

## Elmhurst Hospital Family Birthing Center

- Every suite at the Elmhurst Hospital Family Birthing Center is fully private with warm wooden fixtures and contemporary furniture. Medical equipment is neatly concealed, and the room is designed with three zones (caregiver, patient and family). There are comfy fold-out couches in each room, walk-in showers with shower wands, 42" flat-screen televisions, and Wi-Fi technology.



- We have 2 private suites that come equipped with whirlpool tubs for those seeking additional comfort and enhanced relief during labor.
- We encourage you to share your birthing expectations with us, so that we can help you meet them. We have nurses who specialize in providing labor support for women who choose to deliver their babies naturally, with little or no medication or medical intervention. You also have the option of receiving an epidural or other forms of pain relief during labor. A certified OB/GYN, an anesthesiologist, and a neonatologist are available 24/7 to provide the care needed for you and your baby.
- Should you need a C-section, we have 2 OR suites on the unit to ensure a smooth procedure and optimal recovery for you and your baby.
- We encourage you to have a designated support person who can stay with you throughout your time with us. **(Please see the most recent Visitation Guidelines regarding Covid-related restrictions.)**

- Once your baby arrives, you'll enjoy relaxing and bonding together in a private room on our Mother/Baby side of the unit. Your private bathroom will have a walk-in shower. Both mom and baby will be taken care of by the same nurse within your room. Your designated support person is encouraged to remain with you, if desired.



- Should your newborn require special attention, we have a fully equipped Special Care Nursery available at Elmhurst with private rooms designed to keep the family together and with a space for new parents to stay while their baby is being cared for by specially trained nurses.
- As part of Edward-Elmhurst Healthcare, your newborn also has access to Edward Hospital's level III Neonatal Intensive Care Unit (NICU) in Naperville, which can supply the highest level of care for sick or premature newborns, including expert neonatologists, on-site perinatologists and pediatric subspecialists.

## *What to Expect: Admission*

- Your Healthcare Provider will let you know when to come to the hospital in labor—usually once labor is progressing.
- You may park in the Green Parking area (there are a few parking spots available near the East Entrance labeled for labor patients) and enter the East Entrance. If it is after hours and the door is closed, pick up the phone at the entrance door and someone will remotely open

the door for you. There are wheelchairs available inside the front doors, if needed. Take the East elevator to the Family Birth Center on the 3<sup>rd</sup> floor—the Family Birthing Center is to your right after you exit the elevators. The Family Birth Center is a secure unit. Please use the intercom system if no one is present at the front desk window to let you in.

- If you are having a scheduled C/Section, you will be admitted to the Triage area of the Family Birth Center to get ready for your surgery.
- Our Family Birth Center is a “locked unit” and an employee will be at the front desk of the Family Birth Center to allow you to enter. Your visitors (if allowed) will also need to check it at the front desk to be allowed to enter. **Please see the most recently published Visitor Guidelines for more information about visitation.**

## *What to Expect: Labor & Birth*

- During labor, you are encouraged to have a designated support person with you in your labor room (**please see the current visitor guidelines for any changes in this policy**). Our nurses will also help you with various comfort measures during labor— we have shower wands in each shower and birthing balls are available for your use during labor. We also have anesthesiologists 24/7 to administer epidurals if desired. Elmhurst Family Birth Center also offers Nitrous Oxide which is available for pain relief. (Check with your healthcare provider to see if this is available, if this is of interest to you.)
- **Cesarean Section:** At Elmhurst Hospital, we have 2 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 private Mother/Baby room once mom and baby are stable. Moms who are able are encouraged to hold their baby skin-to-skin immediately after the C-Section 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 until after that first breastfeeding. Babies latch on 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.

Most moms are more comfortable with this initial breastfeeding without visitors observing, so please ask your visitors (if visitors are currently allowed) to be patient and wait until

you've had a chance to breastfeed 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 (if visitation is permitted).

**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.
- Skin-to-skin is an important factor in decreasing the risk of postpartum depression.

We encourage you to hold your baby skin-to-skin as much as possible in the first days and weeks after birth.

➤ Soon after baby's first feeding, he will be weighed and measured and **identity bands** are placed on baby, mom, and designated support person. Please do not take these ID bands off until after the baby has been discharge and leaves the hospital.

➤ It is recommended that your newborn receive **antibiotic eye ointment** and a **Vitamin K injection** shortly after birth. The antibiotic eye ointment is to prevent newborn conjunctivitis (pink eye) which can be caused by Chlamydia, Gonorrhea, or any other 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 links on [Childbirth Class webpage](#) for more info.)



## *What to Expect: Mother/Baby*

➤ After birth and recovery, mom and baby are moved to one of our private postpartum rooms. These postpartum rooms also have a private bathroom with walk-in 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/her 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.
- Baby's **first bath is delayed** about 6-8 hours after birth. Based on medical research, this allows the baby's temperature and blood sugar to stabilize and reduces the risk of infection.
- We have International Board-Certified Lactation Consultants (**IBCLC**) who will see each mother/baby couplet and are available to assist any who are having difficulties with breastfeeding during their stay.

Our Lactation Consultants are also available for outpatient visits through our **Breastfeeding Center**. Most insurance companies will pay for several of these outpatient visits. Call (331) 221-8483 to make an appointment. *(See the Breastfeeding Center handout)*

- **Newborn screening checks:** Your baby will have several screenings tests done after birth but prior to discharge. *(see links on Childbirth Class webpage for more info.)*

- The nurses will screen your baby for **jaundice** if indicated, 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.

- 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.



- A **hearing screening** test will be done, generally on the 2<sup>nd</sup> 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.
- 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.

- It is recommended that your baby receives the first of the **Hepatitis B vaccinations** within 24 hours after birth. Your baby's doctor will talk to you more about this vaccine and get your consent prior to its administration.
- **Visiting: (Please see the most recently published Visitor Guidelines for more information about visitation hours & restrictions.)**
  - We encourage a designated support person (wearing a wrist band) to stay with you while you are in our unit.
  - Visitors (if allowed) must check in at the front desk of the Family Birthing Center to gain admittance to the unit. We ask that visitors respect your need for rest at night and leave by 9 pm. All visitors should be free of symptoms of illness.
  - **Quiet Time** is every afternoon from 2-4 pm. New moms and babies need their rest to recuperate from birth. We ask that visitors (if allowed) respect your need of a quiet time in the afternoons from 2-4 pm to nap or to bond. Please ask visitors to plan their visit around this special mom and baby time!
- Baby portraits are taken [**please ask if this service is currently available**] by the company **365**. Visit the website to view sample photos and find out more ([see link on Childbirth Class webpage for more info.](#))
- Patients can order from a menu from **6:30 am- 6:30 pm** for room service. If support person wishes to also order food from the room-service menu, they can pay by cash. We also have a cafeteria located on the ground floor where they can purchase food and bring it up or you are welcome to order food from outside the hospital (**please ask if this is currently allowed**).

## *What to Expect: Discharge*

- Most vaginal deliveries stay overnight 2 nights, C/Section patients generally stay overnight 3 nights. **Check with your healthcare provider to see if this has changed due to Covid and when you might be discharged.**
- Both mom's and baby's healthcare providers will see you to discharging you both. They try to come in the early morning on the day of discharge so that you can leave by 1 pm. Both mom and baby do better to leave earlier in the day so that they can nap once they get home.
- Your nurse 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. If you need a birth certificate, you can order it online 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 in the back seat) and buckle in baby safely. We recommend that you make an appointment with a car seat safety technician to have your carseat installation checked. Nurses are not allowed to help you with the carseat, so please be sure to practice putting in your carseat and buckling up baby before you come to the hospital in labor. (see link on [Childbirth Class webpage for more info.](#))

## Support Groups

- We have several groups that meet regularly for new parents. We have a new mom support group, **Mom & Baby Hour**, that meets in-person at Elmhurst Hospital. These meetings also includes **Breastfeeding Support** led by an LC from our Breastfeeding Center.
- We have a virtual support group, **Cradle Talk Online**, which is currently meeting several weekday mornings at 10 a.m. Contact [Susan.Bard@EEHealth.org](mailto:Susan.Bard@EEHealth.org) for the link and more information.
- **Nurturing Mom** support group for those experiencing anxiety, stress, or depression. This group meets both in-person (when allowed due to Covid) and virtually. Contact [Susan.Bard@EEHealth.org](mailto:Susan.Bard@EEHealth.org) for the link and more information.
- These groups are free—no registration required. For more information, see the handout for Support Groups or contact [Susan.Bard@EEHealth.org](mailto:Susan.Bard@EEHealth.org). **[Please see the separate handout with more information about our support groups.]**