

Your guide to delivering at Virtua

VirtuaBaby






Helpful resources for expectant moms

Congratulations Mom. You are going to have a baby, and we are honored that you've chosen to deliver your baby at Virtua. To help you along your pregnancy journey, we have some helpful resources for you.

VirtuaBaby.org

Get additional information regarding pregnancy, delivery and taking your baby home at VirtuaBaby.org. When you visit the site, you'll be able to:

-  Track your baby's weekly development
-  View your pregnancy checklist
-  Take a virtual hospital tour

If you opt in to receive messages from VirtuaBaby, you will receive important news and information. We will never share your email address.

Personal health navigation

Coordinating your family's healthcare needs can be overwhelming. We can assist you by providing a Personal Health Navigator at 1-888-VIRTUA-3. The navigator will help you:

1. Schedule and coordinate doctor's appointments and tests.
2. Register you for classes and support groups.
3. Provide you with a schedule of appointments and send you reminders.
4. Identify and explain available services.

Breast is best

Breastfeeding is the best nutrition for newborns. That's why Virtua is seeking certification as a Baby-Friendly Hospital. Through education, it's our hope that more moms like you will choose to breastfeed. For more information on Baby-Friendly, visit the World Health Organization or the March of Dimes online.



Classes and support groups

Virtua offers a variety of maternity and parenting classes and support groups for moms, dads and grandparents. Online classes are also available. For a full list of classes, visit VirtuaBaby.org or call 1-888-VIRTUA-3.

Have questions? Get answers.

If you have any questions, please e-mail them to childbirthconnection@virtua.org.

Get social with VirtuaBaby

Virtua is on Facebook and Twitter. When you "like" or follow us, you'll be able to ask questions, post comments, share photos and enter regular contests. Find us on Facebook at Virtua Health and on Twitter at @VirtuaHealth.

First Trimester

1

At each stage of pregnancy, there are things to do and decisions to make. This booklet gives you the information you need to make good decisions for you and your growing baby.

Kicking the smoking habit

Smoking during your pregnancy can cause stillbirth, premature delivery, low birth weight, sudden infant death syndrome, asthma and other respiratory problems.

In addition, newborns and children who are exposed to second-hand smoke:

- Have more upper respiratory infections and greater difficulty recovering from these infections.
- Have more problems with chronic cough and middle-ear infections.
- Have twice the number of cases of bronchitis and pneumonia.
- Are hospitalized more frequently before their first birthday than children of non-smoking parents.

For the health of your baby, quit smoking today. Call Mom's Quit Connection at (888) 545-5191 and ask about programs to help you, and the members of your household, quit smoking.

Prenatal testing

When you undergo prenatal testing, your doctor may refer you to a maternal-fetal medicine (MFM) specialist. Virtua's MFM specialists are trained to review prenatal tests and ultrasounds and diagnose fetal abnormalities. In addition, they specialize in taking care of pregnant women who are high risk. You can be considered high risk for a number of reasons including the presence of a chronic health condition, family history of genetic disorders or being pregnant with multiples. If you need to be hospitalized during pregnancy, MFM specialists will help care for you. Also, if your baby needs extra care, an MFM specialist will help develop a personalized treatment plan in collaboration with a Virtua neonatologist (pediatrician who cares for newborns and premature infants).

Getting tested for HIV to protect your baby

It's important that you are tested for HIV during pregnancy. In fact, New Jersey law mandates that you are tested early in your pregnancy and again in the third trimester as part of your routine prenatal care. Talk to your doctor about this test.

Go the full 40

Labor should only be induced for medical reasons and never for convenience or scheduling concerns. While delivering early may sound tempting, it's recommended that you stay pregnant for the full 40 weeks. Those last few weeks are essential to your baby's physical development. Full-term babies have fewer complications at birth. For more information, visit awhonn.org.

✓ First trimester check list

- Review your insurance policy for labor and delivery coverage as it may not cover 100 percent of your hospital stay. Call Virtua's patient accounting staff at (856) 355-2000 with questions.
- Call 1-888-VIRTUA-3 to ensure that Virtua accepts your insurance.
- Begin eating a healthy, balanced diet.
- Stop drinking alcohol and cut back on caffeine.
- Talk to your doctor about a prenatal exercise routine.
- Talk to your doctor about the medications you take and your family's medical history.

Things to consider

- Breast is best. Visit Virtua.org/breastfeeding for more information.

Questions to ask your doctor

- What number should I call with questions/concerns about my pregnancy?
- What number can I call after hours, and how quickly should I expect a response?
- What symptoms signify an emergency and what should I do?
- What prenatal tests will I get?
- What prenatal vitamin should I take?



Second Trimester

2



As you go through your second trimester, there are additional to-dos and decisions to make about your pregnancy and upcoming birth experience. Consider the following.

Pre-registering at the hospital

Go online to VirtuaBaby.org to pre-register at the hospital where you'll be delivering.

Doula assistance during delivery

A doula is trained to provide emotional and physical support during labor. If you would like to hire one, consider that a doula:

- Cannot perform medical tasks.
- Will be one of your three-person support team in the labor and delivery room.
- Charges for her services. Check your insurance for coverage.
- Is not involved in decisions about your care.

Talk to your doctor or midwife. He or she may be able to recommend a doula who has previously attended births at Virtua.

Birth plans

A birth plan outlines your preferences during the birth of your baby. You can work with your doctor or midwife to develop a plan during your monthly appointments. Keep in mind that birth plans cannot anticipate all the possibilities that accompany the birth experience. For more information on writing a birth plan, visit VirtuaBaby.org.

Privately banking your baby's cord blood

Cord blood can be used to treat more than 80 diseases. If you are interested in banking your baby's cord blood, consider the following:

- There is a fee.
- Privately banked cord blood is reserved for your family only.
- You'll need to obtain a collection kit and bring it with you to the hospital.

For more information, talk to your doctor and visit ParentsGuideCordBlood.org.

Managing pain during delivery

You'll have access to a complete range of anesthesia services, including patient-controlled epidural anesthesia, to help make your delivery safe and comfortable. If you do not want an epidural, other pain management options are available. We also provide options for natural child birth. If you need a cesarean section, spinal anesthetic is most commonly used. If it's inappropriate, general anesthesia is available.

Choosing your baby's doctor

Begin looking for your baby's doctor while you are still pregnant. This will give you enough time to choose a doctor and meet with him/her to establish a therapeutic relationship prior to the birth of your baby. This doctor will evaluate your baby in the hospital when you deliver. If you need help choosing a doctor, call 1-888-VIRTUA-3.

Protecting your baby from pertussis

Pertussis, or whooping cough, is a highly contagious respiratory disease that can be fatal, especially in newborns. In one-third of cases, the parent passed the disease to the child. To protect your child, talk to your OB/GYN or family doctor about receiving the vaccine. You should receive the vaccine between week 27 and 36 of pregnancy if you have not been immunized in the last two years. Don't forget that dad, or anyone else caring for your baby, should also be immunized.

Breastfeeding your baby

Breastfeeding is best for moms and babies. The American Academy of Pediatrics, the American College of Obstetrics and Gynecologists, the State of New Jersey, and most health professionals and children's advocates recommend exclusive breastfeeding for all healthy newborns.

There are many benefits of breastfeeding that include:

- o Natural sources of nutrients new babies need
- o Less risk of sudden infant death syndrome (SIDS)
- o Fewer ear and respiratory infections
- o Enhanced newborn brain development
- o Less risk your baby will be overweight
- o Less risk of diabetes for your baby and for you
- o Less risk of postpartum depression
- o Less risk of breast and ovarian cancer for you
- o Faster recovery for you

Before you deliver, prepare to breastfeed. Go online, take a class and talk to other breastfeeding mothers. Include your family members in your preparation to gain their support. Talk to your doctor. Let him know that you will be breastfeeding and would like to do so within the first hour after your baby's birth. Discuss delivery plans and birth options to provide the safest environment for you to begin breastfeeding.

When you arrive at the hospital, let your doctors and nurses know of your plan to breastfeed. They can provide steps that will promote a strong foundation for breastfeeding. Steps include skin-to-skin contact even after a C-section, delaying tests and exams until after breastfeeding, and keeping you and your baby together whenever possible.

Virtua nurses are trained to support breastfeeding. They will observe several feedings to ensure you are comfortable. Certified lactation consultants are available should you need additional support.

It is recommended that you feed your baby every time he or she fusses during the first days of life. Frequent feedings will help establish your milk supply. For that reason, the American Academy of Pediatrics and Virtua recommend NOT offering your baby a pacifier for the first three to four weeks of life. Virtua does not supply pacifiers to healthy newborns. If you wish your baby to have one, please bring your own.

If you choose to formula feed, you will receive the same support as nursing mothers and will benefit from skin-to-skin contact and minimal separation from your baby. All your needs such as formula, bottles and nipples will be supplied. You'll also receive expert instructions on how to prepare formula and care for your baby.

✓ Second trimester checklist

- Talk to your doctor about your expectations for your delivery.
- Prepare for breastfeeding.
- Decide if you'd like to bank your baby's cord blood.
- Begin looking for a pediatrician.
- Arrange for you and your partner to receive the pertussis vaccination.
- Pre-register at the hospital where you'll be delivering
- Visit VirtuaBaby.org to find a class for you, your parents or your baby's siblings.

Things to consider

- For more information, visit Virtua.org/breastfeeding.
- Spoil yourself. Schedule an appointment at any one of our Vir tú spa locations for a wide array of spa services that cater to your special needs during pregnancy. To make an appointment, call 1-888-VIRTUA-3.
- Virtua recommends that you begin timing your baby's movements around 28 weeks. To help you do this, download the Movement Chart from VirtuaBaby.org.

Questions to ask your doctor

- What changes can I expect in my body?
- How much weight should I gain during my pregnancy?
- Should I receive a flu shot?



Third Trimester

3



When you are ready to deliver, here's what you need to know.

The waiting game

While delivering early may sound tempting, it's recommended that you stay pregnant for the full 40 weeks. Labor should only be induced for medical reasons and never for convenience or scheduling concerns. On the other hand, should your baby choose to arrive early, there's no need to stop spontaneous labor.

Going the full 40 is best because:

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

For more information, visit the March of Dimes online.

Support in the delivery room

If you are delivering vaginally, you can have three support people with you in the labor and delivery room. If you are having a cesarean section, you can have one support person with you in the operating room.

If you would like to have a child under age 13 in the delivery room, please discuss this in advance with the nursing director.

If approved, an adult member of the support team must be with the child at all times. Since privacy laws prevent us

from giving out patient information, we ask your support people to update family and friends on your progress.

For more information, contact the labor and delivery nursing director at:

Virtua Voorhees: (856) 247-3929

Virtua Memorial: (609) 914-6820

Waiting for your baby's arrival

For the comfort of your family and friends who are not part of your birthing support team, we recommend that they wait at home until your baby has arrived. For safety and privacy issues, we cannot allow visitors to wait outside your room or in the hallway.

Inducing your labor

Should it be medically necessary for your labor to be induced, your doctor's office will provide you with the necessary instructions. It's important for you to understand that induction is a process that can take up to 24 – 36 hours. For the comfort of your friends and family, they may want to stay home until your active labor begins. At that point, you'll be approximately 1 to 3 hours from delivering your baby.

Where to go when you're in labor

Virtua Voorhees

Park in parking lot C and enter through entrance C. Check in at the front desk. From there, you'll be directed to your destination.

Virtua Memorial

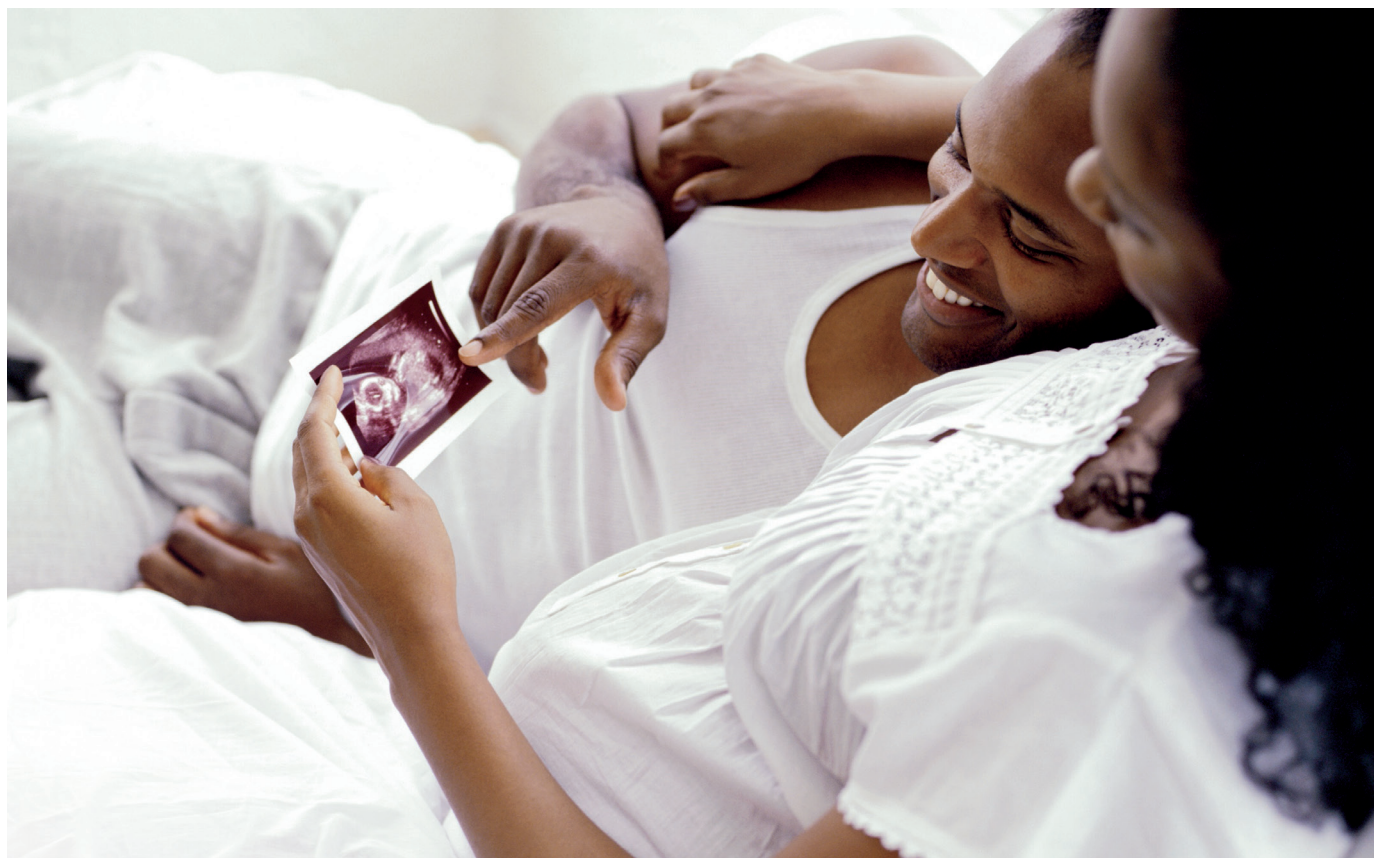
If you go into labor between 7 am and 8:30 pm, enter the main entrance of the hospital and go directly to labor and delivery. If you go into labor between 8:30 pm and 7 am, enter the hospital through the emergency department.

Confirming insurance coverage for your hospital stay

Be sure to review your insurance policy as it may not cover 100 percent of your hospital stay. Virtua's patient accounting staff can help you plan for any out-of-pocket expenses you may incur. Call (856) 355-2000 for more information.

Confirming insurance coverage for your baby

Typically, insurance companies require notification of your baby's birth within 24 hours to enroll your new baby into your policy. It is critical that you consult your insurance carrier to ensure your baby's coverage.



Admission to the hospital

Because you've pre-registered for your delivery, when you come into the hospital to deliver, an admission representative will simply verify the information you provided. This is done for patient safety reasons. Please bring your photo ID, insurance card and emergency contact information.

✓ Third trimester checklist

- Decide who'll be a part of your support team during delivery.
- Remind your family and friends that Virtua is a non-smoking facility.
- Remember to bring your car seat to the hospital. Virtua provides free car seat checks to make sure they are properly installed.
- Pack for the hospital. Consider what you'll need for yourself, your partner or coach, and your baby.
- Check with your insurance company regarding labor and delivery coverage.
- Pre-register with the hospital where you'll be delivering.
- Prepare to breastfeed. Take a class, talk to your baby's doctor, and check with your insurance company. Your pump and a visit from a lactation consultant may be covered.

Things to consider

- Schedule a hospital tour by calling 1-888-VIRTUA-3.
- For tips on what to pack in your hospital bag, visit VirtuaBaby.org.

Questions to ask your doctor

- Are there any activities I should avoid or do more of?
- Is my weight on target?
- What should I do if I experience Braxton-Hicks contractions (false labor)?
- When should I go to the hospital?



While you're in the hospital

4

Visiting information and quiet time

We encourage you to have your partner or designated support person stay with you during your hospital stay. He/she is an important partner in the care of your new baby.

Quiet time is from 2 to 4 pm. This time is reserved for you to rest and bond with your baby. This is also a great time to talk to your nurse and ask questions about how to care for your baby and yourself. We encourage you to limit visitors during this time. If you choose, family and friends can join you.

If you need special treatment or close monitoring after delivery, visits from family and friends (excluding your partner or support person) may be limited to 20 to 30 minutes per visit. This enables you to rest and get well. During this time, a maximum of three people may be at your bedside at one time.

We ask that those with contagious illnesses and colds refrain from visiting the hospital. Other visitor restrictions are sometimes necessary during the flu season or under special circumstances.

Expect the unexpected

Remember, no matter how well you've planned, there's no way to anticipate all the possibilities that accompany the birth experience. It's good to remain flexible and to remember, we all share a common goal – a safe delivery for you and your baby.



Coordinating doctor appointments and tests and finding reliable healthcare resources for you and your family can be daunting. Simplify the process by calling a Virtua Personal Health Navigator at 1-888-VIRTUA-3.



Keeping your baby safe

During the delivery of your baby, your support person or team will wear a wrist band that gives him access to the labor and delivery unit. This is one safety measure we have in place to protect your baby. We also have a sophisticated infant security system to keep your baby safe while he or she is in the hospital.

After you've delivered, your care partner who is often the baby's father, will be asked to wear a lanyard for identification purposes. Care partners exiting or entering the hospital between 8:30 pm and 7 am should use entrance C at Virtua Voorhees and the emergency department entrance at Virtua Memorial.

Other visitors will need to obtain a pass at the hospital welcome desk. Visitors at Virtua Voorhees should enter through entrance B. Visitors at Virtua Memorial should enter through the main entrance.

Bonding with your newborn

When you come to Virtua to deliver, you will spend time bonding with your baby. As often as possible and when medical conditions allow, the delivering doctor will place your baby on your bare chest immediately after birth. Studies show that **skin-to-skin** contact makes babies happier, helps regulate their temperature, and stabilizes heart and breathing rates.

Bonding continues throughout your hospital stay. In fact, the first hour after your baby's birth, the golden hour, is reserved for you and your partner and baby. Friends and other family members do not participate in this special hour unless you invite them to do so. This is the time to establish breastfeeding.

Rooming in with your baby

After delivery, you and your baby will be transported to one of our mother-baby rooms. The room provides space and privacy for your new family. We encourage 24-hour rooming in without long periods of separation. Should you not feel well enough to care for your baby or if your baby requires a medical procedure, such as circumcision, an infant observation area is available.

Keeping your baby in your room with you has many benefits for you and your baby:

- Babies sleep better, cry less, gain weight better and have decreased jaundice.
- The time you spend learning from the nursing staff while rooming in will help you feel confident in caring for your baby at home.
- 24-hour rooming in has been shown to increase breast milk volumes.
- Research has demonstrated fewer incidences of breastfeeding problems, such as sore nipples and engorgement.
- Studies show that mothers get the same amount and quality of sleep. Sleep while the baby sleeps.

Caring for your baby after delivery

Shortly after your baby's birth, the nurse will administer to your newborn:

- Eye ointment to protect against infection
- Vitamin K injection to assist with blood clotting

If you have questions regarding these treatments, discuss them with your baby's doctor prior to your arrival at the hospital.

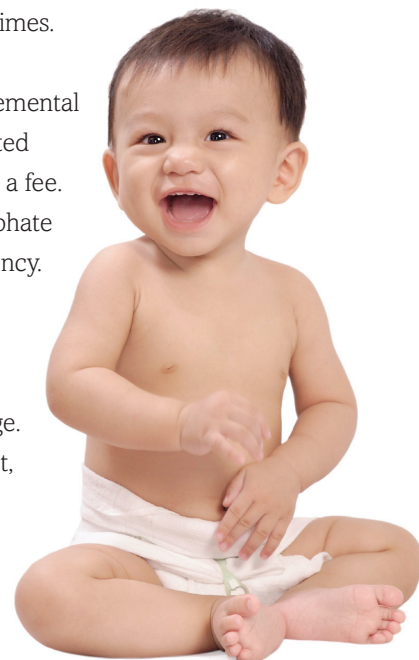
Testing your baby's hearing

New Jersey law requires that all babies born in New Jersey have their hearing screened before leaving the hospital. Unless it's against your religious beliefs, your baby will undergo a quick and painless hearing test. You will get the results before you leave the hospital. If your baby does not pass the test, ask your nurse or your baby's physician about being rescreened.

Testing your baby for metabolic disorders

New Jersey law states that all newborns will be tested for 55 rare, but treatable, metabolic disorders within 48 hours of birth. Many of these conditions, if not detected early in life, can result in severe health problems. On the other hand, early treatment of metabolic disorders usually results in a positive outcome. This analysis requires only a few drops of blood obtained from pricking your baby's heel. If the results are abnormal, they will be sent to your baby's doctor shortly after discharge. Virtua's newborn metabolic screening program is comprehensive and meets New Jersey state law. It also follows the recommendations of the American College of Medical Genetics, the American Academy of Pediatrics and the March of Dimes.

In addition, there is one supplemental test that you can have completed through a private company for a fee. The test is for glucose-6-phosphate dehydrogenase (G6PD) deficiency. Babies at risk for G6PD deficiency are male and of African-American, Middle Eastern or South Asian heritage. If you are interested in this test, talk to your doctor.



Protecting your baby from HIV

When you deliver at Virtua, if you have not been tested for HIV, we will test you when we draw your blood for other lab work. You have the right to opt out of HIV testing. If you do, your baby will be tested. Parents who object to this testing for religious reasons must do so in writing. Ask your healthcare provider about the benefits of this test for you and your baby as well as your options for care.

Hepatitis B Vaccine

Hepatitis B is a serious viral infection. When babies get infected, the virus usually remains in the body for a lifetime. Experts such as the American Academy of Pediatrics, the Centers for Disease Control and our Virtua physicians recommend that every baby receive the hepatitis B vaccine before leaving the hospital. It is important to vaccinate babies at birth so they will be protected as early as possible from any exposure to hepatitis B.

Some parents worry that their baby's immune system is immature and cannot handle vaccines at such a young age. Actually, as soon as they are born, babies start effectively dealing with trillions of bacteria and viruses. The challenge to their immune system from vaccines is tiny compared to the everyday challenges from living. Begin discussing vaccines, with your baby's healthcare provider while you are pregnant.

Pulse Oximetry Screening

The New Jersey Department of Health and Senior Services requires that each birthing facility perform a pulse oximetry screening on every newborn in its care a minimum of 24 hours after birth. The pulse oximetry screening is a non-invasive test that is used to rule out critical congenital heart disease in newborns. Newborns with abnormal pulse oximetry results require immediate confirmatory testing and interventions, which will be coordinated by your baby's doctor during your stay if needed.



Intensive care for your newborn

If your baby has special needs, he or she will be cared for in Virtua Voorhees' neonatal intensive care unit or Virtua Memorial's special care nursery by teams of Children's Hospital of Philadelphia neonatologists and neonatal nurse practitioners and Virtua neonatal nurses who are in the hospitals 24 hours a day, seven days a week. The teams will work closely with you to determine the best treatment for your baby.

The NICU and SCN provide:

- The latest technology in ventilators, electronic monitoring and other leading-edge medical therapies
- Developmental care, which involves creating a womb-like environment for your newborn
- Parents, and their children ages 3 and up, with 24-hour-a-day access to their newborn
- A Ronald McDonald family room that gives families of hospitalized newborns a place to rest and refresh



In-the-hospital checklist

- Upon your departure, between 10:30 am and noon, have your car seat checked to make sure that it's properly installed in your vehicle.
- Make sure you take your discharge instructions with you. The application for your baby's birth certificate is included.
- Notify your insurance carrier of your baby's arrival.

Consider the following

- You can get your baby's picture taken while in the hospital. Your baby's photo will be available at Virtua's password-protected online nursery. Visit www.virtua.org.
- Our Get Well Network provides education on caring for yourself and your baby.
- Visit the gift shops to purchase forgotten items such as toiletries.

Taking your baby home

5



The baby blues

After you have your baby, you may feel sad or have a hard time adjusting. If you do, you are not alone; upward of 80 percent of new moms experience the “baby blues.” Virtua offers postpartum depression telephone support from 9 am to 5 pm, Monday through Friday. For information or referrals, call (866) 380-2229. In an emergency, please call 911 or go to the nearest emergency room.

CHOP at Virtua

Virtua and The Children’s Hospital of Philadelphia (CHOP) have developed a partnership to provide pediatric services in Virtua’s facilities in Mount Holly and Voorhees. CHOP-employed physicians will provide care in Virtua’s:

- **Inpatient pediatric care units**

If your child gets sick and requires hospitalization, Virtua Memorial and Virtua Voorhees offer inpatient units dedicated to taking care of kids. Twenty-four hours a day, seven days a week, pediatric nurses and pediatricians are on staff to care for your little one, and coordinate the continuity of care with your pediatrician or family doctor.

- **Emergency care areas**

When emergencies strike, you can access emergency care that’s dedicated exclusively to children at Virtua Memorial and Virtua Voorhees. All of Virtua’s emergency departments meet the American Academy of Pediatric guidelines.

- **Health and wellness centers**

You can access outpatient services and other children’s specialists at the Virtua Health and Wellness Center in Voorhees. The center houses the Virtua Pediatric Sleep Lab and pediatric diagnostic imaging services such as x-ray, MRI and CT scans. In addition, the center houses the CHOP Care Network Specialty Center and several other independent specialists who provide a variety of pediatric specialties. For more information, visit Virtua.org.



Virtua Woman keeps you up-to-date on the latest health and wellness news and events for you and your family.





VirtuaBaby.org • 1-888-VIRTUA-3 • VirtuaBaby@virtua.org