

# Your Guide to *your* Hospital Delivery



## HOSPITAL PRE-REGISTRATION

You can register online at [BonSecours.com](http://BonSecours.com). Click on our services, maternity and birthing care, maternity pre-registration form. All boxes on the form must be completed.

## EDUCATION

We offer a variety of education classes to prepare you for the birth of your baby. Visit us at [BonSecours.com](http://BonSecours.com) under classes and events to register for a hospital tour and birthing classes. For questions call Women's Services at **864-675-4400**.

- Hospital Tour (free)
- Breastfeeding \$20 per couple
- Caring for Your Newborn \$20 per couple
- Infant and Child CPR \$10 per person
- Infant Safety \$20 per couple
- Childbirth Preparation \$55 per couple



Class Registration



## YoMingo® Education

We offer a FREE Parent-to-be app powered by YoMingo®. It includes tools to track pregnancy, milestones, and evidence-based information and the support you need at every stage of your healthcare journey.



SCAN & LEARN



## PRIOR ARRANGEMENTS

Before your baby arrives, make arrangements for extra help when you return home from the hospital. You may need someone to:

- Stay with you to help care for you and the baby
- Help clean, do laundry, prepare meals, grocery shop, pick up the mail and other chores
- Help you get around, climb stairs, etc.
- Drive you and baby to doctor's appointments
- Arrange childcare for your older children (taking them to school or after-school activities)

## FINDING A PEDIATRICIAN

Now is the time to choose a pediatrician to care for your baby. Many pediatric practices offer special appointments so that you can tour their offices, meet staff, and ask questions regarding their care. This will help you and your family to make the best decision on which your pediatrician should be.

## BIRTH PREFERENCES

As your due date approaches, you may consider creating a birth plan. A sample birth plan is provided on the next page. Once you complete your birth plan, discuss with your doctor before delivery, and try to keep an open mind – not all births go exactly according to plan.

## DOULA SERVICES

A Doula is a trained labor support professional, who provides continuous support before, during, and just after birth through physical and emotional comfort measures. If you are considering or interested in a Doula, please contact Women's Services at 864-675-4400.

## WHEN TO ARRIVE

Your healthcare provider will give you advice about when to come to the hospital. If you are having a scheduled C-section, your physician will give you additional instructions about reporting to the hospital and preparing for your procedure at one of your last office visits.

## WHERE TO GO

Enter St. Francis Eastside at Entrance C. Take the elevator to the 4th floor and check in at the desk; you will be asked to provide your ID and insurance card.



## BIRTH PREFERENCE PLAN

We encourage you to speak with your doctor about your labor preferences and birth plan. *Note: At any time, medical necessity and/or health of mom and baby may dictate variances from this preference list.*

Name: \_\_\_\_\_ Due Date: \_\_\_\_\_

Physician: \_\_\_\_\_

### DURING LABOR, I PREFER THE BIRTHING ROOM TO HAVE:

- Dim Lights
- Peace and quiet
- Music of my choice
- Channel 8 (music and relaxation)

### I PREFER:

- To move around
- Moving around is not important to me

### EARLY LABOR ACTIVITY:

- Walking
- Rocking chair
- Shower
- Birthing Ball
- Bed rest

### I PREFER:

- Intermittent fetal monitoring (we must document fetal heart tones every 15-30 minutes in labor and every 5-15 minutes during pushing)
- Ongoing fetal monitoring (Required when Pitocin is in use)

### FOR PAIN RELIEF, I PREFER:

- Non-medical options (*massage, walking, changing positions, shower, relaxation techniques*)
- IV pain medication
- Epidural upon request
- Nitrous Oxide
- None, unless requested

I plan on using a Doula at my birth

St. Francis now offers Doulas that are on staff to support you during labor. If you are interested in our St. Francis Doula Services please contact us at **864-675-4400**.

**DURING DELIVERY, I PREFER:**

I prefer no episiotomy unless medically necessary (Because this decision is dependent on circumstances at the time of delivery, this will need to be discussed with your delivering physician.)

**DURING DELIVERY, I PREFER TO HAVE THE FOLLOWING PEOPLE PRESENT**

(2-3 per Doctor's discretion and hospital policy):

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**VIEWING THE BIRTH:**

- Mirror
- No Mirror

**PREFERENCES FOR BABY'S CARE:**

- My partner or other family member to cut the umbilical cord
- Staff to cut the umbilical cord

**I PLAN ON:**

- Breastfeeding
- Bottle-feeding

**IF MY BABY IS A BOY, I PREFER:**

- No Circumcision
- Circumcision

**Immediately after delivery you can expect:**

Skin to skin contact with mom (*as long as my baby is doing well*)



## LABOR AND DELIVERY

Each of our Labor and Delivery suites are private, updated rooms that are fully equipped with the technology you need to have a safe, comfortable and smooth delivery. While the rooms are technologically advanced, they have a home-like feel and are full of light and color, to provide you a sense of comfort and warmth during your birthing experience.

The nurses on the Labor and Delivery Unit are dedicated exclusively to women who are in labor, and they are experts in the labor and delivery process.

Your nurse will ask you what your plans are for pain management. Whatever pain management method you choose, your nurses will support your decision and let you know what to expect as labor progresses. St. Francis has anesthesiologists available 24/7.

## MOTHER INFANT UNIT

After your birth, you, your baby and your belongings will be moved to a room in the Mother Infant Unit. As part of our Family Friendly philosophy, babies are kept in the room with you throughout the entire hospital stay. The rooms have a sofa perfect for Dad or another family member to room-in with mom, as well as private bathrooms with a walk-in shower. Free wireless internet access is available.

The Mother Infant nurses provide expert clinical care for both you and your infant during your stay and will let you know how to care for yourself once you return home.

Pain management after delivery is a priority. Your physician will prescribe pain medication that is safe for you (and your baby, if you are breastfeeding). These medications are usually prescribed "as needed" instead of on a schedule, so please let your nurse know when you need medication. We use a pain scale from 1 (no pain) to 10 (extreme pain) and suggest you ask for pain medicine when you are at a 3 or 4 on the pain scale.



### WHAT TO PACK

#### Labor Bag:

- Camera/charger
- Insurance card
- List of people to notify
- Robe and slippers
- Favorite music.
- Hair band/clip to hold hair back
- Lip moisturizer
- Comfort items (extra pillows, massagers, etc)
- Cell Phone and charger

St. Francis provides labor support items such as labor balls, mirrors, etc., upon request.

#### AFTER DELIVERY:

- Pediatrician's contact info
- Sleepwear
- Robe and slippers
- Undergarments
- Bra/nursing bra (can be fitted and purchased during hospital stay)
- Toiletries and cosmetics
- Going home outfits for mom and baby
- Outfit for baby photos
- Car seat installed

St. Francis provides mom with a hospital gown and disposable undergarments, and baby with baby shirts, hat, diapers and any other needed items. Please leave medication, valuables, jewelry, and any significant amount of money at home.

## BREASTFEEDING

After you have given birth, you will be assisted with breastfeeding by your nurse. She will coach and encourage you to nurse while guiding you through technique, positions, frequency of feeding, pumping options, and answering any additional breastfeeding questions that you may have.

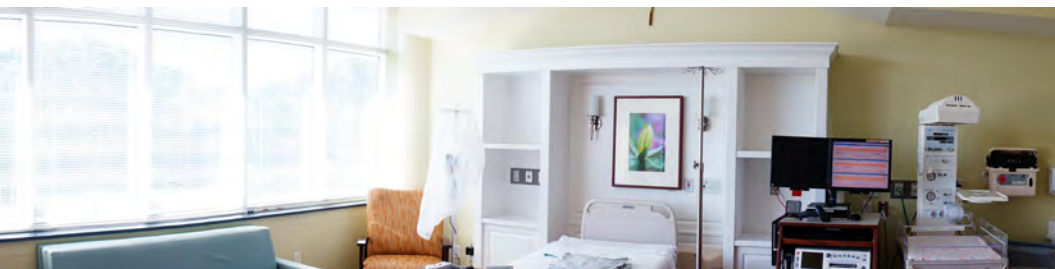
St. Francis has certified **Lactation Consultants** who are available to see all moms. We provide the breastfeeding care and support you need to get you and your baby off to the best start possible by:

- Helping mothers initiate breastfeeding within one hour of birth.
- Showing mothers how to breastfeed and how to maintain lactation, even if they are separated from their infants.
- Giving infants no food or drink other than breast milk, unless medically indicated.
- Rooming in – allow mothers and infants to remain together 24 hours a day.
- Encouraging breastfeeding on demand
- Eliminating pacifiers or artificial nipples to breastfeeding infants

*Our obstetrics floor is set up to have your baby stay in the room with you during your entire stay to promote the maximum amount of family time. This will give you plenty of time to get to know your little one and practice caring for him or her before returning home. Being in such close proximity will allow ample time for skin-to-skin contact and breastfeeding – both important in the bonding process.*

## WHO WILL VISIT BABY

- **Pediatrician:** Some pediatricians come to the hospital to assess your baby the day of or the day following birth.
- **Hearing Test Technician:** The day after your baby is born; a Hearing Test Technician will come to your room to provide a short, painless hearing test on your baby.
- **Respiratory Therapist:** All newborns also receive a test for congenital heart disease within the first 24 hours of life; test is completed in room by a Respiratory Therapist.
- If you have a baby boy and choose to have a circumcision performed, talk with your pediatrician to determine if this procedure will take place in the hospital or at a later time.



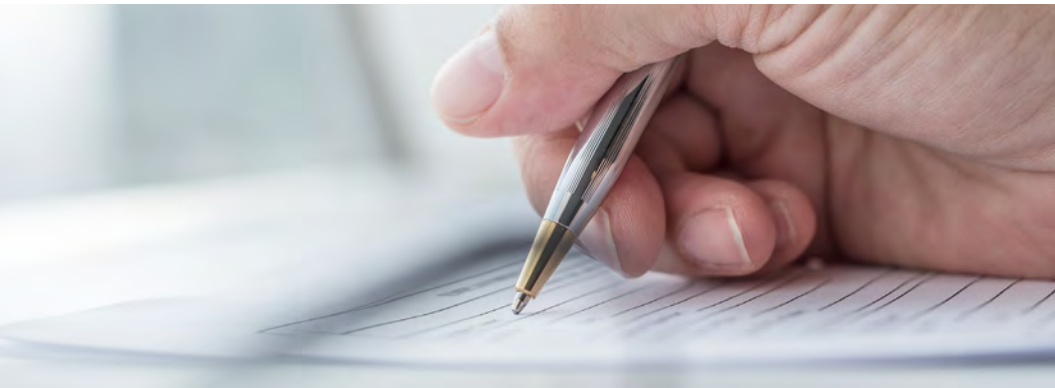
## BIRTH CERTIFICATES/SOCIAL SECURITY CARD

Medical records will bring mom a DHEC form called a "Mothers Worksheet," this is usually 24 hours after birth. This form addresses the birth certificate and the social security card. Mom will complete the form and Medical Records will come back and pick up later in the afternoon, generally 3-4 hours later.

**Birth Certificate:** When Medical Records picks up the form, they will give mom an instruction sheet on how to apply for a birth certificate. Mom will need to follow these instructions once she has returned home: Five days after delivery, go to Greenville County Health Department, at 200 University Ridge, Greenville SC 29601. You must have a valid ID and \$12. This is a non-refundable standard fee; each additional copy will cost \$3.

If you are married, your husband's name will automatically be added to the birth certificate. If you are UNMARRIED and want the father's name on your child's birth certificate, you MUST complete a PATERNITY ACKNOWLEDGEMENT Affidavit. You can do this at the hospital free of charge or you and the father can go to the SC Department of Vital Records and pay a small fee at any time during the child's life. The mom and dad must both have valid IDs in order to complete this process at the hospital as the form is a legal document that requires notarization.

**Social Security Card:** On the same Mothers Worksheet that Medical Records will provide to mom, there will be a question that will ask "Do you want to order a social security number for baby?" If you check yes, then DHEC will forward that to the social security department. Mom can expect to receive the social security card at her home address. The social security card is taken care of at the hospital and does not require any action from mom once she returns home. For more information, please call Medical Records at **864-675-4212**.



## SAFETY

At St. Francis, we take patient safety seriously, especially for our smallest patients. After birth, each infant is fitted with a small ankle bracelet that alerts the security system if it travels beyond designated areas on the floor. You will also notice that mom's hospital bracelet matches the baby's bracelet and that staff check to make sure the two are matched. If you choose to walk in the hallway with your baby, we ask that baby is in the portable cradle at all times and not held in your arms.



## BABY'S FIRST PHOTO

St. Francis partners with **Bella Baby** that takes optional in-hospital photos of infants and their families. This is a mini photo session that does not include props. The photographers will stop by the day after baby is born to see if you would like baby's photograph taken. If you choose to participate, the photos are posted on their password-protected website and can be shared with family and friends. These beautiful photos are special reminders of your first days together as a new family, and can be used for birth announcements and other gifts.



If you are interested in having a Bella Baby photo session during your hospital stay, let your Mother Infant Unit nurse know and she will have a Bella Baby photographer meet with you. To learn more about Bella Baby, please call at **888-414-8854**.

## SUPPORT AND VISITORS

Having a baby is a special event and we want you to share it with the people you love. We also know that after baby is born you only have a couple of days to learn to care for yourself and your baby. While you're in the hospital it's a perfect time to take advantage of all the expert help! In addition, you will need time to rest. During labor and birth, you are encouraged to have a labor partner, someone who helps you feel calm and relaxed and preferably went to classes with you. We recommend that no more than two support people are in Labor and Delivery with you at a time. Additional visitors are welcome in the 4th floor waiting room. If you are having a non-emergent C-section, one support person may go with you into the operating room. St. Francis supports the use of private Doulas. If you are working with a private Doula, she is welcome during your stay with us.

In the hour following birth, most babies are very alert. Afterwards, they sleep for long periods of time. The hour following birth is the perfect time for you to bond with your baby through skin-to-skin contact and breastfeeding. For these reasons, we prefer that you keep this hour after birth a special time for you, your partner and your baby, and welcome visitors after you are settled in your Mother Infant Unit room.

### We also ask that:

- Only one person may stay the night with you in your hospital room. Sheets and pillow are provided
- Visitors arriving after 8:00 p.m. must check in with Security in the hospital lobby at entrance C
- Children must be accompanied by an adult at all times

## DISCHARGE

The following is a checklist to help you prepare for discharge:

- Have your car seat assembled with the base properly placed in your car in the rear facing position.
- Load your car with your personal belongings; let your nurse know if you would like a cart to help transport your items to the car.
- Your pediatrician will discharge your baby.
- Your nurse will review discharge teaching.
- See the YoMingo® app for Discharge videos
- Turn in your baby's birth certificate paperwork to your nurse

## INFANT CAR SEAT

Make sure you have obtained a proper car seat for your baby as South Carolina law requires all infants under two years of age to be secured in a rear-facing car seat.

- Your baby's car seat should already be installed in your car before you are discharged from your room because hospital staff and volunteers are not permitted to assist with car seat installation or securing your baby in the back seat. It is important that you become familiar with how to properly secure your infant.
- Several local organizations offer free car seat safety checks to ensure your car seat is installed correctly. Search online for locations.
- The back seat, facing backward, is the recommended placement for newborns.



## NEONATAL CARE UNIT (NCU)

Very few babies will ever need Neonatal Care Unit, but you can find comfort knowing that St. Francis is fully equipped to provide the best care for your baby. St. Francis offers a 24/7 Level II Neonatal Care Unit that cares for babies with breathing difficulties, poor feeding skills, or trouble regulating body temperature.

Our Level II NCU is licensed to treat those late preterm babies who are at least 32 weeks and have a birth weight approaching 1500 grams (3.3 pounds). The NCU is not just for preemies. We also care for full-term infants who have unexpected needs.

### NCU is fully equipped to handle:

- Resuscitation
- Breathing Assistance
- Intravenous fluids and medications
- Nutrition for the premature infant
- Oral and Nasogastric Feeding assistance

Our Neonatal Care Unit has 8 private rooms and 2 twin rooms that provide parents the opportunity to stay with their infants 24/7. The NCU promotes “kangaroo care,” a therapy that encourages skin-to-skin contact between the infant and parent to promote bonding between parent and child, and to help regulate baby’s breathing and heart rate.



# ST. FRANCIS EASTSIDE

125 Commonwealth Drive  
Greenville, SC 29615



## Contacts

|   |              |
|---|--------------|
| St. Francis Lactation Center                        | 864-675-4215 |
| <a href="#">OB Registration/Insurance Questions</a> | 864-675-4543 |
| Class Registration Questions                        | 864-675-4400 |
| <a href="#">Billing</a>                             | 864-282-4943 |
| Medical Records                                     | 864-675-4268 |

