

SAMPLE 4 COLOR CUSTOM

Front Cover

A

New

Beginning

your personal guide to postpartum care



Mary Washington Healthcare
Women's Health Institute



Inside Front Cover

A few things to know during your stay with us

Here at Mary Washington Healthcare mothers and babies are cared for together by the same nurse. This means your baby stays with you in your room as much as possible, even during the night. We encourage mothers to feed their babies when they show signs of hunger or at least every three hours. Being together is the best way to be aware of your baby's 'need to feed'. It's also the perfect time to learn about each other while nurses are on hand to offer their help and knowledge.

Your baby's crib drawers are stocked with all the supplies you will need to care for your baby during your stay. Let us know if you need more diapers or wipes. You've been given a feeding and diaper log; please keep it up to date with a count of baby's soiled or wet diapers. If you have any questions about using any of these items, please feel free to ask us.

There is a bedside phone in your room. To make local outside calls, dial 9 then the number. Your room has a high definition TV with a bedside control. Our Environmental Services Department keeps your room clean, but if you need extra cleaning service please tell your nurse.

After your baby is born you may order food. Ask your nurse for information on how to order room service. A menu is in your room. Food service is from 7 a.m. to 7 p.m. After hours, we give you a boxed lunch. The nourishment room has juice, water, coffee, soft drinks and light snacks as well as a refrigerator, ice machine, and microwave oven for our patient's use. For visitors, the cafeteria is open from 7 a.m. to 10 a.m., 11 a.m. to 3 p.m., and 4 p.m. to 7 p.m.

At Mary Washington Healthcare, we understand that the birth of your baby is an unforgettable experience. We are honored to be part of this special time in your life. Our hospitals are designed to allow you to labor, deliver, recover and remain with your baby in one of our private labor suites. Our experienced caregivers will help you through the birth, and then guide you in caring for yourself and your newborn.

Our goal is to ensure that your stay with us is as pleasant and comfortable as possible. We have put together this information to answer the many questions or concerns you may have.

Caring for a baby is a wonderful, enriching experience. We wish you and your family a very healthy and happy future.

*Your Caregivers at
Mary Washington Healthcare*



**Mary Washington Healthcare
Women's Health Institute**

Inside Back Cover

Birth Certificate

Our health unit coordinators will collect the information needed to get your baby's birth certificate. They will also offer to apply for your baby's Social Security Number at that time. If parents are unmarried and want the father's name on the birth certificate, the father must be present with a valid photo ID. For information on how to get an official copy of the birth certificate, log onto www.vdh.virginia.gov and click on Birth Certificates. You should wait about four weeks after leaving the hospital before sending your request.

Car Seat Safety

Virginia law requires babies be secured in an approved car seat whenever they travel by car. We encourage you to bring the carseat to the room. Following the manufacturers written instructions, put your baby in the seat and adjust the straps so they fit securely. Buckle the car seat in the center of the backseat, facing the rear of the car. The seat should face the rear until your baby is one year old and 20 pounds. At first, it may be hard to leave your baby in the back, so ride in the back with your baby. Never put the baby in the front seat. To be sure your baby is properly secured, you should schedule an appointment for a car seat safety check by calling the Sheriff's Department in your community.

Newborn Screening and Immunization

Virginia law also requires that infants be screened for certain rare metabolic disorders so a blood test will be performed on your baby at 24 to 48 hours of age. The first of the Hepatitis B immunization series is usually given before baby is discharged from the hospital.

Hearing Screening

A simple hearing test is performed on all newborns as recommended by the Newborn Hearing Screening Program. The program is dedicated to early detection and intervention for newborns with hearing loss or deafness to improve children's quality of life.

Choosing a Pediatrician

If you do not have a pediatrician for your baby, please call Health Link at 540.741.1404 or 800.722.2788 for information about pediatricians on our medical staff.

Newborn Photos

Before you leave the hospital, you will be offered the opportunity to have newborn pictures taken. If you are interested, a representative will photograph your baby and review the available packages. This photo is optional and is not a covered hospital service.



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Safety and Security

Mary Washington Healthcare has a state-of-the-art security system designed to protect our infants. There are many advanced security precautions in place, including an identification bracelet with embedded features. At baby's birth, a bracelet with matching identification and other security is attached to baby, mom, and dad or support person. Do not try to take the bracelet off before you and your baby are discharged.

The Women's and Children's Care Center is a locked unit. Visitors need to ring the bell and ask for you by name before they can enter. Any unauthorized attempts to take an infant from the center will trigger a number of sophisticated security measures.

All mother baby security measures are in addition to tight security throughout our hospital.

If an unfamiliar person enters your room and asks about your baby, refuse to give them any information and call your nurse right away. Do not give them the baby. Even if the visitor is wearing a hospital badge, we urge you to check with your nurse first. Sometimes babies need to be taken to another area but your nurse can identify who will take your baby and where.

Do not leave your baby unattended. If you are alone and need to use the bathroom or shower, move the bassinet to the bathroom door so you can see your baby at all times.

For safety, please put your baby in the rolling bassinet whenever you leave the room instead of carrying him or her in your arms. Please do not keep your baby in bed with you while you sleep.

We have an open visitation policy. However, to protect your newborn, please be sure your visitors are in good health. Ask anyone who wants to hold your baby to wash their hands. We may need to limit the number of visitors in your room at one time so we can care for you properly.

Mission Statement

Mary Washington Healthcare exists to improve the health of all people in the communities we serve.



Mary Washington Healthcare
Women's Health Institute

www.marywashingtonhealthcare.com