

Congratulations
on your pregnancy



Important phone numbers

Mother/baby units:

- **Providence Hood River Memorial Hospital**
Mother/baby unit: 541-387-6336
- **Providence Medford Medical Center**
Mother/baby unit: 541-732-5494
- **Providence Newberg Medical Center**
Mother/baby unit: 503-537-1758
- **Providence Portland Medical Center**
Mother/baby unit: 503-215-6150
- **Providence St. Vincent Medical Center**
Mother/baby unit: 503-216-7391
- **Providence Seaside Hospital**
Mother/baby unit: 503-717-7530
- **Providence Willamette Falls Medical Center**
Mother/baby unit: 503-657-6723

Neonatal Intensive Care Unit:

- **Providence St. Vincent Medical Center**
503-216-7383
- **Providence Portland Medical Center**
503-215-9300

Pregnancy and childbirth classes:

All Providence Oregon hospitals:
503-574-6595 or 800-562-8964

Breast-feeding consultation and supplies:

- **Providence Hood River Memorial Hospital**
541-387-6344
- **Providence Medford Medical Center**
541-732-5717
- **Providence Milwaukie Hospital**
503-513-1190
- **Providence Newberg Medical Center**
503-537-1400
- **Providence Portland Medical Center**
503-215-6085
- **Providence St. Vincent Medical Center**
503-216-4033
- **Providence Seaside Hospital**
503-717-7530
- **Providence Willamette Falls Medical Center**
503-657-6723

Depression after delivery:

- **Baby Blues Connection:** 800-557-8375
- **Women's Psychiatric Resource Center:** 503-629-2131
- **Providence Resource Line:** 503-574-6595

Additional resources:

- **Providence beginnings:** 503-215-9160

Welcoming more than 11,000 babies every year,

Providence birthing centers are staffed by highly skilled physicians, nurses and midwives who provide high-quality, personalized maternity care. Whether you receive care from one of our physicians, nurse practitioners or midwives, you can rest assured that you're in the best of hands.

Preparing for your delivery

Your baby needs a care provider.

Before your baby is born, you should choose a primary care provider for your baby. This person can be a pediatrician, family practice physician or nurse practitioner. For help in selecting a provider, please visit www.providence.org/pmg or call 503-574-6595 or 800-562-8964.

Pre-register now for your hospital stay.

If you register now for hospital admission, we can admit you quickly and efficiently when you arrive at the hospital in labor. Preregister online at www.providence.org/pregnancy.

Know your medical insurance.

Before your baby is born, know what your insurance plan covers. Nurses cannot answer insurance questions. You will need to know:

- If pre-authorization is required for maternity services
- If the plan covers both you and your baby
- Whether a follow-up home visit is covered

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Consider taking childbirth and parenting classes.

We offer a variety of classes for pregnant women, new moms and families. Some of our most popular classes include childbirth preparation, breast-feeding, infant care and infant CPR. For class information, please call 503-574-6595, 800-562-8964 or visit www.providence.org/classes.

Are your bags packed?

A week or two before your due date, you should pack an overnight bag with items for your hospital stay:

- Bathrobe and slippers
- Bra (nursing style if you plan to breast-feed your baby)
- Clothes to wear home
- For you: comfortable clothes that fit during mid-pregnancy
- For baby: blankets, infant-size sleepers, gown, etc.
- Cosmetics, toiletries and personal comfort items
- Properly installed infant car seat

Please leave all valuables, such as jewelry and cash, at home.

Is it time?

Please call your doctor or midwife before coming to the hospital. He or she can help you decide if it's time for you to come to the hospital. When you arrive, we will evaluate your progress and notify your provider.

It's time to come to the hospital when any of the following occurs:

- Your bag of water breaks
- You have a bloody show similar to starting your period
- Contractions occur every five minutes or less, lasting 60 seconds
- Fetal movement has decreased
- Your care provider instructs you to do so

Studies have proven that, if the mother and unborn baby are healthy, it is best to stay pregnant until at least 39 weeks. Because the health and safety of moms and their babies are our utmost concern, Providence encourages physicians not to schedule cesarean sections or inductions until the pregnancy is at least 39 weeks along – unless an early delivery is medically necessary.

Your room is ready.

You will have an attractive, private room during your hospital stay. Each room has a bathroom, portable bed for your baby, in-room sleeping accommodations for your partner or support person, phone and overhead stereo system. Each room is equipped for a safe, vaginal birth. If you need a cesarean section, you will be taken to a nearby surgery suite.

Are you hungry?

Room service is available. Your food will usually arrive within 45 minutes from the time you place your order. Your family and friends can buy food from any of our hospital cafes and either eat there or take their food back to your room to eat while they visit with you.

Who do you want with you during labor and delivery?

You may invite your husband, partner, support person or a family member to stay with you during labor and delivery. If it becomes necessary to deliver your baby by cesarean section, one support person may accompany you to surgery if you will be awake and may stay with you during the first hour of your recovery.

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After your baby is born

Get to know your baby.

The time immediately following the birth of a baby is a special time for families. During the first hour of the baby's life, we encourage mothers and their partners to limit visitors and to focus on bonding skin to skin with their newborn. This is a great opportunity to get breast-feeding off to a good start. Our staff can help you learn to hold, feed, diaper, swaddle and dress your baby.

What to expect with visitors.

Your family and visitors will be eager to see you and meet your newest family member. Children, too, may participate in the hospital experience and hold the new baby if you wish.

While visitors are welcome in the maternity unit, you get to decide who visits you and when. If you wish to place any restrictions on visitors, please tell us. After 9 p.m., all visitors should be quiet and respectful of others' need for rest. We recommend you limit your own visitors during this time to aid in your recovery.

Please ask family and friends who are ill or have recently been exposed to a communicable disease not to visit you at the hospital. Everyone, including you, should wash his or her hands before touching the baby.

Visitors may bring or send small gifts, flowers and Mylar balloons. The hospital is a latex-reduced environment, and latex balloons should not be brought to the hospital campus.

For the health and safety of our patients, the hospital may restrict visitors on rare occasions.

Please note: For the privacy and safety of all our patients, visitors who are waiting

to see you should remain in the maternity center lobby, hospital lobby or other public areas. They should not wait outside patient rooms, in the hallways of patient care areas or at the nurses' station.

How long will you be in the hospital?

Generally new mothers can safely return home shortly after giving birth, usually within 36 to 72 hours. Before you go home, your care providers will examine you and your baby. If either of you is not medically ready to go home, you will be encouraged to stay and continue receiving the care you need.

We'll check your baby's health.

Newborn screenings identify conditions that can affect a child's long-term health. Before you go home, we will test your baby for some serious but treatable conditions as well as jaundice (yellowing of the skin), hearing loss and congenital heart disease.

What about circumcision?

The decision to have a circumcision is a very personal one. If you have a baby boy and you wish to have him circumcised, discuss your preferences with your care provider before you give birth. He or she will help you determine the best time for the appointment. The procedure may be done at a separate office visit.

We provide breast-feeding support

We recommend you breast-feed your baby. We have classes, certified lactation consultants and retail stores to help get you and your child off to a good start. To locate service nearest you, please see the phone numbers listed on the inside cover of this booklet.

Completing the birth certificate and preparing to go home

Hospital staff will help you complete birth certificate forms according to state requirements. If you wish, they will also file an application for your baby's Social Security number.

If you are unmarried and want the baby's father's name to appear on the birth certificate, you and the father must sign a paternity affidavit in the presence of a hospital staff member. The hospital will submit this affidavit to the state along with the birth certificate.

Before you leave the hospital, your nurse will help you complete any remaining paperwork. She will also

review instructions with you and make sure you know how to care for your newborn and for yourself as you continue to recover from giving birth.

Someone will need to drive you home. You should not drive a vehicle for several days after delivery.

Hospital staff will walk you to your car. Oregon state law requires that babies travel in approved infant restraint seats. Before your baby is born, be sure you have an approved car seat. Practice using it and securing it correctly in your car. This is extremely important to your baby's safety. Hospital employees are not certified to install your car seat.





OUR MISSION

As people of Providence,
we reveal God's love for all,
especially the poor and vulnerable,
through our compassionate service.

OUR CORE VALUES

Respect, Compassion, Justice,
Excellence, Stewardship

www.providence.org/pregnancy

