

Edward Hospital Family Birth Center

➤ Edward Hospital has earned the Magnet designation for ***Nursing Excellence***.

➤ Over 3,000 babies are delivered at Edward Hospital each year.

➤ We have more than 30 obstetricians/ gynecologists on staff.

➤ Edward's **Perinatology Center** is available for complicated pregnancies, including multiples. During our busiest year, Edward delivered 131 sets of twins, and five sets of triplets! We've also delivered quads.



➤ We have a Level III **Neonatal ICU** with all private rooms and a staff of neonatologists and experienced neonatal nurses to care for babies requiring special care. In addition to our neonatologists, available 24/7, we have a broad panel of pediatric subspecialists available for consultation, if needed, at Edward.



➤ We also have a **Pediatric Emergency Department**. We were the first pediatric ER in DuPage County (opened in 2000) and have treated hundreds of thousands of children. We're staffed by doctors and nurses who've been trained to treat kids, and we have family-friendly rooms and equipment designed for their sizes, shapes and needs.

Pre-Register for your hospital stay at www.EEHealth.org/OBpreReg.

What to Expect: Admission

- Your Healthcare Provider will let you know when to come to the hospital in labor—usually once labor is progressing. Come directly to the L&D unit on the 1st floor—you do not need to check in at the Emergency Room.
- If you are having a scheduled induction or C/Section, a nurse will call you a few days prior to the scheduled date with instructions and to ask questions about your health history.
- If you come in labor, you will be taken to a triage room to determine your labor status, then you will be admitted to a private room on our Family Birth Center.
- Our maternity suites are **all private rooms** that feature space for dad to stay overnight and a private bathroom with a tub and Jacuzzi jets and shower wand.
- Our Family Birth Center is a “locked unit” and mom and baby will have special electronic security bands (“**Hugs and Kisses**”) as well as identity bands. You will have to pick up the phone at the entrance and be admitted into the unit by a staff member.

What to Expect: Labor & Birth

- During labor, your designated Care Partner will be allowed with you 24/7 and will receive a bracelet to wear for the duration of your time in the hospital. **Please check the current Visitation flyer or webpage to see if any visitors are allowed at this time.** Our nurses will help you with various comfort measures during labor— we have bath tubs with shower wands, bouncy chairs, and birthing balls available for your use during labor. We also have anesthesiologists 24/7 to administer epidurals if desired.
- **Cesarean Section:** At Edward Hospital, we have 3 operating rooms located within the Family Birth Center specifically for C-section deliveries. If a mom has a C/Section with epidural or spinal anesthesia, she can have one support person (usually dad) with her during surgery and in recovery. No cameras are allowed in the OR, but you are welcome to take pictures in the Recovery



Room. Moms who have a C/Section are generally in recovery for about 2 hours, then taken to a Mother/Baby room once mom and baby are stable. Moms are encouraged to hold their baby skin-to-skin and to initiate breastfeeding while in the recovery room.

- **Recovery from birth:** Immediately after birth is an important time for mom & baby bonding, which is why we call that first hour after birth “**the Golden Hour**”. We encourage you to hold your baby skin-to-skin as much as possible.

Skin-to-skin contact with your baby (baby’s bare chest against your bare chest) has scientifically proven benefits:

- Baby’s temperature, heart rate, and blood sugars stabilize faster if baby is held skin-to-skin with mom.
- Mom and baby’s stress hormones are reduced by skin-to-skin contact.
- Babies latch on for that first breastfeeding much sooner and more easily when they have spent time skin-to-skin with mom. Sleepy babies will gradually awaken and look for the nipple when they are held skin-to-skin on mom’s breast.



Since you’ll feel more comfortable with this initial breastfeeding without observers, please ask your visitors (if allowed) to be patient and wait until you’ve spent at least an hour with your newborn. You are generally kept in your labor room for about 2 hours after birth and your family/visitors can come in during the second hour of this time.

- Your baby will be weighed and measured within the first hour after birth and **identity bands** placed on baby’s wrist and ankle, mom’s wrist, and support person’s wrist. Please do not take these bands off until after the baby has been discharge and leaves the hospital.
- Baby will also receive **antibiotic eye ointment** and a **Vitamin K injection** usually within the first hour after birth. The antibiotic eye ointment is to prevent newborn conjunctivitis (pink eye) which can be caused by Chlamydia, Gonorrhea, or any virus or bacteria that normally live in a woman’s vagina. The Vitamin K injection is given to assist blood clotting in the newborn, who is generally born with an inadequate amount of Vitamin K at birth. Without enough Vitamin K, your baby has a chance of bleeding into his or her intestines and brain, which can lead to brain damage and even death. Infants who do not receive the Vitamin K shot at birth can develop Vitamin K Deficiency Bleeding up to 6 months of age. *(See link for more information on the antibiotic eye ointment and Vitamin K on the back page of this booklet).*

What to Expect: Mother/Baby

- After birth and recovery, mom and baby are moved to one of our newly renovated private postpartum rooms. These new postpartum rooms also have a private bathroom with shower and a place for dad or support person to stay overnight.
- **“Mom & Baby Together”**--- To encourage family bonding after birth, mother and baby will both be cared for in the mother's room throughout her hospital stay. By rooming-in with your baby you will get to know his hunger cues, breastfeeding gets off to a better start, and you will have a chance to observe and practice baby care with a nurse to help instruct you. We encourage mom & baby to spend as much time as possible **skin-to-skin**, for both mom and baby's well-being. Your nurse will try to do as many newborn procedures as possible in your room. We also have a Newborn Nursery available if needed for observation or procedures.
- Baby's **first bath is delayed** about 8 hours after birth. Based on medical research, this allows the baby's temperature and blood sugar to stabilize and reduces the risk of infection.
- The nurses in our Mother/Baby area are trained as **Certified Lactation Counselors** to help you get started breastfeeding. We also have International Board Certified Lactation Consultants (**IBCLC**) who are available to assist any mother/baby who is having difficulties with breastfeeding during their stay. Each Mother/Baby room is also equipped with an Ameda hospital grade breast pump for your use if needed.



Our Lactation Consultants are also available for outpatient visits through our **Breastfeeding Center**. Most insurance companies will pay for several of these outpatient visits. *(See the Breastfeeding Center flyer for more info.)*

- **Newborn screening checks:** Your baby will have several screenings tests done after birth but prior to discharge.
 - The nurses will screen your baby for **jaundice** routinely with vital signs, using a special device that shines a light on baby's forehead. If this screening shows jaundice, your baby's doctor may order additional blood tests. *(For more information, see the link on the back page of this booklet.)*

- Your baby will also receive a heel-stick blood draw for the state mandated Metabolic Screening (**PKU**) test which tests for a number of endocrine and metabolic disorders including PKU, Cystic Fibrosis, Hypothyroidism and many others. This test is done when your baby is 24 hours of age and the results will go to your baby's physician's office. Some babies need this test repeated at 2 weeks of age. *(For more information, see link on back page.)*
 - A **hearing screening** test will be done, generally on the 2nd day. The test we do at our hospital is the ABR (Auditory Brainstem Response) test. This checks the hearing all the way to the brain stem. The technician places electrodes on your baby's head and neck and ear muffs over his ears. A soft sound is played into the ear muffs and the machine records the nerve impulses in response to the sounds. *(See the link on the back page for more information.)*
 - A **test for Critical Congenital Heart Defects (CCHD)** will also be done. This is a non-invasive test using a pulse oximeter to check the baby's oxygen level in both upper and lower extremities. *(See the link on the back page for more information about this test.)*
 - It is recommended that your baby receive the first of the **Hepatitis B vaccinations**. Your baby's doctor will talk to you more about this vaccine and get your consent prior to its administration. *(See link on the back page for more information.)*
- **Visiting: [Please see the separate handout for current Visiting rules & hours]**
- **Quiet Time** (observed daily from 2 to 4 p.m.) is a special time for mom and baby (and dad) to be together resting or bonding. We limit the interruptions during this time—lights are dimmed and no flowers will be delivered or routine vital signs taken during this time. Please ask your visitors (if visitors are allowed) to plan their visit around this special mom and baby time!
- New moms will be offered a **complimentary neck and shoulder massage** the day after delivery, given by our certified massage therapists (if allowed due to Covid rules).
- Baby portraits are available through Naperville's **Bella Baby Photography (Please ask if this is currently allowed due to Covid rules)**. Visit the website to view sample photos and find out more. *(See Bella Baby link on back page.)*
- Patients can order from a menu from **6:30 am-7:30 pm** for room service. If support person wishes to also order food from the room-service menu, they can pay by credit card. We also have a cafeteria located on the ground floor where they can purchase food.

What to Expect: Discharge

- Most vaginal deliveries stay about 2 days, C/Section patients a day or two more (**please ask your healthcare provider about any changes in this due to current Covid numbers**). Check with your healthcare provider to see when you will be discharged.
- Both mom's and baby's healthcare providers will see you to discharge you & baby. They try to come in the early morning on the day of discharge so that you can leave before lunchtime. Both mom and baby do better to leave earlier in the day so that they can nap once they get home.
- The nursing unit clerk will have you fill out and sign the birth certificate form prior to discharge. This form is mailed to the state and you will receive the Social Security card within about 6-8 weeks from the Vital Records Office.
- Don't forget your carseat carrier and base! Babies cannot be discharged without a safety seat. Please read the car manual and the carseat manual so that you'll know the correct way to install the seat (facing backwards) and buckle in baby safely. We recommend that you make an appointment with a car seat safety technician to have your carseat installation checked. *(See the links on the back page for instructional videos for carseat safety and for local carseat safety technicians.)*

Support Groups

- We have several groups that meet regularly for new parents. **CradleTalk** is an in-person group for new parents (and grandmas, aunts, friends) and the new baby up to 6 months of age. Moms love this group and make new friends and playgroups for their baby—some which last until college!
- We also have a virtual support group, **Cradle Talk Online**, which meets via WebEx on certain weekday mornings. Contact Susan.Bard@EEHealth.org for the link and more information.
- Breastfeeding support is also included at all of our Cradle Talk, Mom & Baby Hour, and Cradle Talk online support group meetings.
- **Nurturing Mom** support group is for those experiencing anxiety, stress, or depression. Please contact Susan.Bard@EEHealth.org for the link and more information about in-person or virtual meeting dates/times/locations.
- **[Please see the separate handout with more information about our support groups or go to www.EEHealth.org/moms-support.]**