The Birth Center: What to Expect & Frequently Asked Questions

Thank you for choosing 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
As you begin your prenatal care, please pre-register with the hospital admitting department. This helps speed up your delivery day admission and other important services you may need at Valley during your pregnancy. Pre-registration can be completed 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 from 8 am – 4:30 pm, 7 days a week.

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

Can you refer me to a physician or midwife?
Log on to valleymed.org/obgyn for info about Valley Women’s Healthcare obstetric physicians or valleymed.org/docs for a listing, by specialty of other obstetric physicians and midwives. Or call Valley Women’s Healthcare at 253.939.9654, the Midwives Clinic at 425.656.5321 or 425.277.DOCS (3627) for referrals to other obstetric physicians.

What is MyChart and why should I sign up for it?
From your phone or computer: View your Valley health history and download medical records, send a message to your care team, ask for an appointment, renew your prescriptions, pay your bill online.
MyChart is secure and available 24/7. VMC clinic staff can help you sign up for an account during your visit. Or sign up at home at valleymed.org and click the MyChart icon on the right side of the page.

Should I choose a provider for my baby before he or she is born?
Before your delivery, choose 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 after the delivery. 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.

What is MyChart and why should I sign up for it?
From your phone or computer: View your Valley health history and download medical records, send a message to your care team, ask for an appointment, renew your prescriptions, pay your bill online.
MyChart is secure and available 24/7. VMC clinic staff can help you sign up for an account during your visit. Or sign up at home at valleymed.org and click the MyChart icon on the right side of the page.

Should I choose a provider for my baby before he or she is born?
Before your delivery, choose 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 after the delivery. 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.

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

- All Women and Children Services staff wear a unique name badge.
- 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.
- As part of our security system to prevent an unauthorized person from moving a baby beyond Birth Center exits, all babies wear a safety alarm.
- The Birth Center provides single-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 Neonatal Intensive Care Unit (NICU).
- 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?

- 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. You can usually plan on going home after breakfast.
- Before you may go home, all lab work must be done and the nursing staff needs a written discharge order from both your provider and your baby’s provider.
- To speed up your discharge, you may pack your personal items and have someone take them to the car.

What is UW Baby?
UW Baby is a free app provided by UW Medicine that gives you the information you need to build your confidence in the areas of healthy pregnancy, birth, breastfeeding and adjusting to parenting.

The app is available for download on the iTunes App Store and on Google Play.

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 school-age children. Membership is free and ensures you are kept up-to-date about the latest services and programs offered at Valley. To join, log on to valleymed.org/pitterpatter or call Member Services at 425.690.3065.
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/birthclass. 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. Valet service is available during business hours at the front entry. The Birth Center is located on the second floor of the hospital. All parking on campus is free. Parking in Garage G, under the South Tower near the Emergency Department, is the most convenient to The Birth Center.
- **8 pm – 6 am:** Please enter the hospital through the Emergency Department located in the South Tower. Park your car in Garage G, under the South Tower, and follow the signs to The Birth Center.
- If you are need assistance, please ask for help at the Emergency Department’s front desk.
- If you think you are in labor, go directly to The Birth Center located on the second floor of the hospital and follow the signs to OB ED.

What is the average length of stay?
This decision is made by you and your healthcare provider. Generally the stay is one day for a vaginal birth and 2 – 3 days for a cesarean birth.

What should expecting parents pack for their hospital stay?
- **Mothers**
  - Bring your driver’s license/photo ID and insurance card.
  - Please leave all valuables at home.
  - 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.
  - Bring comfortable clothing for your trip home. Be prepared with sanitary pads at home.

- **Support Person**
  - 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.
  - You may purchase food in Trendz Cafe, Vibes Espresso and Legacy Espresso. Hours vary. Vending machines are located in the Legacy Espresso shop and on the 2nd floor near the lobby and Birth Center.
  - Pack a change of clothes, pajamas and toiletry items.

- **For Your Baby**
  - Bring your baby’s going-home outfit and blankets—suitable for the weather and buckling your baby into your car seat.

---

**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.
- Learn the details about Washington state child safety and seat belt laws. Check out the online resources available to help you in choosing a car seat and installing it properly. Visit valleymed.org/birth and select “Child Seat Safety Fitting” in Related Services.

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 healthcare 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 The Birth Center.
- For cesarean delivery, only one support person may go with the mother into the operating room. For the mother's safety during the immediate recovery, visitation may be limited.

What about an IV, monitoring, nitrous oxide, 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 the use of IVs, fetal monitoring options; preferences for pain control like epidurals, nitrous oxide, 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 you first come to the hospital. Your healthcare provider will decide on additional monitoring or treatment which may become necessary for your safety and the safety of your newborn(s).
- Please discuss your Birth Plan with your provider before 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, small refrigerator, television and Internet access. Nutrition Centers are located throughout The Birth Center with beverages and snacks for mothers. Microwaves are also available in each of the Nutrition Centers. 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). Please take advantage of the video education system on your TV during your Birth Center stay.