Women’s and Infants’ Services
Family Birth Place
MedStar Washington Hospital Center

Welcome

• Thank you for your interest in the *Family Birth Place* at MedStar Washington Hospital Center
• We are the area’s most experienced hospital delivering more than 4,500 babies annually
• Our address is 110 Irving St, NW, Washington, DC 20010
• Our main phone number is 202-877-7000
Pre-register

- We suggest that you pre-register with our Admissions Department one month in advance
- The telephone number is 202-877-7174
- The Admission Department will provide forms, answer questions and provide assistance
Labor Assessment

When you first arrive

• You’ll be checked in – please provide a photo ID and insurance card
• You’ll be escorted to one of our assessment rooms to determine if you’re in labor
• Your primary support person may accompany you
• If you are not in labor, you will be sent home with instructions
• If your doctor or midwife determines you need to be admitted, you will be transferred to a labor, delivery and recovery room
Labor, Delivery and Recovery Room

When transferred to a labor room you will find

- Delivery bed with finger touch control
- Maternal-fetal monitor
- Electronic fetal surveillance system
- Electronic medical record
- Private bathroom with shower
- Sleep chair for your support person
- Television
- Thermostat for personal comfort
- Telephone at the bedside

Ask your nurse for

- Squatting bar for pushing
- Mirror for viewing
Labor and Delivery

What you should know

• You’re encouraged to have up to three people to assist you during the labor and delivery process

• Pain-management and anesthesia services are available onsite 24-hours a day, seven days per week

• If a Cesarean section birth is required, we have three dedicated operating rooms and three private recovery rooms

• Neonatologists are on service 24-hours a day, seven days per

• Photography is allowed, as long as everyone agrees
Recovery Period

After the delivery

• Your healthy baby will stay in your room with you
• We encourage skin-to-skin bonding and breastfeeding
Safety and Security

Keeping your baby safe

1. After delivery, your baby will receive two identification bands: one for the wrist and one for the ankle
2. The ID number on your baby’s bands will match the ID number on your wrist band and also your significant other’s
3. The bands will be compared whenever your baby is returned to you and for all procedures – we encourage you to check too

Security system

1. We have a state-of-the-art security system to protect your baby
Mother-Baby Unit

Time to relax

- Approximately 2 hours after delivery you and your healthy baby will travel together to a mother-baby unit
- You and your newborn will room-in together and experience family-centered care
- Visiting hours are from 11 a.m. – 9 p.m.
- If you’re in a private room, your significant other may stay the night (majority of our rooms are private)
- One-on-one baby care teaching is provided by your nurse
- A lactation expert can support you in breastfeeding
Mother-Baby Care Model

Do you know

• Families are the preferred care providers for their infants
• Babies sleep better in their mother’s room - babies get more quiet sleep and cry less
• Couplet care helps the mother learn about and respond to her infant’s early feeding cues, as well as learn about caring for the baby

April 24, 2013
Neonatal Intensive Care Unit

If your baby requires extra special care, we offer:

- Thirty-nine bed Level 3B Neonatal Intensive Care unit, as designated by the American Pediatric Association
- Multidisciplinary team consisting of neonatologists, registered nurses, clinical care facilitators, respiratory therapists, nutritionists and social workers
- Eight board-certified neonatologists, on service 24 hours a day, seven days a week
- RN clinical care facilitators who bridge communication between parents, physicians, and other care givers
- Collaboration with and close proximity to Children’s National Medical Center
- Neonatal ICU transport program
- Member of the Vermont-Oxford Network to benchmark quality and outcomes

April 24, 2013
Maternal-Fetal Medicine

Maternal-Fetal Medicine offers

• Coordinated prenatal care with Maternal-Fetal Medicine specialists through delivery to post-partum care for your baby
• The Special Moms/Special Babies program, which is a unique obstetrical service to provide coordinated, focused pregnancy care for mothers who themselves have a congenital health problem or who are carrying babies with congenital problems

April 24, 2013

Melissa Fries, MD, and Susan Black, MD, prenatal geneticists, evaluate an ultrasound for signs of a genetic syndrome
Going Home

Discharge checklist

- Arrange for someone to pick you up by 11 a.m. on your day of discharge
- Have a car seat to transport your baby home
- Allow time to get dressed, dress your baby and pack
- Make an appointment for your baby to be seen by a pediatrician at age 1 to 2 weeks
- Call our physician referral line to assist you with making an appointment on 202-877-DOCS (3627)
Childbirth Preferences
(Please print and bring with you)

Please complete the following:

• Date ______________________
• Name ______________________
• Doctor _____________________
• Pediatrician _______________

• Primary support person/relationship
  1.____________________________

• Other support persons/relationship:
  2.____________________________
  3.____________________________

April 24, 2013

Knowledge and Compassion Focused on You

Do you desire:

Natural childbirth?
■ Yes
■ No

Anesthesia?
■ Yes
■ No

Breastfeeding?
■ Yes
■ No
Getting Ready for Your Stay

What to pack:
- Lotion/oil for massages
- Lip balm
- Back massager
- Robe and slippers
- Nursing bra (if breastfeeding)
- Toothbrush/toothpaste
- Mouthwash
- Hair care items
- Loose fitting clothes to wear home
- Reading materials

Items for your support person:
- Books and magazines
- Camera, film and extra batteries
- Portable music player
- Change of clothes and toiletries
- Phone numbers of friends and relatives

Items for your baby:
- Infant car seat
- Undershirt, outfit,
- Receiving and baby blankets

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## Telephone Numbers

### Main Hospital
- Admitting 202-877-7174
- Birth Certificates 202-877-7310
- Blimpie Sub Shop and Noble Roman’s Pizza 202-877-7827
- Blood Donor Center 202-877-5250
- Compliments or Complaints 202-877-4968
- Foundation 202-877-4483
- Gift Shop 202-877-5893
- Hospital Billing 202-877-6171
- Interpreting Services 202-877-2100
- Lost and Found 202-877-6653
- **Main Hospital Operator** 202-877-7000
- Parking Office 202-877-7275
- Pastoral Care 202-877-7138
- Patient Information 202-877-6267
- Physician Referral Line 202-877-3627
- Security 202-877-6188
- Social Work 202-877-6288
- Washington Women’s Wellness Center 202-877-9992
- Women’s Community Health Practice 202-877-7101

### Labor and Delivery
- Lactation Resource Center 202-877-2838
- L&D Nurses’ Station 202-877-6512
- L&D Waiting Room 202-877-2788
- Parent Education Services 202-877-6161
- Mother-Baby Unit 5D 202-877-6541
- Mother-Baby Unit 5F 202-877-6561
- Mother-Baby Unit Manager 202-877-3716
- Neonatal Intensive Care unit (NICU) 202-877-6510
- Social Worker 202-877-6077

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*Knowledge and Compassion Focused on You*

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I’m happy to assist you
Any questions? Call 202-877-7471

My mommy works at MedStar Washington Hospital Center and it’s where I was born!