

OHIO STATE MATERNITY CENTER

buckeyebaby

Having Your Baby

at Ohio State Maternity Center



THE OHIO STATE UNIVERSITY

WEXNER MEDICAL CENTER



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Please bring this book with you if you go on an Ohio State Maternity Center Tour.

For a digital copy of this book, go to go.osu.edu/pted3434.

For more health information, go to wexnermedical.osu.edu/patiented or contact the Library for Health Information at 614-293-3707 or health-info@osu.edu.

Welcome to Ohio State Maternity Center

Pregnancy and childbirth bring special meaning to a family. Ohio State's team of doctors, nurses, nurse-midwives, and staff are ready to give you the care you need for your special Buckeye Baby.

To help you plan for your baby's birth, this book provides information about our maternity services. We hope that you and your healthcare provider plan a birth experience that is meaningful to you.

We invite you to:

- Tell us how we can meet your personal, cultural, and spiritual needs. We are here to care for you and your baby.
- Ask questions and share your concerns with your healthcare provider and your hospital care team.
- Tell us how we can make your stay pleasant and comfortable.
- Visit our website at wexnermedical.osu.edu/maternity.



**We are excited
to meet your
Buckeye Baby!**

Important contacts

Ohio State Maternity Center Pregnancy and Childbirth Classes and Tour information

go.osu.edu/pregnancy-education

Virtual Tour

go.osu.edu/maternity-tour

Ohio State Health Plan for Employees

(Your Plan for Health):
614-292-4700

Pre-register for delivery if you are not seeing an Ohio State OB doctor or certified nurse-midwife.

Call 614-293-8200

or go to the online form at

wexnermedical.osu.edu/obstetrics-gynecology/maternity-center/pre-registration-form

Ohio State Maternity Center at University Hospital (Labor and Delivery Unit):

Doan Hall, 6th Floor

410 W. 10th Ave.

Columbus, OH 43210

614-293-8497

Mother-Baby Unit:

614-366-6407

Breastfeeding Helpline:

614-293-8910

Packing for the Hospital

For you

Have your hospital bag ready 3 weeks before your due date. You may want these items:

- Cash, credit card, or debit card
- Phone and charger
- List of medicines
- Eyeglasses, hearing aids, inhalers, or other medical devices you use
- Toothbrush, toothpaste, deodorant, hair brush, shampoo, and conditioner
- Hair clips or headbands
- Comfortable underwear with soft waistband
- Nursing bra
- Soft nightgown with buttons or easy access for breastfeeding
- Robe and sandals or flip flops
- Relaxation materials, such as books, magazines, music, and photos
- Comfortable clothes and shoes to go home

For baby

Get a small bag ready for baby when you pack your own. You may want these items:

- Going home outfit for baby, such as a T-shirt or onesie and a hat
- Socks or booties
- Clothing for baby's first photo
- Receiving blanket
- Extra blanket if the weather is cold
- Baby book for footprint stamps
- Name, address, and phone number of the healthcare provider who will care for your baby's health after going home

Also, install a rear-facing car seat and have it inspected for safety.

For the labor support person

Have your labor support person pack these things:

- Change of clothing
- Money for parking and meals
- Medicines or medical devices
- Toothbrush, toothpaste, deodorant, hair brush, shampoo and conditioner
- Pillow or other comfort items from home
- Snacks, breath mints, and gum
- Reading materials
- Camera or mobile device to take photos
- Phone and charger
- Phone numbers to call after the birth



When You Arrive at the Hospital

When coming to the hospital during normal hours, we recommend you park in the 12th Avenue Garage at 340 W. 12th Ave. and enter the hospital through the ground floor entrance opposite the parking garage. Take the Doan Hall elevator to the sixth floor. Please note: The 12th Ave. hospital entrance closes at 5 p.m. You may also park in the SAFEAUTO Garage and enter the hospital through the 10th Avenue main hospital entrance. Take the Doan Hall elevator to the sixth floor. Maps, parking directions, and updates are available at go.osu.edu/labor_delivery.

After-Hours Arrival: If arriving between 5 p.m. and 6 a.m., please enter the hospital through the Emergency Department, which is located on the north side of The James, accessible from 12th Ave via the road between the Davis Heart and Lung Research Institute and Harding Hospital. We recommend that you valet park. You can also self-park in the nearby 12th Ave Garage and take the covered pedestrian walkway on the ground level to the Emergency Department entrance. You may also use the intercom at any hospital entrance after hours when entrances are locked.

Registration

At the Registration desk, tell staff your name and show your **photo ID**. State the reason for your arrival. Be ready to share your **medical insurance card**.

How we care for you

The Ohio State University Wexner Medical Center is a teaching hospital. After registration, you will be checked by your healthcare provider (OB doctor or certified nurse-midwife) or a nurse or resident doctor if your provider is not available. Your care is managed by your provider. Medical and nursing students may be part of your care team, but they are supervised by a doctor or nurse.

- **If you are in active labor:** Staff will admit you to the Labor and Delivery Unit.
- **If you are scheduled to be induced:** Call ahead 2 hours before coming to the hospital to confirm that a room is available for you at 614-293-6417 (or 614-293-8497 if the nurse cannot be reached at the first number). If there is a delay in the schedule, you may be asked to wait in the comfort of your own home. Delays can sometimes happen.
- **If you are scheduled for a Cesarean section:** Arrive 2½ hours before your surgery. You will be taken to the pre-surgery area on the Labor and Delivery Unit. Only 1 visitor (your labor support person) may be in the pre-surgery or surgery areas. Other family members need to stay in the waiting area on the 6th floor of Doan Hall.
- **If you are not in labor,** you will be sent home or you may be admitted to Maternal Special Care (MSC) for continued monitoring.

When you are admitted to the hospital, our staff will:

- Ask you more questions about your health history and lifestyle.
- Continue to check your health and your baby's health.
- Work with you to make your birth experience pleasant.
- Place an intravenous (IV) line, if needed, to give fluids and medicines in the hospital.

You may be instructed to wash with CHG soap if you have not yet. This helps prevent infection.

About the Wexner Medical Center

Having a baby is a very special time in your life. We want to help you plan for this special moment in a way that is meaningful to you. Use these pages to prepare for your stay with us.

Patient rooms

Labor and Delivery rooms are on the 6th floor of Doan Hall. Each birthing suite is a private room. Rooms in the Maternal Special Care Unit are semi-private. Postpartum rooms are private as well.

Patient meals

Dining on Demand is our unique meal service. You will custom-build each meal and order it for delivery at a time that works best for you. Rather than calling in to place your order, you will be able to use a hospital tablet, or a server will come to your room to help you place an order.

Snack and beverage choices are available on your floor. You are also welcome to bring your own food. We can provide storage on the unit to meet your dietary needs.

Labor and delivery visitor policy

Our visitor policy may change based on patient health and safety needs, including visitor limits. To check the current policy, visit go.osu.edu/labor_delivery.

For the comfort of our patients:

- Visitors need to check in at the entrance to Labor and Delivery.
- Visitation is permitted at all times.
- One support person and doula may accompany patient in triage rooms/assessment center.
- Three support persons and doula may accompany patient in labor and delivery rooms.
- One support person may accompany the patient in the operating room for a cesarean birth, unless mother's condition warrants otherwise.
- Support persons may not attend surgical procedures except for cesarean births.
- One support person may accompany the patient in the recovery room.
- Visitors may be asked to wait in the waiting area unless mother's health warrants otherwise.
- Visitors under 12 years of age are allowed in Labor and Delivery if they are siblings of the anticipated or newly born infant. An adult visitor will accompany and supervise sibling visitors.
- To aid in your rest and recovery after delivery, we practice **Quiet Time from 1 to 3 p.m. and 2 to 4 a.m.** These periods are set specifically for new families to have uninterrupted time together.

Please keep a respectful noise level throughout the hospital.
Patients heal better in a quiet environment.

Phone calls

Cell phones and other wireless communication use:

- Mobile devices may be used in many areas of the hospital. Keep phones at least 3 feet from medical equipment.

Hospital phone use:

- To make a free local call, dial 9 and then the 10-digit phone number you're calling. For example, 9-614-555-1234.

Wi-Fi access

To access free Wi-Fi:

To connect to our free wireless internet:

- Make sure your computer or mobile device is configured for wireless.
- Select OSUMC Guest Internet.
- After you open your web browser, you'll see a usage disclaimer.
- If you agree to the usage terms and conditions, click on the "Agree" button.

If you have any problems with connecting, please call Patient Experience at 614-293-8944, Monday through Friday, 8 a.m. to 5 p.m.



Flowers and balloons

Flowers and balloons are delivered by a hospital volunteer, Monday through Friday before 4 p.m. Direct delivery by the vendor occurs on evenings and weekends. Delivery may change based on patient health and safety needs.

The hospital gift shop has flowers, balloons, and other items. Online orders can also be placed with the gift shop.

Only Mylar foil balloons are allowed to protect people with latex allergies.

For more information

Visit wexnermedical.osu.edu/patient-and-visitor-guide for more visitor information, including dining options and menus.



Your Healthcare Team

Many people work together to provide your care. Here are some of the key members of your team.

Doctors or midwives

Doctors (MDs) or certified nurse-midwives (CNMs) plan your care while you are in the hospital. You may also have residents or interns who are doctors continuing their medical training.

We need to know who you have chosen to be your baby's healthcare provider (pediatrician). This provider checks your baby's health in the hospital and sees your baby at well child visits after leaving the hospital.

My baby's healthcare provider is: _____.

Nursing staff

Nurses manage your care, give comfort, give medicines, and ensure a safe environment. They teach you and your family about your care and your baby's care before going home. Nursing staff includes **registered nurses (RNs)** and **patient care associates (PCAs)**. The **nurse manager** manages the nursing staff and their duties on the unit.

Other staff

Here are some other staff you may see on the unit:

- **Lactation consultants (RNs)** help nursing staff to support you in breastfeeding your baby.
- **Chaplains or Pastoral Care** help with spiritual needs.
- **Social workers** are available to help with emotional support and linking to resources.
- **Nutrition Services** helps with the selection of daily meals.
- **Environmental Services** helps to keep your room clean during your hospital stay.



For Your Health and Safety

Keeping you and your baby safe and healthy is our biggest priority. Please let us know if there is anything we can do to ensure your and your baby's well-being.

Be an active partner in your care

During your stay, we will teach you about your care and your baby's care, answer your questions, and help you to achieve your personal health goals. Take an active role in your care.

- **Ask questions.** We will answer any questions you have. Ask us about procedures, treatments, and medicines that are a part of your care and your baby's care.
- **Tell your nurse if you have pain or discomfort.** We will help you with pain control and take action if new symptoms occur.
- **Tell us about your medicines and allergies.**
- **Remind staff and visitors to clean their hands.** Everyone should wash their hands when entering the room, before handling your baby, after touching objects or surfaces, before and after eating, and after using the bathroom.
- **Talk about your care and your baby's care** with doctors, nurses, and other staff. We are here to help you.

Partner with us as we teach you how to care for yourself and your baby.



Hand washing prevents the spread of infection

1. Wet your hands and apply soap.
2. Scrub well for at least 20 seconds.
3. Rinse well.
4. Dry with a clean towel.

Make sure you, all of your visitors, and anyone giving you care practice good hand washing. Do not be afraid to ask your healthcare team members if they have washed their hands.

Call, don't fall.

Please use your call button before you get out of bed or if you need anything.

Safety on the Women and Infant Unit

We want all moms and babies to feel safe and comfortable. Please let us know if you have any questions or concerns about your baby's safety during your hospital stay.



Secure women and infant unit

For your safety and your baby's safety, both the Labor and Delivery Unit and Mother-Baby Unit entrances are secured with alarms.

Visitors must be "buzzed" in and out of these locations, so we know who is on the unit at all times.

Identification bracelets

Identification (ID) bracelets are placed on the:

- Baby
- Baby's parents
- Labor support person

Keep these bracelets on at all times. Do not remove the bracelet until your baby goes home.

Bracelets are checked by staff any time you and your baby are separated. Tell us if your ID band becomes loose or falls off.



Infant safety

We ask that everyone **follows the ABCs** to keep baby safe:

- Always place baby **ALONE**,
- On his or her **BACK**, and
- In a **CRIB** when sleeping

Your baby needs to be in a crib when:

- You walk the halls with your baby
- You shower or use the bathroom
- You travel to and from the nursery
- Your baby has a newborn screening test or procedure



Welcoming Your Family and Baby

Ohio State Maternity Center is ready to welcome your family and baby. Here are some of the services you can expect during pregnancy and when coming to our center for your birth experience.

Family centered maternity care

Your care will focus on your needs as a family unit.

- Your baby stays in the room with you. Baby may leave the room for health screens, procedures, or observation as needed.
- Your labor support person stays in the room with you. Each room has a pull-out couch or chair. We recommend bringing a pillow or other items from home for comfort.
- A complimentary continental breakfast is offered every morning to you and your labor support person.
- Your labor support person can buy lunch and dinner at low cost. When you order your meals, your labor support person may order as well.



Buckeye Baby photos

We offer baby photos during your hospital stay. There is no cost to have the photos taken. There is a fee to purchase a photo package. You may buy a photo package at the hospital or later at home through a website. You are welcome to take photos of your baby with your own camera or mobile device.



Birth certificate and Social Security number for baby

We can help you with the paperwork for your baby's birth certificate and Social Security number. A staff member will visit you during your hospital stay to tell you more about the process.

- **For an Ohio birth record**, visit the Ohio Department of Health at odh.ohio.gov/vs.
- **For a U.S. Social Security number**, visit the Social Security website at ssa.gov.



Your Care in the Hospital

As you prepare for your baby's birth, we want to share some important information about your hospital stay after delivery.

As part of your care, we will:

- **Provide you with a tablet computer during your hospital stay, called MyChart Bedside.** You may use the tablet to look at your medicines, lab test results, vital signs, and daily schedule. You can also order your meals and review educational materials about your condition and care. There is no charge to use the tablet.
- **Keep you and your baby together as much as possible** in our mother-baby rooms. One nurse will care for you both.
- **Have rooms with a pull-out couch or chair, so your labor support person may stay overnight.**
- **Use ink to take baby's footprints for the birth record.** You may want to bring a baby book to capture this ink imprint for yourself.
- **Talk with you about newborn screening tests and what the results of these mean for your baby's health.**
- **Personalize meals for you.** We also have snacks available day and night on the unit. If you would like to bring special foods for the birth, please let us know. We can help store these items for you.
- **Teach you about baby care,** from dressing and bathing, to feeding and diapering. We will also **talk with you about your care in the first days and weeks after pregnancy.**
- **Respect your need for rest and privacy.** We will do our best to care for you and your baby quickly and quietly.
- **Answer all of your questions and work to make your stay pleasant and comfortable.**



Your Baby's Care After Delivery

After your baby is born, several things will happen right in the delivery room to ensure the health of your baby.

Cord cutting

After your baby is born, the umbilical cord is cut and clamped at your baby's navel (belly button). Make sure to tell your healthcare provider if you or your partner would like to cut the umbilical cord.



Apgar evaluation

The Apgar score is a test to assess how well your baby is adjusting to life out of the uterus and determines if extra medical care is needed. Your baby is scored at 1 minute and 5 minutes of life.

The nurse will check your baby's:

- Heart rate
- Breathing
- Activity and muscle tone
- Reflexes
- Skin color

Breastfeeding

Your baby can be put to your breast very soon after delivery. This stimulates your breast and milk making hormones. It also helps get your baby started breastfeeding.

Bonding and skin-to-skin contact

Your baby will be placed on your chest as soon as possible after delivery, unless there is a medical reason not to. Placing your baby skin-to-skin has many benefits for both you and your baby. It helps your baby keep a steady blood sugar, and helps you to bond. Infants placed in early skin-to-skin contact with their parents also appear to interact more with their parents and cry less.

Other checks

Soon after delivery, the care team will also:

- Listen to your baby's heartbeat
- Count respirations to check your baby's breathing
- Do a physical assessment
- Monitor your baby's temperature
- Take your baby's weight

Banding

An identification (ID) band will be placed on both you and your baby for security. **Each time your baby is taken out of your room and brought back to you, your band and your baby's band will be checked to verify they match.**

Eye medicine

Your baby will receive eye ointment to prevent eye infections that they can get during delivery. It is a standard of care across the country for all babies to receive erythromycin ointment to prevent severe eye infections from bacteria in the birth canal, most commonly chlamydia and gonorrhea. It is also possible for other bacteria to cause eye infections in newborns.

Vitamin K shot

The American Academy of Pediatrics recommends that all newborns get a shot of vitamin K in the upper leg. Newborns usually have low levels of vitamin K in their bodies. This vitamin is needed for the blood to clot. Low levels of vitamin K can cause a rare but serious bleeding problem. Research shows that vitamin K shots prevent dangerous bleeding in newborns. If you would like to have your baby circumcised, a vitamin K shot is required.

When special care is needed

If there are signs your baby is not doing well, treatment can be given in the delivery room. Babies who may have trouble at birth include those born prematurely, those born with a difficult delivery, or those born with a birth defect(s). Fortunately for these babies, special care is available. Newborn babies who need intensive medical care are often admitted into a special area of the hospital, called the Neonatal Intensive Care Unit (NICU). Ours is a Nationwide Children's Hospital NICU. For more about the NICU and its visitor policy, visit wexnermedical.osu.edu/obstetrics-gynecology/maternity-center/neonatal-intensive-care.





Before You Go Home

As you recover from childbirth, we are here to help you and your baby with:

- **Baby care basics:** We will teach you how to change diapers and what to expect of your baby's first behaviors at home. You will receive educational books to take home on caring for your baby the first days, as well as caring for yourself.
- **Skin-to-skin care:** Skin-to-skin care, also known as kangaroo care, is a way of holding your baby close on your chest to help baby keep a regular heart rate and body temperature. This method helps with family bonding, and it reduces baby's stress. We will teach you how to hold your baby this way.
- **Breastfeeding and breast care:** The American Academy of Pediatrics (AAP) recommends breastfeeding for all babies in the first year of life. Your nurse will teach you about the different holding positions, how to get baby to latch on, and how to watch for breast changes as your milk comes in. A lactation consultant will also visit you during your stay for breastfeeding support. Talk to a staff member if you are interested in pumping and storing breast milk. They can answer your questions, including how to choose the right pump for you, whether to buy or rent, how to use the pump and feed your baby, and how to keep the pump clean. You may also call the Breastfeeding Helpline at 614-293-8910 for questions about breast pump rental or help with breastfeeding.
- **After pregnancy care:** We will teach you how to care for yourself in the first days and weeks after pregnancy, including your physical and emotional health.
- **Health and safety:** We will help you to recognize what is safe and what is not for you and your baby. This includes signs of infection, so you know when to call a healthcare provider for follow-up care.

Check out our Prenatal and Maternity videos at go.osu.edu/healthclips.





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