

# Preparing for Your Baby's Birth



Thank you for choosing  
California Pacific Medical Center



Van Ness Campus 1101 Van Ness Avenue



Mission Bernal Campus 3555 Cesar Chavez Street

With your pregnancy underway, you are beginning to anticipate the birth of your baby. Activities such as attending childbirth classes, having regular physician appointments, reading books, talking to others and asking lots of questions will help you prepare for your baby's birth. Learning as much as possible about labor and delivery, and what to expect, will also help you through this next step of your pregnancy.

This is a guide with information about when to come to the hospital, what to bring and what to expect during your stay. We urge you to take advantage of our maternity tours at either our California or Mission Bernal campus, available each week. This is an excellent opportunity to become familiar with the Medical Center and have questions answered by our staff.

Please visit our online registration system to view and schedule available tours, classes, and groups:  
[sutterhealth.org/newborn-connections/enroll](http://sutterhealth.org/newborn-connections/enroll)

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## For more information, contact:

### Newborn Connections

415-600-BABY (2229)

[sutterhealth.org/newborn-connections](http://sutterhealth.org/newborn-connections)

[cpmcnewborn@sutterhealth.org](mailto:cpmcnewborn@sutterhealth.org)

#### *NBC at California Campus*

3698 California Street, 1<sup>st</sup> Floor  
San Francisco, CA 94118

#### *NBC at Mission Bernal Campus*

1580 Valencia Street, 1<sup>st</sup> Floor  
San Francisco, CA 94110  
415-641-6532

#### *NBC at Van Ness Campus*

(Opening Summer 2019)  
1101 Van Ness Avenue, 2<sup>nd</sup> Floor  
San Francisco, CA 94109

# Before You Come to the Hospital

## Pre-Registration for Hospital Stay

You may pre-register for your upcoming hospital admission by doing one of the following:

- Go online to register
  - Van Ness Campus [sutterhealth.org/cpmc-register-hospital](http://sutterhealth.org/cpmc-register-hospital)
  - Mission Bernal Campus [sutterhealth.org/cpmcmb-register-hospital](http://sutterhealth.org/cpmcmb-register-hospital)
- Call and speak with someone to register
  - Van Ness Campus (855) 398-1637
  - Mission Bernal Campus (415) 641-6951

## Classes

Sutter Health's website has information on classes for childbirth, newborn parenting, breastfeeding, maternity tours, and support groups for after you deliver. Go directly to Newborn Connections online registration system to view and schedule classes [sutterhealth.org/newborn-connections/enroll](http://sutterhealth.org/newborn-connections/enroll)

## What to Bring to the Hospital

See the back cover for a checklist of items you may want to bring with you for your hospital stay.

If you choose to bring electronics, be sure to pack the appropriate charger and batteries with you. We have Wi-Fi connections throughout the hospital. Please leave your jewelry and valuables at home.

**You are responsible for the security of your personal items.**

## Questions/Problems During Your Pregnancy

Any questions that arise during your pregnancy should be directed to your obstetrician/midwife. You should call your prenatal healthcare provider's office anytime there is a problem. After office hours, an on-call provider is available to respond to urgent issues. You may also come to labor & delivery to be evaluated anytime.



# Admission to Labor and Delivery

## Arrival

- Be sure you have a picture ID and your insurance card.
- When you arrive at the hospital you should use ER entrance. Van Ness patients can pull into the ED drop off area off of Franklin Street. Mission Bernal patients can use the passenger drop space directly in front of the ED on 27th or one of the OB reserved parking spaces in the garage off of San Jose. Limited street parking is available—watch for 2-hour limit and street cleaning signs.
- Leave your keys with security if in drop-off zones
- If you are delivering at the Van Ness Campus, take the elevator to OB Reception on the 5<sup>th</sup> floor. If you are delivering at our Mission Bernal Campus, OB reception is on the hospital's 7th floor.
- Once you are admitted, your support person can move your car to the parking garage and bring up your belongings.
- Do not be disappointed if you are not admitted on your first visit. It is very common for women to experience symptoms of labor but not be ready to deliver.

## Visitation

- We encourage you to wait until you are admitted before notifying friends and family to come to the hospital. At times, “false alarms” occur and you may be sent home after being evaluated.
- After hours visitors need to use ED entrance.

## Induction

- If you are scheduled for an induction, call the OB Reception at 415-600-2100 one hour prior to your arrival time to check on bed availability. If we have a high volume of patients or deliveries at that time, we may need to reschedule your induction for a later time

## Admission

- Once admitted you will be taken to one of our private labor-delivery-recovery (LDR) rooms, where you will stay during your labor, baby's delivery and your immediate recovery. If you have a birth plan, give a copy to the OB Reception nurse, who will make it available to the delivery team.
- Everything necessary for the birth of your baby is in the LDR room. The bed is adjustable to aid in delivery.

## Activity While In Labor

- In most cases, you are able to walk around the unit, be in the shower, sit on a birthing ball, or be in a position of your choice.
- If you are on a pitocin infusion, your baby will need to be continuously monitored.

## Group Beta Strep

- All patients should be tested for Group Beta Strep (GBS bacteria) between 35-37 weeks gestation.
- If you test positive, you will receive antibiotics while you are in labor.
- Your baby may need to have some blood work drawn to check for a GBS infection after delivery.

## Pain Control Options

- All women in labor experience some pain and discomfort. We will make every effort to help manage your pain using various techniques, including; position changes, Nitrous Oxide, I.V. medications, and an epidural.
- Nitrous Oxide may be used by a laboring woman as a first step in managing pain. Speak to your provider for more information
- We have anesthesiologists available to place epidurals and provide anesthesia for cesarean deliveries.
  - \* Epidurals usually are given when you have regular contractions and your cervix has changed.
  - \* You will need to sit still for the procedure so the epidural catheter can be placed into your back.
  - \* Local anesthetic will be given prior to the procedure to numb the site.
  - \* The epidural will be connected to a pump that infuses medication throughout your labor to help keep you comfortable.
  - \* The anesthesiologist will give you a button to push if you need some extra medication.
- If you have any questions about these pain relief options, please do not hesitate to ask your nurse, obstetrician, midwife, or anesthesiologist.
- Remember, we want you to be an active participant in managing your pain to have the best birth experience possible.

## Diet

- For some patients, ice chips and clear liquids may be given to you while in labor.
- For safety reasons, an IV may be ordered to provide hydration .
- A appropriate meal will be provided after delivery.

## Photography

- Still photos and video are allowed in the delivery rooms provided that all physicians and staff have given permission to be recorded. Tripods are not allowed.



## Vaginal Delivery

- At delivery, there is a team to care for you and your baby.
- The team consists of your obstetrician or midwife, labor nurse, baby nurse and respiratory therapist.
- You will labor, deliver and recover in the same room, then move to a postpartum room.
- The approximate 2 hour recovery period is a time of close observation for you and your baby.
- Your nurse will be checking your vital signs, the condition of your uterus and vaginal bleeding every 15-30 minutes.
- The “golden hour” is honored to establish mother-infant attachment with skin-to-skin contact and breastfeeding.



## Cesarean Birth



- One support person may accompany you into the operating and recovery room.
- Before surgery, you will be visited by the anesthesiologist to explain your anesthesia options for pain control during the surgery.
- If you already have an epidural, the anesthesiologist may utilize it for the c-section.
- After your c-section, your baby may stay with you or go to the nursery for further assessments.
- Your support person can follow the baby to the nursery.
- The nursery nurse will bring the baby to the recovery room to join you, as soon as possible.
- You will be in the recovery room approximately 1 1/2 hours after delivery, where your nurse will monitor your vital signs, bleeding and comfort level before moving you to our mother/baby unit.

### First 12 Hours After Cesarean

- Your spinal/epidural medication is designed to help with pain relief for the first 12 hours.
- Inform your nurse if additional pain medication is needed during this time.
- I.V. pain medication may be given as ordered by your anesthesiologist.
- You will remain on bed rest and wear compression stockings on your legs.
- A Foley catheter will drain your bladder, which will be removed the following day.

### After 12 Hours

- Pain pills may be taken twelve hours after your cesarean. Request them from your nurse as needed.
- Your nurse will help you get out of bed and walk to the bathroom. We encourage you to also walk in the hallways.
- You will be advanced to a regular diet once your bowel sounds return.
- You will be visited daily by your obstetrician and baby's pediatrician.
- Once your obstetrician removes your bandage you may shower.
- Your incision will have either sutures or staples.
- If there are staples, the nurse will remove them before you go home and apply steri-strips (band-aid type strips) which should fall off within seven days.

## Mom/Baby Stay



- Approximately 2 hours after birth, you will be moved to a postpartum room.
- The postpartum nurse will care for you and your healthy baby.
- Your hospital stay is typically 1-2 days for a vaginal delivery and 3-4 days for a cesarean.
- Use your hospital stay to learn about and bond with your baby.
- During this special time of bonding, CPMC Van Ness and Mission Bernal Campuses promote Rooming-In. This means your baby will stay in your room to:
  - \*Promote family connections
  - \*Help you learn about your baby's signals
  - \*Provide you time to practice Newborn Parenting skills
  - \*Help you recognize feeding cues and patterns
- Your nurse will assist you with breastfeeding and teach you about caring for your baby.

- This is a busy time during your short stay with us. Some people that may need to see you include:
  - \* physicians
  - \* nurses
  - \* lab techs
  - \* lactation consultant
  - \* social worker
  - \* birth certificate clerk
  - \* dietary clerk
  - \* hearing screener
  - \* respiratory therapist
  - \* photographer <sup>1</sup>

<sup>1</sup>(takes optional pictures of your baby)
- We will try to group your care as much as possible for fewer interruptions, with our goal of giving the best care to you and your baby.
- Most obstetricians order pain medication to be given on an as needed basis.
- Let your nurse know when you need pain medication so she can discuss your options. Ice packs and tucks pads may also be used for comfort.
- Routine lab work ordered is drawn at approximately five in the morning. results are available when your physicians arrive to assess you and your baby



## Your Newborn

### Finding a Pediatrician

- Your child's health is a major concern and you should choose a pediatrician or family health provider before your baby is born.
- When choosing a doctor, ask for referrals from your obstetrician, midwife or from friends and family.
 

Pediatric referrals are also available at:  
[sutterhealth.org/findadoctor](http://sutterhealth.org/findadoctor)  
 1-800-478-8837
- If you have not chosen a doctor for your baby prior to coming to the hospital or your provider does not practice at CPMC, our Well Baby Service will assume the care of your baby while you and your baby are hospitalized.



### Baby Care After Delivery

- We encourage skin to skin contact with your baby within the first hour after birth. Breastfeeding usually occurs during this time. All of our nurses are excellent in providing breastfeeding support and available to assist. Sometimes breastfeeding doesn't go as well as planned and you may need additional help from one of our lactation consultants.
- You and your support person will receive an Id bracelet to wear after your baby is born. These bracelets match the ones placed on each ankle of your baby. One of your baby's ankle bracelets has a sensor that will alarm if your baby is not within the designated area of our birth center.
- You baby's bath be delayed for 24 hours to help assist with bonding. If you have questions discuss with your healthcare team
- Within the first hour of birth a vitamin K injection is given in your baby's thigh to help with your baby's blood clotting ability and an antibiotic ointment given to the eyes to protect against infection.

# Your Newborn

## Ongoing Care

- Your baby will remain with you in your room during the postpartum period. During this time and until you go home, your nurses will show you how to:
  - \*diaper
  - \*provide cord care
  - \*take a temperature
  - \*recognize signs of sickness
  - \*circumcision care, if applicable
- Your baby will have a few tests prior to going home. These include the following:
  - \*The newborn screen (PKU), required by the state of California, checks for metabolic disorders
  - \*Hearing Screening
  - \*Bilirubin, screens for jaundice
  - \*Pulse oximetry test, checks for heart defects.
- Vaccines given:
  - \*Tdap
  - \*Hepatitis B
  - \*Flu
  - \*Pneumococcal
  - \*MMR

For more information about vaccines, visit [cdc.gov/vaccines](http://cdc.gov/vaccines)

## Birth Certificate

- Following your baby's delivery, Birth Certificate Representative will request information from you to assist the State Office of Vital Records with your child's birth certificate. Birth certificates last forever.
- Please be certain the information on the certificate is accurate and complete before you sign them. Any errors on birth certificates cannot be corrected on the original certificate.
- You must apply for your baby's birth certificate with the Department of Public Health in person or by mail, 6 weeks after your baby's birth.
- To obtain the necessary application forms, visit [sfdph.org](http://sfdph.org) or apply in person at the following address 6 weeks after your baby's birth. If applying in person, bring your picture ID. A fee is charged for each birth certificate.
- Department of Public Health Birth Records  
101 Grove Street, Room 105 San Francisco, CA 94102  
415-554-2700  
Hours: M-F 8 am-4 pm



## Time of discharge

- Please bring a car seat to the hospital before you are discharged.
- You will need to have the base of a car seat installed in the car prior to discharge.
- Although 96 percent of parents who buckle up their children think they are doing it correctly, car seat checkups consistently show that 4 out of 5 unintentionally make mistakes.
- It is a good idea to have this installation professionally checked.
- You may call 1-866-SEATCHECK or visit [seatcheck.org](http://seatcheck.org) for locations near you.
- If you need breastfeeding supplies or a breast pump rental, you can visit one of Newborn Connections Outpatient Lactation Centers or call (415) 600-BABY for rental questions.



## Important Numbers

<b>Main Hospital</b> .....	<b>(415) 600-6000</b>
<b>OB Reception Van Ness Campus</b> .....	<b>(415) 600-2100</b>
<b>OB Reception Mission Bernal Campus</b> .....	<b>(415) 641-6996</b>
<b>NICU</b> .....	<b>(415) 600-6211</b>
<b>Birth Certificate Office</b> .....	<b>(415) 600-6465</b>
<b>Newborn Connections</b> .....	<b>(415) 600-2229</b>
<b>Lactation Warm Line</b> .....	<b>(415) 600-6243</b>

Enroll in classes and tours at [www.sutterhealth.org/newborn-connections/enroll](http://www.sutterhealth.org/newborn-connections/enroll)

# What to Bring for Your Stay

## For you:

- Bathrobe and slippers (**non-slip soles**)
- Night gown or pajamas
- Toiletry items such as shampoo, body wash, cosmetics, toothbrush, toothpaste, hair brush, lip balm, etc.
- Personal items such as books or magazines
- Going home clothes
- Socks (warm)
- Breastfeeding or support bra
- Camera / Charging cords (labeled)
- Picture or item to be used for a focal point

## For your support person:

- Slippers
- Snacks
- Toiletry items such as toothpaste, toothbrush, hair brush, etc.
- Reading materials/Ipod/CD player (battery operated only)

## For your baby:

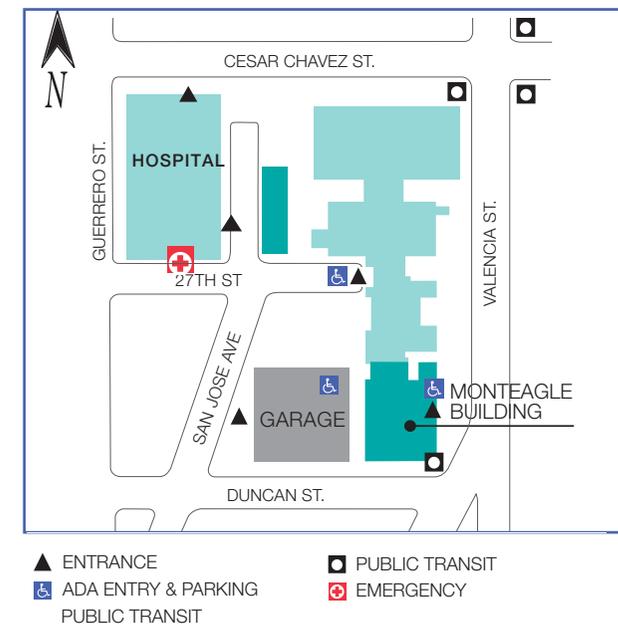
- Car seat (please be sure your car seat is rear-facing and in the back seat of your vehicle)
- Receiving blanket, sweater and cap and blanket
- Going home outfit

# Maps of Birth Centers

## California Pacific Medical Center Van Ness Campus - 1101 Van Ness Avenue



## California Pacific Medical Center Mission Bernal Campus- 3555 Cesar Chavez Street





**Birth Center Van Ness**

1101 Van Ness Avenue  
San Francisco, CA 94118

**Birth Center Mission Bernal**

3555 Cesar Chavez Street  
San Francisco, CA 94110

**[cpmc.org](http://cpmc.org)**