

Birth Center Tour Frequently Asked Questions

Thank you for taking the time today to tour The Birth Center at Valley Medical Center. We look forward to providing you, your family and your newborn(s) with an excellent birth experience.

Pre-registration

Six weeks before your due date, please pre-register with the hospital admitting department. This helps expedite the admission process for delivery day and can be done several different ways:

- Following the tour of The Birth Center, fill out the pre-registration form and leave it with the admitting staff in The Birth Center.
- Call The Birth Center at 425.228.3440 ext 3492 and give your pre-registration information to an admitting staff member.
- Visit valleymed.org, click on “Patients and Visitors,” then go to the pre-registration form and complete and submit your information online.

Valley Medical Center will be prepared with your insurance and healthcare provider information when you come to the hospital.



Can you refer me to a physician or midwife?

Yes! Log on to valleymed.org/docs for a listing, by specialty, of obstetric physicians and midwives. Or phone 425.277.DOCS (3627) for physician referrals or 425.656.5321 for the Midwives Clinic.

Do you have childbirth preparation classes?

Valley Medical Center offers classes for pregnancy and early months of parenting; prenatal exercise and water aerobics; and support groups for parents of children aged 0 to 24 months. For a full list of educational opportunities, see valleymed.org/birth or call 206.575.2229 (BABY) or 425.228.3440 ext 3799. For birth classes en Español, call 425.228.3440 ext 3577. For prenatal water aerobics, call 425.656.4006.

Where do I go when I come to Valley Medical Center?

- **6 AM – 8 PM:** Please enter the hospital through the front doors. Free valet service is available during business hours at the front entry. The Birth Center is located on the second floor of the hospital.
- **8 PM – 6 AM:** Please enter the hospital through the Emergency Department located in the South Tower. Park your car in the South Tower parking garage and follow the signs to The Birth Center.
- If you are uncomfortable and unable to walk, please ask for help and a staff member will bring you by wheelchair to The Birth Center.

The Birth Center Main Hospital, Second Floor
400 South 43rd Street, Renton, WA 98055
425.656.4215 valleymed.org/birth

**The Birth Center
& Neonatal ICU**

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- **If you think you are in labor**, whether arriving for a planned procedure or per your provider's direction, go directly to The Birth Center located on the second floor of the hospital.
- After you have been evaluated, someone from Admitting will come to your room and complete the admission process.
- Please remember to bring mother's driver's license/photo ID and insurance card.

What is the average length of stay?

- How long you stay in the hospital is a decision made by you and your healthcare provider.

What should expecting parents pack for their hospital stay?

■ Mothers

- Bring your driver's license/photo ID and insurance card.
- The hospital will provide gowns during labor and afterward.
- Bring an appropriate bra to wear after birth.
- You may wish to bring a lightweight robe and rubber-soled slippers or shoes.
- Pack toiletry items such as toothpaste, toothbrush, mouthwash, shampoo, lip balm and your favorite soap. The hospital will have sanitary pads and panties for your use during your stay. Bring comfortable clothing and underwear for your trip home. Be prepared with sanitary pads at home.



■ Fathers

- Bring plenty of your favorite odorless snacks and non-alcoholic beverages in case you are hungry but do not wish to leave the mother's side. A small fridge is in each room to store food items.
- Pack an extra sweatshirt, comfortable shoes, toiletry items and pajamas for yourself should you decide to stay the night or just need to freshen up.



■ For Your Baby

- Bring your baby's going-home outfit—one that is suitable for the season, weather and buckling your baby into your car seat.
- While your baby is in the hospital, hats, t-shirts, receiving blankets, crib sheets and diapers will be provided.
- T-shirts, blankets and sheets remain at the hospital.
- Have a supply of diapers and clothing ready at home.
- If you wish to dress your baby in items brought from home during your stay, please bring several baby t-shirts and outfits.

■ An infant car seat is required by Washington State law

- Please remove the car seat from the box and install it in your car before picking up the mother and baby from the hospital. Be sure it has all of the right straps etc. and that it fits well in your car.
- Car Seat Inspection Service at Valley Medical Center is the second Wednesday evening each month from 5 – 6:30 PM. Many car seats are installed incorrectly, putting your baby at risk of injury if an accident occurs. The service provides helpful tips about correctly installing your baby's car seat in your vehicle.

■ Prior to your delivery, select your baby's pediatrician, family practice doctor or nurse practitioner (provider)

- Bring your provider's **correct name and contact information** with you to the hospital. We will contact him or her for you. There are several providers with similar names. We want to contact the correct one for you.
- If you are looking for a provider, log on to valleymed.org/docs for a complete listing.

Who may be present during labor and delivery at The Birth Center?

- For a vaginal delivery, mothers may choose to have a support person and others with her during labor and delivery. However, it may be necessary to ask people to leave the room for the mother's and/or baby's safety. The mother's health care provider and the medical team will make this decision. A family waiting room is available. Well children (not sick), accompanied by a responsible support person, are welcome to visit in The Birth Center.
- For Cesarean delivery, only one support person may go with the mother into the Operating Room. For the mother's safety after delivery, visitation may be limited.

What about an IV, monitoring, epidural, use of the whirlpool tub, Cesarean?

What are the hospital policies?

- Please ask your healthcare provider any questions you may have concerning medical procedures during labor and birth, such as use of IVs; fetal monitors; preferences for anesthesia, like epidurals; use of the whirlpool tub and Cesarean deliveries. The hospital staff will follow your provider's orders.
- A period of fetal monitoring will be done when mother first comes to the hospital. Your healthcare provider will decide on additional monitoring or interventions that may become necessary for your safety and the safety of your newborn(s).
- Please discuss your Birth Plan with your provider prior to coming to the hospital to deliver.
 - Once you are admitted to the hospital, share your Birth Plan with your nurse(s).
 - The nursing staff will do their best to honor your plan. Remember, some things may need to be changed for your safety and the safety of your newborn(s).

The Birth Center

The Birth Center offers beautifully-appointed, all-private suites. Each room has a guest bed, private bathroom with a whirlpool tub, hair dryer, small refrigerator, television and Internet access. Each room is designed to provide excellent care to mothers and their babies. Nutrition Centers are located throughout The Birth Center with beverages and snacks for mothers. Microwaves are also available in each of the Nutrition Centers to warm food for fathers. The spacious Family Lounge is located at the entry of The Birth Center, offering an inviting space for families to visit and rest while mothers are laboring and delivering.

- Family and friends are welcome to visit anytime during your hospital stay.
 - Please remind family and friends to stay home if they are sick.
 - Mothers will need lots of rest after laboring and giving birth.
 - Mothers, please set aside enough private time without visitors to get to know your baby and learn how to breastfeed.
 - Your time at The Birth Center is an opportunity to receive education and help from your nurses so that you feel comfortable going home with your newborn(s).
 - Certified Lactation Consultants are also here to help you with breastfeeding.
- If you are coming to The Birth Center for a scheduled Cesarean Section, you may have a room on the Pediatric Mother Baby Unit on the first floor after surgery. An extension of The Birth Center, this unit's staff will give you excellent maternity nursing care in rooms designed to care for new families.



What are the safety precautions in place to protect mothers and babies at the hospital?

1. All Women and Children Services staff wear a unique name badge.
2. When a baby is born, the mother, the baby and one other person of the mother's choosing will have matching wrist bands. Please keep these matching bands on until the mother and baby go home.
3. As part of our security system to prevent an unauthorized person from moving a baby beyond Birth Center exits, all babies wear an ankle safety alarm.
4. The Birth Center provides one-room maternity care where mothers and babies stay in the same room. However, when a baby is ill, born too early or needs additional support and nursing care, the baby will stay in the Newborn Intensive Care Unit (NICU).
5. We encourage parents to pay attention to all individuals coming into their room. Do not allow your baby to leave the room with someone you do not know. If your baby needs a test or procedure, you may always go with your baby.



What do I need to know about the day of discharge?

- Before you may go home, the nursing staff needs a written discharge order from both your provider and your baby's provider.
- Lab work must be done.
- While the staff will do their best to let you go home in a timely manner, they have discharge procedures that must be performed to insure your and your baby's safety.
- To speed up your discharge, you may pack your personal items and have someone take them to the car.

What is Pitter Patter?



Pitter Patter is Valley Medical Center's health and wellness program for those planning a pregnancy, new and expecting parents and those with preschool-age children. We understand the exciting and uncertain times parents face as they embark on the journey through parenthood. It is our mission to be there every step of the way by providing the expertise of our staff, an invaluable array of services and opportunities for education and family fun. Membership is free and ensures you are kept up-to-date about the latest services and programs offered through The Birth Center, our clinic network and our specialty clinics. You'll also receive email notices about upcoming free presentations by physicians and other professionals covering topics related to maintaining your family's good health and overall wellness, online access to presentation information, as well as invitations to free Pitter Patter family events.

How do I join Pitter Patter?

Pitter Patter is free and designed to make your childbirth and parenting experience wonderful, memorable and more informed. Log on to valleymed.org/birth or call Member Services at 425.656.5318.



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