



Your Pregnancy Journey:

Guide to Delivering Your Baby at Virtua Health



CONGRATULATIONS!

You are going to have a baby, and we are honored you've chosen to deliver at Virtua. When you choose to have your baby at Virtua, we commit to ensuring you have a birth experience that's personalized to meet your and your baby's needs.

Our maternity centers at **Virtua Our Lady of Lourdes Hospital, Virtua Mount Holly Hospital, and Virtua Voorhees Hospital** feature:

- ▶ Caring and experienced nursing and midwifery professionals to help you achieve your desired birth experience
- ▶ Childbirth education and maternity classes
- ▶ Home-like labor/delivery/recovery rooms
- ▶ Private mother-baby rooms for your special time with your little one
- ▶ Certified lactation consultants

This guide will provide you with the information you'll need to know along your journey, and what you need to do before, and can expect during, the delivery process.

You can also get more detailed information and resources for your pregnancy, delivery and what to expect after you deliver at VirtuaBaby.org, including:

- ▶ Setting up a hospital tour
- ▶ Preregistration at your chosen hospital
- ▶ A full list of prenatal maternity and parenting classes, as well as support groups for moms, dads and grandparents
- ▶ Prenatal testing and genetic counseling
- ▶ High-risk pregnancy care
- ▶ Information on our neonatal intensive and special care nurseries, if needed
- ▶ Informative content and videos to help you every step of the way



Where do I start?

The excitement and anticipation you feel can also raise many questions. We are excited for you and want to make your experience the best it can be. Follow these essentials from now through your delivery at Virtua.

FIRST TRIMESTER

Whether you are a first- or multiple-time mom, this is always an exciting time. While you contemplate sharing your news, here are some basics to take care of during this time.

✓ First Trimester Checklist:

- ❑ Choose your doctor/midwife if you have not already done so.
- ❑ Expect routine prenatal testing. Check with your doctor for more information.
- ❑ Talk to your doctor about any medications you take and family history so everything is taken into consideration for planning your delivery.
- ❑ Get connected with a personal health navigator. Coordinating your family's healthcare needs can be overwhelming. Virtua's personal health navigators can help:
 - ▶ Schedule and coordinate your doctor's appointments and tests
 - ▶ Sign up for My Chart
 - ▶ Register you for classes and support groups
 - ▶ Provide you with a schedule of appointments and send you reminders
 - ▶ Identify and explain available health services
- ❑ Review your insurance policy for labor, delivery and hospital stay coverage, as well as coverage for your baby immediately after birth. If you have questions or need help planning for anticipated out-of-pocket expenses, simply call our patient accounting staff at 856-355-2000.

SECOND TRIMESTER

As your baby continues to grow, it's time to start thinking about your delivery and what you want that experience to be!

✓ Second Trimester Checklist:

- ❑ Preregister at your Virtua hospital. This will make the check-in process quicker when you arrive in labor. Simply visit **VirtuaBaby.org** and click on “Pre-register for your hospital stay.” Be sure to have handy your insurance information, emergency contacts, doctor and pediatrician information, and, of course, your due date.
- ❑ Sign up for prenatal maternity and parenting classes. We offer a variety of in-person and online classes to get you from your first trimester to parenthood. Visit **virtua.org/maternityclasses**.
- ❑ Decide if you would like to bank your baby's cord blood. Many women choose to bank their baby's cord blood, which can be used to treat more than 80 diseases. Ask your provider to learn more about your choices.
- ❑ When it is time to deliver your baby, you'll be required to name your pediatrician during the hospital admission process. Please begin selecting a pediatrician now to avoid unnecessary delays going home from the hospital. For more information on Virtua Health pediatricians, visit **virtua.org**.
- ❑ Ensure you have a rear-facing car seat equipped with a 5-point USA safety harness. Check the expiration date, and beware of counterfeit car seats, which do not meet US safety standards.

- ❑ Arrange for you, your partner and anyone else who will care for your baby to receive the pertussis vaccine (done between weeks 27 and 36 if you have not been immunized in the last two years). Pertussis (whooping cough) can be dangerous to your newborn, so it's important that everyone is up to date with their vaccines.
- ❑ Make an informed decision about feeding your baby. Learn about the [benefits of breastfeeding](#) now so you can decide if it's right for you.

THIRD TRIMESTER

As you make final preparations for your baby's arrival, it's recommended that you stay pregnant for the full 40 weeks.

“Going the full 40 weeks” is best because:

- ▶ Your baby's organs, like the brain, are still developing.
- ▶ There are fewer complications and risks for both you and your baby through natural birth.
- ▶ Full-term babies more effectively suck and swallow.
- ▶ Inductions often create more labor pain and can lead to cesarean section.

Labor should only be induced for medical reasons or should it become medically necessary. Your doctor's office will provide you with more information and instructions.

You can learn more by visiting **MarchOfDimes.org**.

✓ Third Trimester Checklist:

- ❑ Decide who will be a part of your support team during delivery. For vaginal deliveries, you can have three support people in the labor and delivery room. If you have a cesarean section, you can have one support person with you in the operating room. Virtua welcomes doulas as part of your care team and as such, they do not take away from your guest count.
- ❑ If you haven't done so already, pre-register for your hospital stay and schedule a tour of your Virtua hospital at **VirtuaBaby.org**.
- ❑ Pack for the hospital.



Coming to labor and delivery:

- ▶ Admission documentation identification (such as driver's license)
- ▶ Insurance card
- ▶ Claim form (if necessary)
- ▶ Co-pay (if applicable)
- ▶ Cellphone charger
- ▶ Toiletries including eyeglasses or contact lenses



For you (after delivery):

- ▶ Bathrobe, nightgown, slippers and socks
- ▶ Nursing bra, breast pads and maternity underwear
- ▶ Going-home outfit



For your partner or coach:

- ▶ Snacks or money for vending machines
- ▶ Guest meals available in the cafeteria (credit cards accepted)
- ▶ Basic toiletries
- ▶ Change of clothes
- ▶ Reading material
- ▶ Cellphone charger



For your baby:

- ▶ Car seat
- ▶ Going-home outfit
- ▶ Receiving blanket
- ▶ Pacifier (If you choose. Note that a pacifier may interfere with breastfeeding.)



Additional tips:

- ▶ Pack two bags - one for labor and delivery and one for after delivery.
- ▶ Leave jewelry, large sums of money, credit cards and other valuables at home.

- ❑ Confirm insurance coverage for your hospital stay and your baby if you haven't already done so. If any details of your coverage have changed after preregistration, please let the hospital know when you arrive. Typically, insurance companies require notification of your baby's birth within 24 hours to add your new baby onto your policy. It's critical to consult your insurance carrier to ensure your baby's coverage, as well as coverage for breastfeeding products if you are going to breastfeed.
- ❑ Take a test drive to your hospital to make sure you are familiar with the directions BEFORE delivery.

At Virtua Our Lady of Lourdes:

Enter through the Emergency Department

At Virtua Mount Holly:

Enter through the Emergency Department

At Virtua Voorhees:

Park in parking lot "C" and enter through Obstetrics.

BABY'S ARRIVAL

(The day is finally here!)

When you suspect you are in labor, call your doctor and wait for his or her return phone call, unless you feel you or your baby are in an emergency situation. In that case, call 911.

✓ In all of the excitement to get to the hospital, remember your packed bag and:

- ❑ Bring along your photo ID, insurance card and emergency contact information when you arrive. It's recommended that you leave jewelry and valuables at home.

- ❑ Make sure to identify your support people upon arrival. For baby's safety, each support person will be given a wrist band to allow access to Labor and Delivery.
- ❑ During your labor and delivery experience you and your support person will have frequent check-ins with your entire care team. This model of care is called TeamBirth and ensures your birthing preferences are heard, and you feel comfortable and supported.
- ❑ Let the hospital know if you are planning to breastfeed. Virtua nurses are trained to support breastfeeding, and certified lactation consultants are available should you need additional support.
- ❑ You may want to suggest to family and friends who are not part of your support team to wait at home for their own comfort. There is no predicting how long labor can be before the baby is born. For those who are so excited to be at the hospital, they can do so in a waiting room.
- ❑ If you wish to have a pacifier for your baby, please bring your own. Since newborns are sleepy for the first few days of life, it is important to feed your baby when he/she wakes and shows signs of hunger. For this reason, we do not provide them.
- ❑ Photographs are a beautiful way to document your delivery. Photography is allowed and encouraged. However, video is not permitted.



We want your birth experience, stay and time with your baby to be special for you.

Time with your newborn

Bonding with your newborn begins right away. In fact, the “Golden Hour,” the first hour after your baby’s birth is reserved for you, your partner and baby. This is the perfect time for skin-to-skin for you and/or any member of your support team. When you deliver at Virtua, you will have your own mother-baby room, which provides space and privacy for your new family. We encourage 24-hour rooming in without periods of separation, and to have your partner or designated support person stay with you.

While you are at Virtua, you can expect quiet time from 2 to 4 p.m. This period is reserved for you to rest and bond with your baby, or to take time with your nurse to ask any questions you may have. Visits from family and friends are welcome 24/7!

TESTING FOR YOUR BABY AND HEPATITIS B VACCINATION

Virtua complies with New Jersey state law in administering required testing for your baby during your stay, including:

- ▶ Hearing screening before leaving the hospital
- ▶ Testing for 55 rare, but treatable, metabolic disorders within 48 hours of birth
- ▶ Pulse oximetry screening performed a minimum of 24 hours after birth
- ▶ HIV testing on you or your baby, depending on if you have not been tested before and/or opt out of testing

Virtua physicians recommend every baby receive the hepatitis B vaccine within 24 hours of birth. Talk to your nurse, who will be able to provide you with more detailed information about all testing and hep B.

Special Care (NICU and SCN)

If your baby has special needs, he or she will be cared for at one of our Special Care Nurseries (SCN) at Virtua Our Lady of Lourdes or Virtua Mount Holly or at Virtua Voorhees' Neonatal Intensive Care Unit (NICU). At each nursery, neonatologists and neonatal nurse practitioners from Children's Hospital of Philadelphia will work closely with you to determine the best treatment for your baby. For more information about these special units at Virtua, visit **virtua.org**.

GOING HOME

✓ Going home checklist:

- Have your car seat checked at the hospital to make sure it's properly installed.
- Take all of the papers that have been provided INCLUDING the application for your baby's birth certificate.
- Notify your insurance company of your baby's arrival.

Going home with baby is an exciting time. While you have come to the end of your time at the hospital, Virtua is here to help you as you adjust, with many support services, including:

- ▶ Personalized breastfeeding support programs designed to help new moms, working moms, toddler moms and moms of multiples meet their breastfeeding goals.
- ▶ Support programs and resources for women with postpartum conditions, such as depression, urinary or bowel incontinence and pelvic floor disorders.
- ▶ Post-pregnancy nutrition programs to help women achieve their ideal weight and wellness.

For more information, visit virtua.org/maternityclasses or call 888-VIRTUA-3.

NOTES

Use this space throughout your pregnancy journey to record your appointments, write down questions to and answers from your OB/midwife and more.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

CONGRATULATIONS!

You are going to have a baby, and we are honored that you've chosen to deliver your bundle of joy at Virtua Health. When you choose to have your baby at Virtua, we commit to ensuring you have an experience that's personalized to meet your and your baby's needs.

1. Choose your OB or midwife provider.
2. Connect with a personal health navigator.
3. Undergo prenatal testing.
4. Preregister at your Virtua hospital.
5. Register for maternity and/or parenting classes.
6. Take a tour of your Virtua hospital.



You can access many available resources to help you along your journey and learn much more about what to expect when delivering at Virtua by visiting VirtuaBaby.org. You can also call us at 888-VIRTUA-3 (888-847-8823).