

## *A New Beginning - Obstetrics and Gynecology*

# What to Expect at Delivery

### During Labor

- You can have who you want in your room
- You can dim the lights, play your own music, wear hospital gown or your own clothes
- Staff checking on you will be your nurse, a resident, and one of our doctors
  - If medical students are around, the staff will ask your permission before having them come in your room
- You can stand, sit, walk around, get in the shower or tub as long as the baby tolerates these positions
  - There are rocking chairs, birthing balls, and birthing peanut balls available
- You will need IV access for safety (saline lock)
- You will be monitored according to your situation (intermittent, continuous, etc.)
  - Most patients are able to use our wireless monitors that allow continuous monitoring while you move around unrestricted
- Labor augmentation is only done if needed
- Pain relief is your choice and you can change your mind
  - Breathing techniques, hot/cold therapy, massage, meditation, etc.
  - IV pain meds, Nitrous Oxide, Epidural

### During Delivery

- You may push in any positions you like as long as the baby tolerates these positions
- We have foot pedals, squatting bars, and mirrors available
- Pushing time varies depending on your situation
- Forceps, vacuum, or episiotomy are only used in emergencies
- No videos of delivery allowed and no pictures of mom's genitalia. Pictures of cutting the umbilical cord, baby on mom's chest, and the baby's weight are highly recommended

### Immediately after Delivery

- The baby will be placed on your abdomen while we wait for delayed cord clamping, as long as baby is doing well
- You choose who will cut the cord
- The placenta has to be delivered. We use traction on the umbilical cord to reduce bleeding and to keep the placenta intact
- Postpartum Pitocin is used after the placenta is delivered to control bleeding
- Your baby will stay on your chest as long as you and your baby are doing well
- We will repair any tears from delivery
- We will ask before weighing or measuring your baby in your room
- Skin to skin is recommended within the first hour for bonding and temperature regulation
- Vitals signs and vaginal bleeding are monitored frequently for 2 hours after birth
  - Bleeding is checked by pressure on your abdomen to make sure the uterus is firm
- It is strongly encouraged to delay visitors during the 2 hour recovery so that we can monitor you and allow you to bond with your baby

### If a C-section is necessary

- Anesthesia is given as a spinal or epidural. General anesthesia is only given as a last resort
- You can have 1 support person with you in OR
- Possible delayed cord clamping if safe to do so
- After the delivery, the baby is brought to the warmer so the Pediatrician can examine the baby
  - You can see the baby from your position
- Your arms will be free to hold your baby on your chest as soon as Pediatrician gives the OK
- Postpartum Pitocin is used after the placenta is delivered to control bleeding
- You will be in the recovery room for 2 hours, with support person and baby
- Skin to skin is recommended within the first hour for bonding and temperature regulation
- Vitals signs and vaginal bleeding are monitored frequently for 2 hours after birth
  - Bleeding is checked by pressure on your abdomen to make sure the uterus is firm
- After the 2 hours in recovery, you will return to your room

### Newborn Care

- Babies should eat within 1 hour of delivery and then every 2-3 hours
  - If breastfeeding, you will need to have the baby on the breast or pump every 2-3 hours
- After birth care includes a Vitamin K shot, a Hepatitis B vaccine, and eye ointment
  - Your baby will not be given any eye ointment or shots without your permission
- Other care during stay includes a newborn bath, jaundice screening, hearing screening, and screening for metabolic conditions

### Hospital stay

- Your baby stays in the room with you during hospital stay, unless nursery care is needed
  - If baby goes to Nursery for procedures or screening tests, you are able to go with them
- Visitor Hours are 11am to 8pm
  - One adult support person can stay in the room with you the entire stay
- Hospital meals are only for the patient (except the Celebration Meal that is for patient and support person)
- If you are breastfeeding, you can use your own breastpump or the hospital's pumps if needed
- Nursing will be in about every 4 hours to check on you and give you medications
  - If you need pain medications or have any concerns, please inform your nurse
- A resident physician will round early in the morning. One of your A New Beginning providers will check on you too, if you are not leaving that day.
- Typical stays are 1-2 days for a vaginal delivery, 2-3 days for a C-section

\*\*\*Remember that this is a general guideline. At times, we will have to adjust to protect you and your baby.