

Elmhurst Hospital Family Birth Center

- Every suite at the Elmhurst Hospital Family Birthing Center is fully private with warm wooden fixtures and contemporary furniture. Medical equipment is neatly concealed, and the room is designed with three zones (caregiver, patient, and family). There are comfy fold down couches in each room, walk-in showers with shower wands, 42" flat-screen televisions, and Wi-Fi technology.



- We have 2 private suites that come equipped with whirlpool tubs for those seeking additional comfort and enhanced relief during labor.
- We encourage you to share your birth expectations with us, so that we can help you meet them. Our nurses provide labor support for women who choose to deliver their babies naturally, with little or no medication. You also have the option of receiving an epidural or other forms of pain relief during labor. A certified OB/GYN, an anesthesiologist, and a neonatologist are available 24/7 to provide the care needed for you and your baby.
- Should you need a C-section, we have 3 OR suites on the unit to ensure a smooth procedure and optimal recovery for you and your baby.
- We encourage an adult family member to stay with you throughout your time with us.
- We encourage you to select a healthcare provider for your baby prior to your stay in the Family Birthing Center.

- Once your baby arrives, you'll enjoy relaxing and bonding together in a private room in our Mother Baby unit. Your private bathroom will have a walk-in shower. An adult family member or support person is encouraged to remain with you, if desired.



-
- Should your newborn require special attention, we have a fully equipped Special Care Nursery available at Elmhurst with private rooms designed to keep the family together and with a space for new parents to stay while their baby is being cared for by specially trained nurses.
- As part of Endeavor Health, your newborn also has access to Edward Hospital's level III Neonatal Intensive Care Unit (NICU) in Naperville, which can supply a higher level of care for sick or premature newborns, including expert neonatologists, on-site perinatologists, and pediatric subspecialists.

What to Expect: Admission

- Your Healthcare Provider will let you know when to come to the hospital in labor—usually once labor is progressing.
- You may park in the Green Parking area and enter through the East Entrance. If it is after hours and the door is closed, pick up the phone at the East entrance door and someone will remotely open the door for you. Take the East elevator to the Family Birth Center on the 3rd floor—the Family Birthing Center is to your right after you exit the elevators.

- The Family Birth Center is a secure unit. You and your visitors will need to check in at the front desk to be allowed to enter.
- Our staff members will review the visitation guidelines with you. (Please check the current Visitation Policy at <https://www.eehealth.org/patients-visitors/elmhurst/hours/>)
- If you have a C-Section scheduled, you will be admitted to the Triage area of the Family Birth Center to prepare you for your surgery.

What to Expect: Labor & Birth

- Our nurses will help you with various comfort measures during labor— we have shower wands in each shower and birthing balls are available for your use during labor. We also have anesthesiologists 24/7 to administer epidurals if desired. Speak with your healthcare provider to develop a plan for pain relief during labor.
- **Cesarean Section:** At Elmhurst Hospital, we have 3 operating rooms located within the Family Birth Center specifically for C-Section deliveries. If you have a C-Section with epidural or spinal anesthesia, you can have one support person with you during surgery and in recovery. No cameras are allowed in the OR, but you are welcome to take pictures in the Recovery Room. Individuals who have a C-Section are generally in recovery for about 2 hours and then taken to a private Mother Baby room once you and baby are stable. Individuals are encouraged to hold their baby skin-to-skin after the C-Section and initiate breastfeeding while in the recovery room.
- **Recovery from birth:** It is important for you and your baby to bond, which is why we call that first hour after birth **“the Golden Hour”**. We encourage you to hold your baby skin-to-skin until after the first breastfeeding. Babies latch on much sooner and more easily when they have spent time skin-to-skin with you.

Most individuals are more comfortable with the initial breastfeeding without visitors observing, so please ask your visitors to be patient and wait until you’ve had a chance to breastfeed your newborn. You generally stay in your labor room for about 2 hours after birth.

- **Skin-to-skin** contact with your baby (baby’s bare chest against your bare chest) has scientifically proven benefits:

- Baby's temperature, heart rate, and blood sugars stabilize faster if baby is held skin-to-skin with you.
- Stress hormones are reduced by skin-to-skin contact for you and baby.
- Skin-to-skin is an important factor in decreasing the risk of postpartum depression.



We encourage you to hold your baby skin-to-skin as much as possible in the first days and weeks after birth.

- During recovery your baby will be weighed and measured and **identification bands** will be placed on you, baby, and your support person. Please do not take these ID bands off until after the baby has been discharged and leaves the hospital. A security device will also be placed on your baby.
- It is recommended that your newborn receive **antibiotic eye ointment** and a **Vitamin K injection** shortly after birth. The antibiotic eye ointment is to prevent newborn conjunctivitis (pink eye) which can be caused by Chlamydia, Gonorrhea, or any other bacteria that normally live in a woman's vagina. Newborns are born with an inadequate amount of Vitamin K which assists blood clotting. Without enough Vitamin K, your baby has a chance of bleeding into his or her intestines and brain, which can lead to brain damage and even death. Infants who do not receive the Vitamin K shot at birth can develop Vitamin K Deficiency Bleeding up to 6 months of age. *(See link on class webpage for more information on the antibiotic eye ointment and Vitamin K.)*

What to Expect: Mother Baby

- After birth and recovery, you and baby are moved to one of our private Mother Baby rooms. These rooms also have a private bathroom with walk-in shower and a place for your adult support person to stay overnight. (Please check the current Visitation Policy on our website at www.eehealth.org/patients-visitors/elmhurst/hours.) Siblings of the baby may visit during visiting hours when you are on the Mother Baby unit. They must be free from any signs of illness to enter the unit and must be accompanied by an adult at all times (not the patient). Siblings are not allowed to stay overnight.
- **"You & Baby Together"** --- To encourage family bonding after birth, you and baby will both be cared for in your room throughout your hospital stay. By rooming-in with your baby you

will get to know his/her hunger cues and you will have a chance to observe and practice baby care with a nurse to help instruct you. We encourage you and baby to spend as much time as possible **skin-to-skin**, for both you and your baby's well-being.

- Baby's **first bath is delayed** at least 6-8 hours after birth. Based on medical research, this allows the baby's temperature and blood sugar to stabilize and reduces the risk of infection.
- We have International Board-Certified Lactation Consultants (**IBCLC**) who are available to assist anyone who is having difficulties with breastfeeding during their stay.

Our Lactation Consultants are also available for outpatient visits through our **Lactation Center**. Most insurance companies will pay for several of these outpatient visits. Call **(331) 221-5433** to make an appointment.

- **Newborn screening checks:** Your baby will have several screenings tests done after birth but prior to discharge.
 - The nurses will screen your baby for **jaundice**, using a special device that shines a light on baby's forehead. If this screening shows jaundice, your baby's doctor may order additional blood tests. *(For more information about jaundice, see the link on the class web page.)*
 - Your baby will also receive a heel-stick blood draw for the state mandated Metabolic Screening (**PKU**) test which tests for several endocrine and metabolic disorders including PKU, Cystic Fibrosis, Hypothyroidism, and many others. This test is done after your baby is 24 hours of age, and the results will go to your baby's physician's office. Some babies need this test repeated at 2 weeks of age. *(For more information, see the link on class web page.)*
 - A **hearing screening** test will be done, prior to discharge. The test we do at our hospital is the ABR (Auditory Brainstem Response) test. This checks the hearing all the way to the brain stem. *(See the link on the class web page for more information.)*
 - A **test for Critical Congenital Heart Defects (CCHD)** will also be done. This is a non-invasive test to check the baby's oxygen level in both upper and lower extremities. *(See the link on the class web page for more information about this test.)*
 - It is recommended that your baby receive the first **Hepatitis B vaccination** within 12-24 hours after birth. Your nurse or baby's doctor will talk to you more about this vaccine prior to its administration. *(See link on the class web page for more information.)*



➤ Visiting

- Visitors must check in at the front desk of the Family Birthing Center to gain admittance to the unit. We ask that visitors respect your need for rest at night and leave by 8 pm, according to visiting hours.
 - Please check the current Visitation Policy on our website at www.eehealth.org/patients-visitors/elmhurst/hours. Visitors must be at least 18 years of age and free of any symptoms of illness. Only one support person or Doula may stay overnight.
 - Siblings of the baby may visit during visiting hours when you are on the Mother Baby unit. They must be free from any signs of illness to enter the unit and must be accompanied by an adult at all times (not the patient). Siblings are not allowed to stay overnight.
 - **Quiet Time** is every afternoon from 2-4 pm. New parents and babies need their rest to recuperate from birth. We ask that visitors respect your need for a quiet time in the afternoons from 2-4 pm to nap or to bond. Please ask visitors (and siblings) to plan their visit around this special time for you and baby!
- Baby portraits are available through the company **MOM 365**. Visit their website to view sample photos and find out more information. The photographer will come to your room in Mother Baby to discuss this offer.
- Individuals can order room service for meals from a menu from **6:30 am- 6:30 pm**. Your support person may also order food from the room service menu and pay by card. We also have a cafe located on the ground floor where they can purchase food and bring it up or you are welcome to order food from outside the hospital.

What to Expect: Discharge

- Most patients who experience a vaginal delivery stay overnight 2 nights and those who have a C-Section generally stay overnight 3 nights. Check with your healthcare provider to see when you will be discharged.
- Your healthcare team will help you determine when you and your baby are ready for discharge. A discharge order must be written for both mom and baby prior to discharge.

- An employee will have you fill out and sign the birth certificate form prior to discharge. This form is mailed to the state, and you will receive the social security card within about 6-8 weeks from the Vital Records Office. If you need a birth certificate, you can order it online from the Vital Records Office. (For more information about obtaining baby's birth certificate and social security card, see the FAQs at www.eehealth.org/services/pregnancy-baby/faqs/)
- Don't forget your car seat carrier and base! Babies cannot be discharged without a car seat. Please read the car manual and the car seat manual so that you'll know the correct way to install the seat (facing backwards in the back seat) and buckle in baby safely. We recommend that you make an appointment with a car seat safety technician to have your car seat installation checked. Employees are not able to assist you with the car seat. Practice before you come to the hospital in labor. *(See the links on the class web page for instructional videos for carseat safety and for local carseat safety technicians.)*

Support Groups

- We have new parent support groups that meet weekly (**Mom & Baby Hour** in Lombard and **Cradle Talk** in Naperville). These groups are free—no registration required. You will be given a booklet and folder prior to discharge with more detailed information about the support groups. Bring your baby and a blanket for Tummy Time! *(See the handout "Support for Mom" for more information.)*
- We also have a **Nurturing Mom** support group for those experiencing anxiety, stress, or depression which meet in-person at Lombard or at Naperville or virtually, depending on the schedule. This group is free, no registration required, and your baby is welcome to attend with you. *(See the handout "Support for Mom" for more information.)*