

Your Guide to the
WOMANCARE
Birth Center



UPMC | **MAGEE-WOMENS**
HOSPITAL



WELCOME to UPMC Magee-Womens Hospital. At Magee, we provide a family-centered approach to your care and the care of your newborn. This guide tells you about your arrival at Magee, your time in the Womancare Birth Center (WCBC), and your stay on the Mother-Baby Unit. It also reminds you of some things you should do before your baby's birth.

Childbirth is a family event, and we welcome visitors. We value the support that family and friends provide during a hospital stay. We ask your help to keep Magee a safe, secure place for you and your baby. This guide tells you how to help. Please read this guide before you are admitted to the hospital. Share the information with your family members and friends. Our policies at Magee aim to protect the health, safety, comfort, and privacy of our mothers and their babies. Thank you in advance for cooperating during your stay.

YOUR GUIDE TO BIRTH AT UPMC MAGEE-WOMENS HOSPITAL BEFORE YOUR BABY'S BIRTH

It is important to choose a family doctor or pediatrician for your baby several months before your due date. This doctor will care for your baby after birth in the hospital and beyond. For assistance, you can use the Find a Doctor link on Magee's website at magee.upmc.com. You also can call 1-866-MYMAGEE (696-2433). Once you have chosen a care provider for your baby, let the WCBC staff know the provider's name. They will contact the provider when your baby is born.

If you are told there is a possibility that your baby will be in the Neonatal Intensive Care Unit (NICU), your care provider may initiate a neonatology consult. It will be arranged for you to meet with a NICU physician and tour the unit, if your condition permits.

Have a car seat installed in your car before the baby is born. Learn how to use it, because you must place the baby in the car seat to go home. You can have the car seat checked for safety and proper installation at scheduled car seat safety checks in the area. A list of locations can be found at PATECHS.com or www.seatcheck.org.

Dan Berger Cord Blood Program

Magee gives expectant parents options regarding their baby's umbilical cord blood. Parents may store their baby's cord blood for future family needs. This option has a cost associated with it, since it is considered *private storage*. Another option is to donate their baby's umbilical cord blood to a *public cord blood bank or to scientific research*. There is no cost associated with either of these options.

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To help you make an educated decision about what to do with your baby’s umbilical cord blood, attend one of the educational classes held at UPMC Magee Womens Hospital. Classes are held every other month throughout the year where you can learn about all your options. To register for the class, go to classes.upmc.com and select Pregnancy/OB Classes, then UPMC Magee-Womens Hospital- Pittsburgh, then “Dan Berger Cord Blood Program: Information Session for Expectant Parents with UPMC Magee-Womens Hospital”. Informational packets, containing all your options, are available and can be mailed to your home.

For more information go to danbergercordblood.org or contact Mary Wiegel, program coordinator, at 412-209-7479 or mwiegel@itxm.org.



WHEN YOU COME TO MAGEE

Entrances

The Magee Lobby doors are now open 24 hours a day. All patients should enter the hospital from the Halket Street entrance through the main lobby unless you are experiencing a medical or obstetric emergency. You may go directly to the Birth Center on the second floor. Your primary support person may self-park in the Magee parking lot.

For an extra charge, valet parking is available at the main entrance, Monday through Friday, from 6 a.m. to 5 p.m. If arriving during off hours, but would like to use valet, park the vehicle in the front circle, and leave the keys with the cashier at the front desk. They will provide a valet ticket, and ensure the vehicle is parked. If departing during off hours, but using the valet, the vehicle will be parked in the front circle, and the cashier will have the keys.

All emergency situations should go to the Emergency Department via Craft Avenue or from the Halket Street entrance by making a left once inside the lot, then continuing straight. There is dedicated parking for emergency patients near the ED entrance.

Registering

When you enter the Birth Center, it will take a short time to register. You will need to present your driver's license or some other form of government-issued picture ID and your insurance card; and you will need to sign a consent form. If you are not stable enough to register when you arrive, the Birth Center staff will take you to a Triage room right away.

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In Triage, a nurse will ask you questions about your medical history. Next, you will get a medical screening exam. The person who does the exam may be a resident doctor, an attending obstetrician, or your doctor or midwife. After the exam, you will either be taken to an LDR (labor, delivery, and recovery room), stay in Triage to be watched, moved to 2800 antepartum unit, or be sent home. Some patients who need a higher level of care may be admitted to the OB ICU (2600 unit) instead of an LDR.

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IN THE WOMANCARE BIRTH CENTER

For Pain and Discomfort

By its nature, labor can be uncomfortable. The WCBC staff will offer you some options to improve your comfort level during labor. The options include comfort and relaxation techniques, medicine, and anesthesia.

To help you relax, each LDR has a TV. You can bring in your own music, or tune into the music station on the TV. If you wish, a WCBC nurse can assist you with special ways to breathe to help you relax. Each LDR has a large shower with an adjustable spray nozzle, which can be used for comfort during labor. For water therapy or a birthing ball, talk to a staff member.

If you want medicine for pain, tell your nurse. The nurse will explain the options and help you and your care provider choose one. If you want to discuss anesthesia options, a staff member from the Anesthesia Department will talk to you soon after you come to the LDR. He or she will offer suggestions and answer any questions that you have. To receive an epidural, you must sign a separate consent form.

For Your Health and Safety

- The WCBC and the Mother-Baby units are always locked.
- UPMC Magee-Womens Hospital is a smoke-free facility. All patient rooms and hallways have smoke detectors. To protect the health of everyone, all UPMC hospitals, facilities, and grounds are smoke-free.
- Please leave personal appliances at home. Hair dryers are available in the hospital. Do not bring any item that must be plugged in. Cell phone chargers and laptop computers are exceptions and are permitted.
- Leave your valuables at home. You may wear your wedding band. It's best to remove body-piercing jewelry from all areas except for the ears. Have a small amount of cash for vending machines during off hours.
- Ask your family and friends to take gifts to your home rather than the hospital.
- Do not bring or use aerosol sprays or candles – they may set off fire alarms.

Phone Calls and Cell Phones

For your privacy, the phone in your WCBC patient room does not take incoming calls. We suggest that your family and friends do not call in. The staff can try to get a message to you, but we must protect your privacy. We do not give out information about a patient, no matter who calls. You or your bedside visitors can call out to give news about you and the baby. To make local calls, first dial 9 and then the area code. For regional and long-distance calls, you will need a phone calling card or operator assistance.

Cell phones can be used in the WCBC. Wi-Fi is available in most areas of the hospital.

WCBC Visiting Guidelines

Our policy is to provide flexibility for patient visitation while reasonably ensuring our patients' privacy and comfort and the hospitals overall safety and security. Labor can, at times, be very overwhelming and emotional, and so it may be best to limit your visitors to only those who are there to provide support.

Following are the visitation guidelines:

- Any person who is sick or has been exposed to an infectious disease (such as chicken pox) in the past three weeks should not visit.
- Because the Triage area has minimal space, visitors are usually limited.
- For security reasons, the WCBC is a locked unit. To enter, all visitors must obtain a visitor badge which is issued at the information desk in the main lobby. The primary support person can obtain their badge at the WCBC registration desk. Visitor badges are active for the length of the patient's stay in the hospital. Visitors must use their badges to enter the WCBC by swiping the badge in a card reader at the WCBC entrance doors.
- In the WCBC, four visitors at a time including your primary support person are permitted and can take turns being with you. In addition to the visitor badge, a yellow badge buddy is required to enter the WCBC. The yellow badge buddies are given to the primary support person for distribution.

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- Staff members may request that fewer than four visitors stay with you, based on your condition and the baby's condition. Visitors also may be asked to step out if you wish or if we need to give you care. There are three small waiting rooms within the WCBC for your visitors if they need to step out of your room for a short time.
- Only sibling children who have completed the Magee "Children at Birth" program may be present for labor and/or birth. They must be with an adult (other than your primary support person) at all times. No other children under age 13 are permitted to visit in the WCBC. If interested in registering, please go to classes.upmc.com and select "Pregnancy/OB Classes" then select "UPMC Magee-Womens Hospital (PITTSBURGH)", then select "Children at Birth" and "Register Now".
- During birth, one or two visitors may be present. The new baby's siblings can visit after the baby is born and must be with an adult.
- Once your baby is born, you will need some time to physically and emotionally recover from labor and birth. The first two hours after delivery are an important time to bond with your baby. Encourage other family and friends not to visit for longer than 10 minutes.
- After about two hours, you will be transferred from the WCBC, to the Mother-Baby Unit.
- After 9 p.m., only your primary support person will be permitted to accompany you and your baby to the Mother-Baby unit.

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Visitor Lounges

For safety, hallways must stay clear, so staff can move freely to care for our patients. Your visitors may use the waiting room near your LDR. When this room is filled, your visitors should use the WCBC's main waiting room or the hospital's Main Lobby.



Visitor Needs

Staff can give medicine only to patients. Visitors must bring their own medicines and pain relievers.

Restrooms

Restrooms are located throughout the WCBC. All restrooms are accessible to people with special needs.

Refreshments

During labor, most women are offered ice or clear liquids. Each LDR area has its own nourishment room. Your visitors can buy specialty coffee, tea, or cocoa. Regular coffee, ice and water are available at no charge. The other items, such as juice and ginger ale, are for patients only. Visitors also can use vending machines nearby.

Photos and Videos

Your visitors may take photos and videos of you and your baby after the birth. Tripods are not allowed. Videotaping is not permitted in hallways. Some staff members may not want their photo to be taken. Please ask first. Multi-media recording of direct patient care procedures and exams are not permitted.

After Birth

After you give birth, the nurses will help you hold and greet your baby and initiate breastfeeding. Skin to skin contact (kangaroo care) is encouraged to promote bonding and help regulate the baby's temperature. You will be encouraged to keep your baby skin to skin continuously for one hour. Soon after birth, a nurse from the Mother-Baby Unit will visit to check the baby. About two hours after birth, you and your baby will be moved from the LDR to a Mother-Baby Unit.

Once there, the nurses will help you get familiar with your room. They will give you instructions for yourself and your newborn.

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ON THE MOTHER-BABY UNIT

Your Room

All mother-baby rooms are private and have showers. For your convenience, hair dryers are available in each bathroom. Sheets and towels are changed as needed. Please tell the staff if you want the linens changed.



Your Baby

We encourage you to keep your baby in your room. “Rooming in” will help you to become comfortable caring for your newborn. It provides the best opportunity for you and your baby to learn together.

Feeding Your Baby

Your nurse can help with your infant's feedings, whether you breastfeed or formula feed. Many nurses on the Mother-Baby Units have received additional training as breastfeeding counselors. In special situations, a breastfeeding (lactation) consultant can assist you and your baby. The Lactation Center can provide outpatient or phone consultations, pump rentals, and breastfeeding aids.

You can reach the Lactation Center at 412-641-1121.



Mother-Baby Unit Visiting Guidelines

Family and friends may visit you between the hours of 9 a.m. and 9 p.m. For the safety of you and your baby, Mother-Baby Units are locked. Upon arrival, visitors must stop at the information desk in the main lobby and obtain a visitor/access badge. This badge will allow them to enter the Mother-Baby Unit. Your primary support person is also required to obtain a visitor/access badge. If your visitors already have a badge from the birth center, access to the mother-baby unit may take up to 30 minutes after the patient is admitted to her room. Visitors can use this time to visit the cafeteria, gift shop, or bring your suitcase in from the car. This badge will allow your visitors access to your room for the length of your hospital stay.

Visiting children must always be attended by an adult other than the patient. Due to safety and care concerns, children are not permitted to stay overnight.

One designated adult support person is permitted to stay beyond the 9 p.m. visiting hours or overnight.

Your Baby's Safety

- Magee has an Infant Surveillance System. It's part of an overall plan to keep your baby safe. Identification bands are given to mother, baby, and one support person of the mother's choice. This primary support person with the identification band is the only visitor who may transport your baby to and from your room. You, some hospital staff, and the primary support person are the only people who may move your baby between your room and the

nursery. Identification bands may **not** be exchanged for any reason.

- An electronic security tag is applied to each baby.
- A digital photo is taken of each baby for identification purposes.
- Continuous video surveillance is provided.
- Remember – B.A.B.Y.

- Badge – Always ask to see the Magee photo



identification badge of all staff who wish to move your baby. Staff who care for or transport infants have a picture of a stork on their badge. If staff members do not have a stork picture on their badge, they are not permitted to move infants.

- Attendance – Never leave your baby alone in your room. If you want to leave the room for any reason, take your baby to the unit nursery.
- Bassinet – A baby is always moved in the crib, not carried in the arms.
- You – You play an important role in keeping your baby safe. Call your nurse immediately if anyone attempts to remove your baby from your room without the appropriate badge or takes your baby from your room without a bassinette.
- By remembering what B.A.B.Y. stands for, we can work together to keep your baby safe.

Comfort

When you feel any discomfort, please tell your nurse. The nurse will suggest comfort measures or give you medicine ordered by your care provider. If it does not help, tell the nurse who then will request other medicine for you.

TV and Phone

Phone and TV services are available to all patients 24 hours a day free of charge. If you don't have a cell phone you may want to bring a phone calling card for calls that are not local.

Baby Photos

After the birth of your baby, tell the staff if you would like to have the hospital baby photographer visit you. The photographer will stop by after your first day on the Mother-Baby Unit. There is absolutely no obligation to purchase. The photographer will explain how to view the photos and purchase options.

Food Service

In your Mother-Baby room, your food is provided through room service and will be available from 6:30 a.m. to 9:00 p.m. After hours, the Unit can provide snacks and beverages. Ask your caregiver what is available.

Your partner and visitors can purchase food in the Cafeteria and in the Garden View Gift Shop on the first floor. Guest trays are also available for a fee through room service and allow the guest to remain in the room with the patient.

Vending machine food options are available throughout the hospital.

While in the hospital, you can enjoy a celebratory dinner for you and one other person. Each dinner is served on a table for two in the room and includes options from a gourmet menu. You may purchase the dinner yourself, or others may purchase it as a gift for you. To place an order and make payment, visit the Garden View Gift Shop, or call and pay by credit card at 412-641-4180. Your order must be made by 2 p.m. on the day you wish to have the dinner.

Naming Your Baby

During your Magee stay, the baby will be known by your last name for identification and security reasons. However, the day after birth, someone from our Health Information Management Department will visit you. The baby's birth certificate will be filled out with the first and last name of your choice. Information for your baby's Social Security number also will be filled out. You can receive the birth certificate and Social Security card in the mail at home.

Hearing Screening

By state law, hospitals must test the hearing of all newborns. The screening test is non-invasive and painless. The baby is tested at 1 or 2 days of age. Staff from UPMC Children's Hospital of Pittsburgh performs the test. If you do not want a hearing test done, you must sign a refusal form.

Environmental Initiatives at Magee

Motivated by our deep commitment to the health of women, newborns, and the communities of our region, UPMC Magee-Womens Hospital is a leader in advancing environmentally sustainable practices in health care.

Environmental Education

Since 2005, Magee has included environmental education in its programming for new parents, in patient education materials, and in its childbirth and newborn classes. We are committed to educating parents, caregivers, and the greater community in creating a healthy, sustainable environment for ourselves, our children, and our future.

Community Education and Advocacy Partnerships

At Magee, we collaborate with several health care and community partners. Most notably in 2009, we partnered with Phipps Conservancy to create three organic courtyard gardens.

The vegetables and herbs are utilized in healthy foods for staff and patients. The gardens were made possible by a generous grant from the Heinz Endowments.

Greening Milestones

At Magee, we are advancing environmentally friendly and sustainable operations throughout our hospital in many ways.

- Our Neonatal Intensive Care Unit uses plastic materials that are DEHP- and PVC-free.

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- We have extensive recycling programs in place for paper, plastic, cardboard, batteries, fluorescent lights, medical, and hazardous waste.
- Our environmental services staff uses nontoxic cleaning products.
- Magee’s new addition achieved Silver LEED certification.
- For the past two years, Magee has been honored as one of the top 25 “green” hospitals in the country.

Going Home

Mother and baby usually stay in the hospital for 1-2 days after a vaginal birth and for 2-3 days after a C-section. Your nurse will tell you in advance what time you can expect to leave. Please try to arrange a ride for this time. Have your driver park in the garage’s zero level in a designated discharge space. Designated discharge and patient pick-up parking spaces are available on the 0 level of the garage, just outside of the tunnel to the hospital. Parking is free on the day you go home.

Before you leave, your health care providers will see you and your baby. They will write your discharge orders. A nurse will review the discharge instructions. You also will need to sign the footprint sheet. After your baby’s security tag is removed by your nurse, your family is either walked or wheeled to the entrance of the Mother-Baby Unit or to the zero level of the parking garage, if you prefer.

THANK YOU for choosing UPMC Magee-Womens Hospital. We hope that your time at Magee will be a positive experience as you and your family welcome your baby into the world.

UPMC Magee-Womens Hospital is committed to equal opportunity and equal access in all matters of employment, use of facilities, and provision of care and service. The hospital will not discriminate in regard to race, color, religion, creed, sex, national origin or ancestry, age, sexual orientation, disability, or veteran status.

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