff member if you are interested in pumping and storing breast milk. They can answer your questions, including how to choose the right pump for you, whether to buy or rent, how to use the pump and feed your baby, and how to keep the pump clean. You may also call the Breastfeeding Helpline at 614-293-8910 for questions about breast pump rental or help with breastfeeding.
- **After pregnancy care:** We will teach you how to care for yourself in the first days and weeks after pregnancy, including your physical and emotional health.
- **Health and safety:** We will help you to recognize what is safe and what is not for you and baby. This includes signs of infection, so you know when to call a health care provider for follow-up care.

We are here to help this be a wonderful birth experience for you and your family.

**Welcome to our
BuckeyeBaby family!**





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