

EMORY

HEALTHCARE

Welcome to Emory University Hospital Midtown



COVID-19 Precautions for OB Patients

Emory Healthcare is committed to the continued health and safety of all patients during the COVID-19 pandemic. Visit emoryhealthcare.org/covid for details on the precautions we are taking to keep you safe and prevent the spread of COVID-19.



For OB patients:

- Swab test administered when admitted for labor
- For scheduled C-sections only, swabbed/tested prior to delivery date

Parenthood Classes

(Updated July 2022)

All classes, tours and support groups are currently on Zoom.

- Childbirth Preparation
- Newborn Care
- Breastfeeding Classes
 - Breastfeeding Basics
 - Pumping/Returning to Work
- Infant Safety and CPR
- Preparing for Parenthood: Wellness and Self-care
- EUHM Tour (Free)
- New Parent Support Group (Weekly/Free)
- Breastfeeding Support Group (Weekly/Free)

Please continue to check the Emory Healthcare website for [classes](#) and updates.

- Alternate way to learn CPR at home - shopcpr.heart.org/infant-cpr-anytime-kit

Preparing for Parenthood

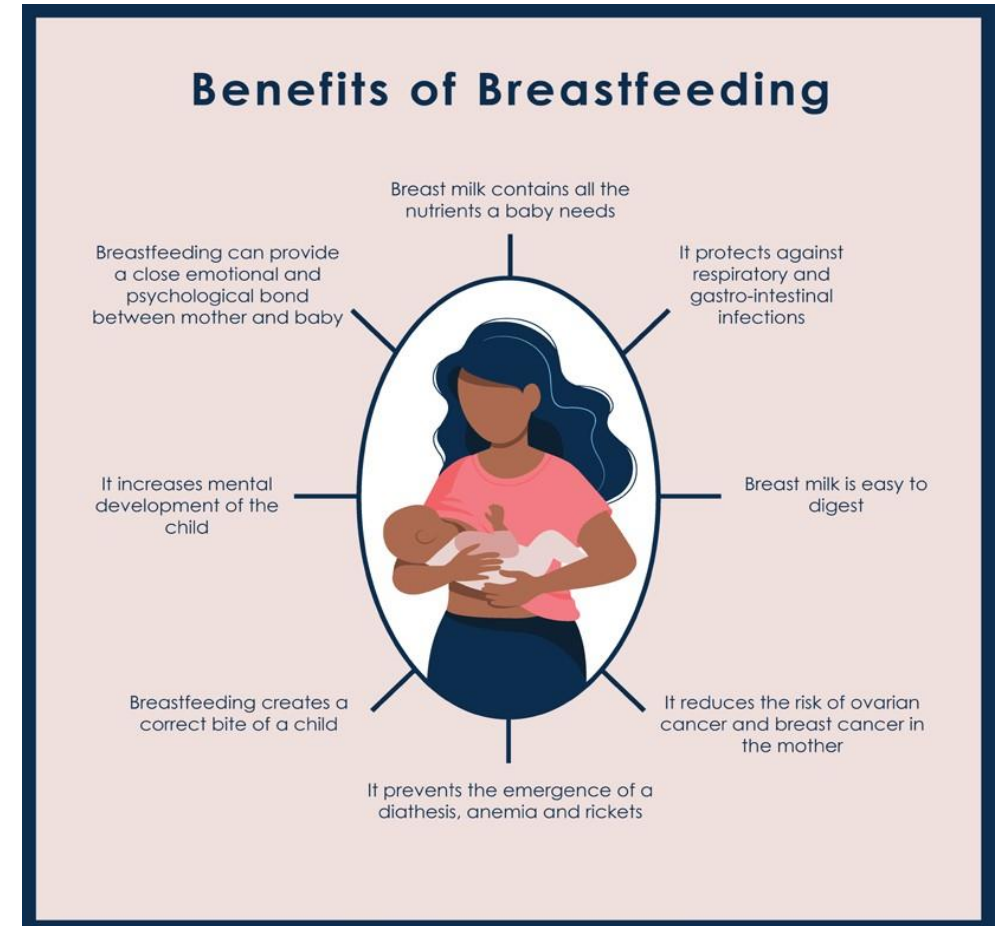
- Prior to delivery, choose a pediatrician to take your baby to after you leave the hospital.
 - At the hospital, an in-hospital pediatrician will care for your baby, and neonatology services are available 24/7 for sick or premature infants.
- Choose and purchase a car seat.
 - Practice using the car seat before coming to the hospital.
 - Pre-install the car seat yourself or go to [seatcheck.org](https://www.seatcheck.org) to find a nearby car seat installation center.
 - Hospital employees cannot install or assist with car seat operation.



Planning to Feed your Baby – the Benefits of Breastfeeding

Emory University Hospital Midtown is designated as a Baby-Friendly birth facility.

- The first few days are critical bonding times between mother and child.
- Breast milk is the normal food for the human baby.
- Evidence-based practice recommends exclusive breast milk feeding for the first six months.
- After being given education regarding the benefits of breastfeeding, mothers who make an informed choice to formula feed will be supported at Emory University Hospital Midtown



Planning for the Hospital

- Make plans ahead of time for the care of your other children (and pets).
- Pack things you'll need during labor and for your stay post-delivery. **TIP:** Use a rolling suitcase if possible.
 - Bring an outfit for the baby to wear home.
 - Please check out our [FAQs](#) for a list of suggested items to bring.
- Family is responsible for all belongings.



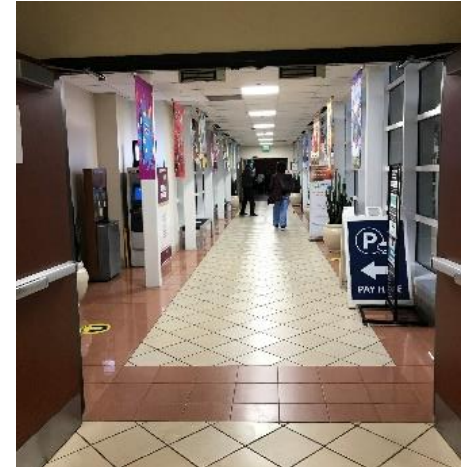
Only If Needed: Emergency Dept.

- **If you are experiencing an emergency, please go straight to our emergency room.**
- Your OB provider may also send you here for an urgent assessment during pregnancy.
- Obstetricians are on staff 24/7.
- Moms with complications up to six weeks after birth may also be sent here for assessment.



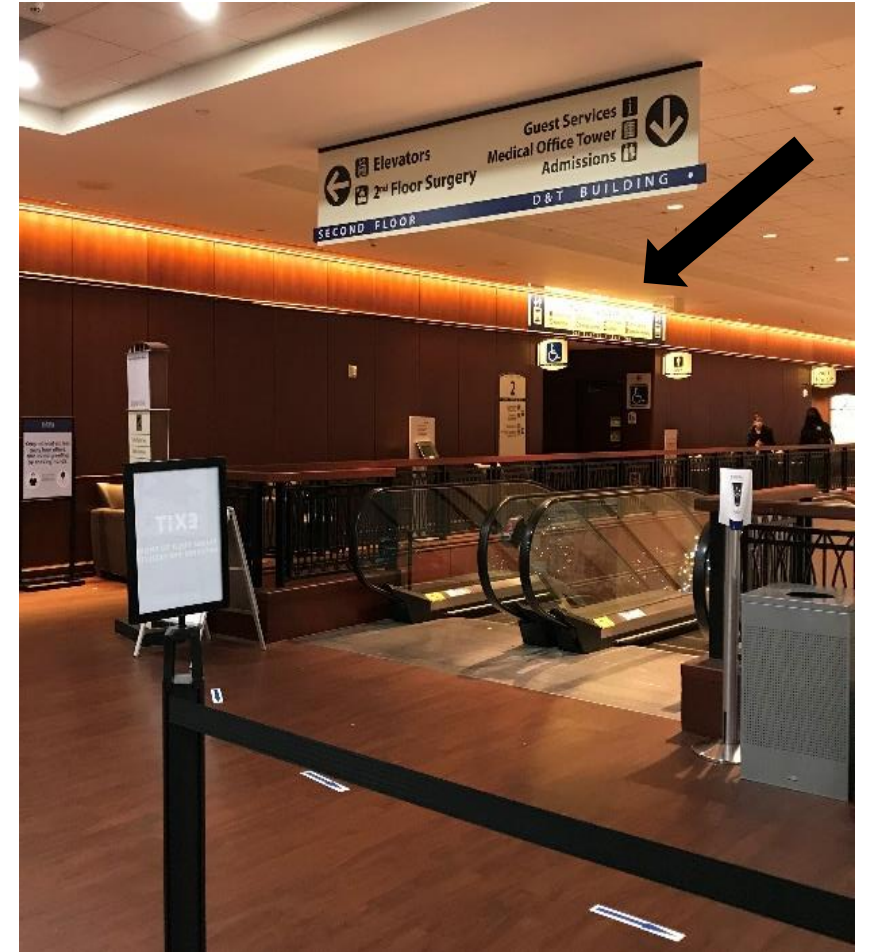
Arriving at the Hospital

- Remember to bring your photo ID and insurance card and please wear a mask.
- You can park in the visitors parking deck and take the elevators to Level F. (Parking rates range from \$6 for one hour to \$16 for 24 hours. A \$25 weekly pass is available at the parking garage office. See details in [FAQs](#)).
- When you exit the elevators, turn left and cross the pedestrian bridge that leads into the hospital.
- As you enter the hospital, you and your partner will be screened (not tested) for COVID-19 (i.e., you'll be asked if you have any COVID-19 symptoms).
- During the day, valet parking is available.



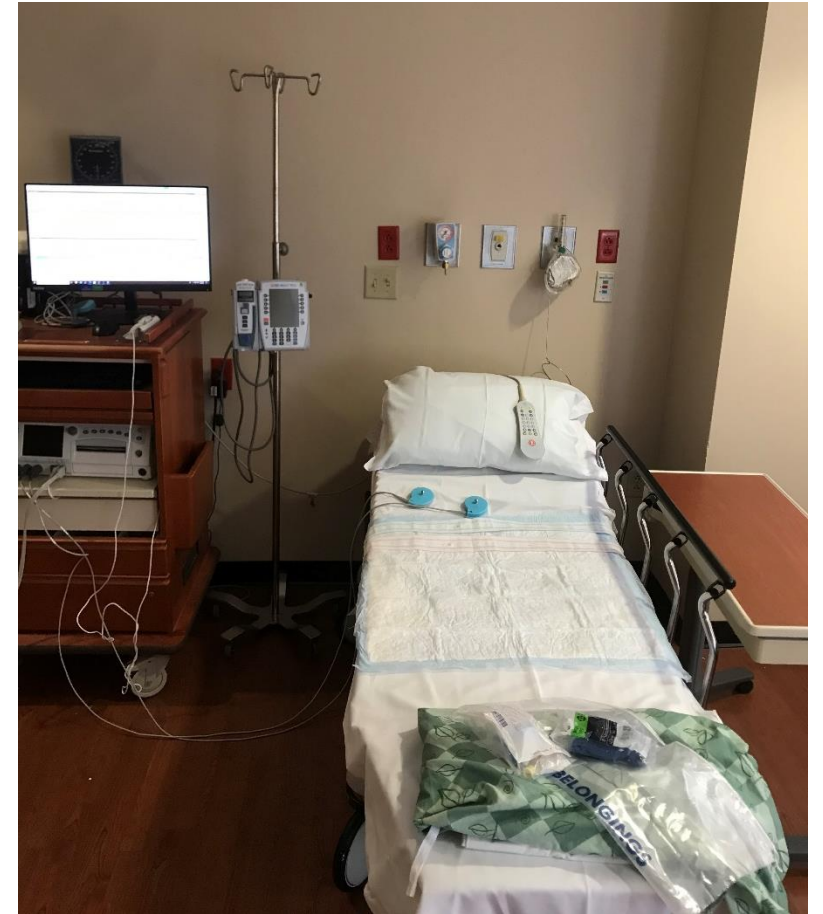
Arriving at the Hospital

- After screening, walk past the escalators to the elevator bank on your left.
- Take the elevator to the 3rd floor registration area where you will check in. You'll wait in this area until they call you back to triage for further evaluation.




Triage Unit

- When your doctor sends you to the hospital, the Triage unit is where most mothers are evaluated.
- In the Triage room, Certified Midwives, Registered Nurses and your doctor will make the best decision for you, based upon assessment, as to whether it is time for you to be admitted to the hospital.
- If it is, you'll then be assigned to a Labor and Delivery room where you will stay until you have your baby.
- For mothers that need specialized hospital care but are not ready to have their baby, the Antepartum unit is an extension of Labor & Delivery.



Mask Requirements in Women's Services Area

EUHM Women's Health Services



Masks are required at all Emory locations

My mask protects you and your mask protects me!

We are asking **ALL Patients** and **Visitors** to wear their masks when anyone enters their room.

- All Healthcare Providers
 - Nutrition Services
 - Housekeeping Services
 - Chaplains
 - Medical Records

If you do not have a mask please ask for one!

Thank you,
Unit Leadership

Labor & Delivery Room



- During normal labor and delivery, you are allowed up to two support persons. (Visitor policy may be updated by time of your arrival).
- One sofa/bed is provided in each room.
- Monitors are present for mom and baby.
- Available labor support devices include squat bars and peanut balls.
- 24/7 anesthesia services are available.
TIP: Click [here](#) for information about labor epidurals.
- You will remain here for 1-2 hours after a vaginal birth before heading to the Mother-Baby room.



Only If Needed: Cesarean Birth

- Mother and baby's safety is the top priority.
- One support person can accompany mom during the C-section in most situations.
- Mom, baby and the support person will stay in the Recovery room (PACU) in Labor & Delivery for 2-4 hours after a C-section before heading to the Mother-Baby room.



When Baby is Born: Skin-to-Skin

- Helps baby:
 - Regulate heart rate, breathing, temperature
 - Begin to build 'good' germs
 - Prepare for breastfeeding
- Lasts for at least 60 minutes
- Vaginal birth: immediately
- Cesarean birth: as soon as baby/mom are ready
- Delayed umbilical cord clamping (30-60 seconds in stable deliveries) provides evidence-based benefits for both mom and baby.
- Bringing your placenta home may be a possibility – see [FAQs](#) for details.



When Baby is Born: Infant Security

- Baby ID bands provided:
 - Two (2) for baby
 - One (1) for mom
 - One (1) for dad or partnerBaby's name will be listed as "Boy" or "Girl" and mom's last name
- Staff ID badges: all staff caring for babies have a pink stripe on their name badge
- Infant Security System: monitors for all babies ensures secure entrance/exit points



Only If Needed: Neonatal Intensive Care Unit (NICU)

- Level III Neonatal Intensive Care Unit (NICU) with 24/7 Neonatology and Respiratory Therapy services
- Located on the 3rd floor near Labor and Delivery
- Common reasons for NICU transfer:
 - Prematurity
 - Low blood sugar
 - Respiratory distress
 - Symptoms of infection



Only If Needed: NICU

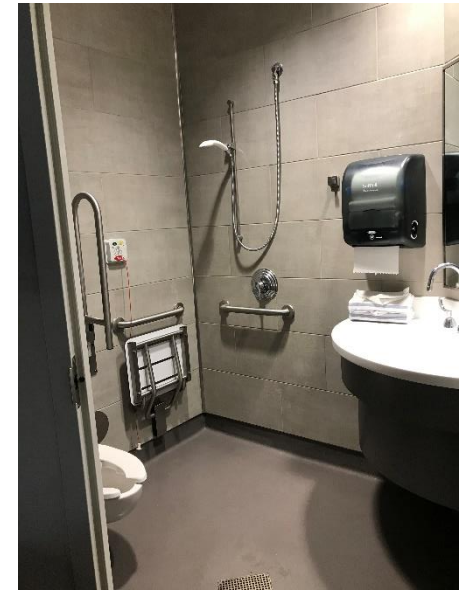
- Mom will be able to see and touch the baby before transfer when given permission by a health care provider.
- Support person is allowed and encouraged to accompany baby to NICU.
- Mom should begin expressing breast milk within three to six hours of birth.
- NICU staff will support mom to hold baby skin-to-skin when it's medically appropriate for baby.
- Donor breastmilk available in NICU if needed.



Mother/Baby Room



- All rooms are private
- Sofa bed provided for support person. Linens also provided.
- Glider/rocking chair in most rooms
- Bassinet for baby's safety and comfort
- Private bathroom with shower



When Baby is Born: First Bath

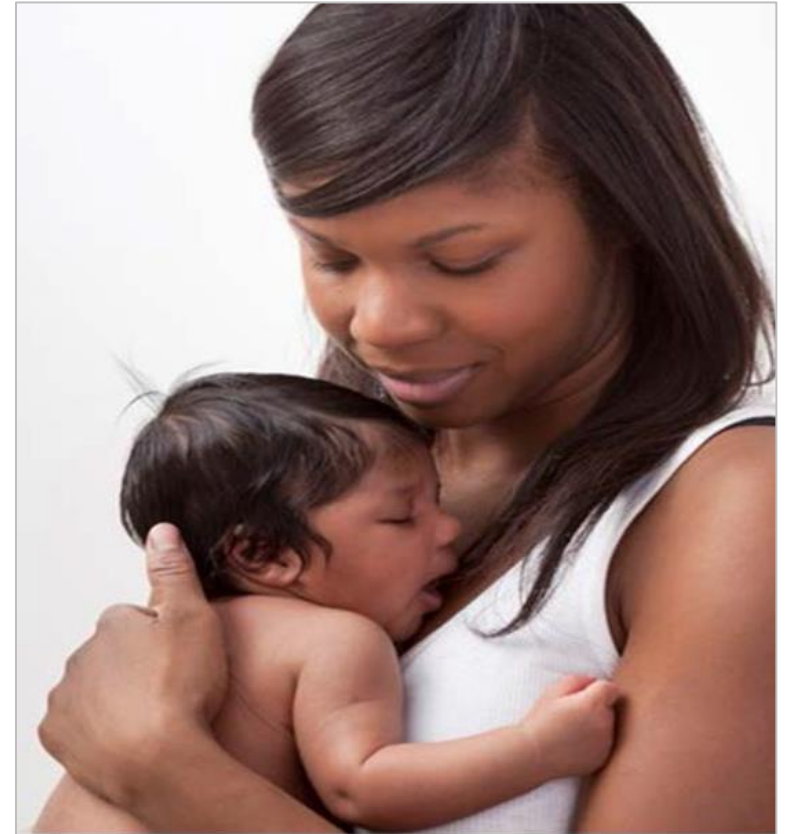
Usually occurs six or more hours after birth.

- Vernix remains on skin
 - Protects and moisturizes baby's skin
 - Reduces risk of infection
- Better for baby
 - Less stressful for baby
 - Improves temperature regulation
 - Stabilizes blood sugar
- Better for mom and family
 - Improves initial bonding
 - Improves early breastfeeding
 - Allows mom or family to participate, if desired



Mother/Baby: Rooming In

- Babies stay in the room with the families instead of in a nursery.
- Better for babies:
 - Cry less and are more easily calmed
 - Improved initial bonding
- Better for moms:
 - Moms rest more
 - Respond better to baby's feeding cues
 - Make more breast milk faster
- AAP recommends room sharing for the first 6-12 months to reduce chance of SIDS.



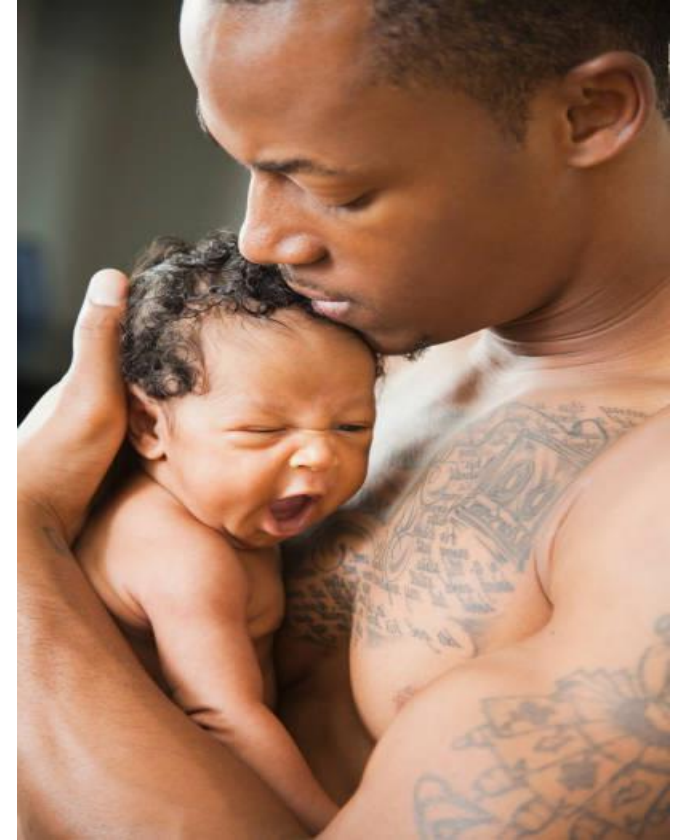
Room Sharing at Home

- The American Academy of Pediatrics (AAP) recommends room sharing for the first 6-12 months to reduce the chance of Sudden Unexpected Infant Death (SUID)
- Your baby should be in your room in their own safe sleeping space (not in your bed!)
- Remember “ABC”
 - A. ALONE
 - B. On their BACK
 - C. In a CRIB
- For more information, visit <https://safetosleep.nichd.nih.gov/>



Mother/Baby: Skin-to-Skin

- Continue to hold baby skin-to-skin as often as possible
 - At least once a day, for sixty minutes
- Helps to wake a sleepy baby
- Father/partner can also hold baby skin-to-skin



Mother/Baby: Breastfeeding

- Breastfeeding is learned, it takes time, practice and patience.
 - All staff in our departments are trained to assist you.
 - Lactation Consultants are also available 24/7.
- All health organizations recommend:
 - Exclusive breastfeeding for at least the first four weeks
 - Exclusive breast milk feeding for the first six months
- Please do not bring your own breast pump or breastfeeding pillow to the hospital. If a breast pump is needed, the hospital will provide it.



Mother-Baby: Breastfeeding

- Feed your baby on cue/demand.
 - Eight times or more in a 24-hour period
- Give only breast milk unless there is a medical reason for formula.
- Avoid artificial pacifiers/nipples for three-four weeks until breastfeeding is well established.
 - If appropriate, we will cup, syringe or spoon-feed the baby if supplementation is needed.
 - NOTE: To help prevent SIDS, AAP recommends pacifiers at night after breastfeeding is established (at approx. 3-4 weeks of age).

Circumcision

- Your OB performs the circumcision on your baby, if desired.
- The circumcision may be performed:
 - During your stay in the hospital, or
 - In the OB office the following weekPlease check with your OB group to confirm their preferred timing.
- Your nurses will instruct you how to care for your baby after the circumcision.

Going Home: Breastfeeding Support

- Our Lactation office number: 404-686-2883
 - Phone advice from a lactation consultant – please leave a message and we will return your call.
- Other local support
 - La Leche League (llli.org)
 - WIC Peer Counselors



Free Weekly Support Groups on Zoom

**Baby Talk
Breastfeeding
Group
Thursdays
11:00am**

Baby Talk is a peer-to-peer breastfeeding support group led by a lactation consultant. Meet breastfeeding moms, share tips and tricks, and get your questions answered by the experts.

Our New Parent Support Group is for parents of infants 0 to 6 months of age. Join us for weekly support and conversation with other new parents, and don't miss our monthly education topics ranging from infant massage to postpartum anxiety, pelvic floor health and more.

**New Parent
Support
Group
Thursdays
12:00pm**

Meeting ID: 286-009-746

Password: [baby](#)

Please [register](#)

- in advance if possible - so we are expecting you.

Going Home: POST-BIRTH Warning Signs

Call 911
if you have:

- P**ain in chest
- O**bstructed breathing or shortness of breath
- S**eizures
- T**houghts of hurting yourself or your baby

**Call your
healthcare
provider**

if you have:

(If you can't reach your
healthcare provider,
call 911 or go to an
emergency room)

- B**leeding, soaking through one pad/hour, or blood clots, the size of an egg or bigger
- I**ncision that is not healing
- R**ed or swollen leg, that is painful or warm to touch
- T**emperature of 100.4°F or higher
- H**eadache that does not get better, even after taking medicine, or bad headache with vision changes



Thank You for Choosing
Emory University Hospital Midtown

Questions?

Please contact: Kate Phillips

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