

### *Congratulations on your pregnancy!*

*We want you to feel confident with your choice to give birth at The Birthplace at Summerlin Hospital. We hope this list is helpful and along the way if you have questions, please contact us.*

## Things to Know Before You Go

### First Things:

- We recommend you preregister by your 24<sup>th</sup> week of pregnancy. Preregistration packets are available at the Registration desk located on the first floor. Please bring your ID and insurance card for verification. Call 702-233-7070 to begin the process by phone or to ask any questions about this process. You can begin the process by visiting our website, however, you will need to come in to provide signatures and present a copy of your driver's license/identification card and insurance card for verification.
  - Registration Link: <https://regie.uhsinc.com/U0PE/membership/RegieBegin.aspx>
- Contact the hospital's financial counselor at 702-233-7668 prior to your delivery so they can provide you information about co-pays or assist you in arranging for cash payments as well as any other financially related questions you may have.
- Start looking at childbirth and breastfeeding preparation classes now and plan to take them about 2-3 months before your due date. All classes have returned to in-person. Please e-mail [tamara.mccann@uhsinc.com](mailto:tamara.mccann@uhsinc.com) for an updated 2023 Childbirth Education Schedule.
- Choose a pediatrician for your baby. If you need help finding a doctor for your baby, please call our physician referral line at 702-233-7103.
- Purchase and install your baby's car seat. Please take the time to have your car seat professionally installed or inspected. Please contact Safe Kids with any questions. See their website for locations: [www.safekidsclarkcounty.org](http://www.safekidsclarkcounty.org)

### Visitor Guidelines (*subject to change*):

- For your protection, **masks** are required.
  - Visitors with signs or symptoms of an illness OR who have been in contact with someone that has these symptoms should be masked and discouraged from visiting.
  - Visitors are required to use hand-sanitizing gel (or hand-washing) upon entering the facility as well as entering and exiting a patient room.
  - Visitors are required to adhere to all isolation precautions as directed by staff.
- During the months of November – February, the RSV virus (respiratory syncytial virus) cases increase which affect our newborns and infants. Currently, all minors ( $\leq$  18 years) are restricted on the Maternity Floor. **Exception: None at this time.** For more information, please visit: [www.southernnevadahealthdistrict.org/news-release/health-district-warns-of-increase-in-rsv-and-other-respiratory-viruses/](http://www.southernnevadahealthdistrict.org/news-release/health-district-warns-of-increase-in-rsv-and-other-respiratory-viruses/).
- **Labor & Delivery:** The patient may have 2 visitors ( $>$  18 years) in the room at one time. The hours on L&D are 24/7. No children/siblings ( $<$  18 years) of newborn allowed.
- **Antepartum/Postpartum:** The patient may have 2 visitors at one time. No children/siblings ( $<$  18 years) of newborn allowed. Only one person may stay overnight. Visiting hours are 8am-8pm.
- **Post Anesthesia Care Unit/Recovery/PACU:** Only 1 visitor ( $>$  18 years) is permitted in this area.
- **Triage:** Only 1 visitor ( $>$  18 years) is permitted in the triage area.

### Where to go upon arrival for the birth:

- The best entrance for you to use is the **Emergency Entrance** in the back of the hospital. These doors remain open and are closest to the elevators.
- If you are experiencing an emergency unrelated to your pregnancy, please check-in at the Emergency Room Desk on the 1<sup>st</sup> floor. The Emergency Room will make sure you are stable before transferring to Labor & Delivery (as needed).
- If you are experiencing contractions or not sure if you are in labor or any emergency related to your pregnancy, please go straight up to the 2<sup>nd</sup> floor and check-in at the Triage desk. Our Triage is a temporary semi-private area separated by curtains. Only 1 visitor ( $>$  18 years) is permitted in Triage. A nurse and a physician (laborist) will evaluate you and contact your obstetrician.

### Labor, Birth, and Recovery:

- Once admitted to Labor & Delivery (L&D), you will have your own private room with its own bathroom. This room is designed for laboring and for vaginal birth. If you are pregnant with multiples, the labor will occur in the same room and when you are ready to deliver, you will be transferred to the operating suite located on the unit. Cesarean Sections, if necessary, take place in one of our 3 operating suites located in L&D.
- Plan to have someone you trust care for other children at home while you are away. This way, mom has the support she needs.

- In addition to your own doctor/midwife, we provide an “OB doctor” called a Laborist, and an anesthesiologist (for epidural placement or emergency anesthesia) available 24 hours a day. We also have a Level 3 NICU, so if there are any emergencies, our patients will receive the care they need quickly.
- If mother and baby are healthy and there are no complications, plan to hold your baby skin-to-skin for the first hour, “**The Golden Hour**”. This is a special time that helps with baby’s transition and helps with breastfeeding. The research supports this time as important for baby’s temperature maintenance and cardio-respiratory stability as well as several other benefits. For more information: [The Magic of Skin-to-Skin Contact – ICEA](#)
- After your -2-hour recovery in L&D, you will move to a private room on one of our two Postpartum units. Each room has a convertible “chair-bed” for your partner/support person. We will provide the pillow and linens.
- Expect to stay in the hospital approximately 24-48 hours following a vaginal birth, or 48 -72 hours following a Cesarean birth.
- Breastfeeding support is available for you during your stay. Our lactation nurse will stop by your room to check on you during the day, but please let your nurse know if you need help.
- Baby will have 2 ID bands (one on wrist and one on ankle) that match both you and your partners band. Baby will also have a security band called a ‘hug’. These bands must remain on the baby the entire stay.
- Your healthy baby will remain in the room with you—called “rooming-in”. This close time with your baby will allow you the opportunity to become comfortable with feeding and changing diapers etc. before you go home with your baby. We do not have a nursery available for maternal rest.
- The American Academy of Pediatrics strongly supports breastfeeding as the best choice for infant feeding. If the mother has symptoms of or tested positive for COVID-19, delayed cord clamping practices and skin-to-skin care in the delivery room should continue as usual. Mothers may breastfeed and room-in with their newborn, but it is recommended they wear a mask and wash hands before care and feeding. For more information, please talk to your baby’s pediatrician.
- Our Level 3 nursery (NICU) is located on the 2<sup>nd</sup> floor and they are here to provide care during an unexpected emergency with baby or if baby needs a higher level of care.
- Circumcisions are not done in the hospital. This is an elective procedure performed in the pediatrician’s office in most cases. For additional information, visit the Circumcision Resource Center <https://circumcision.org/about-us/> or the American Academy of Pediatrics to help you make an informed choice.
- Our rooms are private but the Triage area and the Post Anesthesia Care Unit (PACU or Recovery), which are temporary locations, are semi-private which means there are privacy

curtains between patients. Semi-private locations are limited to one visitor (> 18 years) at a time.

- Professional photo sessions by Bella Baby is back in the facility offering their expertise in capturing those first baby moments. They will visit you on the Postpartum units and provide you information. Bring one or two cute outfits and props for the pictures. Their website is: [Home | Bella Baby Photography](#)
- On the day you are being discharged home, your partner/visitor should bring the baby's car seat up to the 2<sup>nd</sup> floor. Remember you are responsible to know how to install it and secure baby properly. Here is more information: <https://www.nhtsa.gov/equipment/car-seats-and-booster-seats/#/installation-help-instructions?view=full>
- Birth Certificates are issued by the Southern Nevada Health District. You will complete a birth certificate worksheet while you are in the hospital, and after about 2 weeks, you will be able to purchase your birth certificate for a fee of \$33 and \$20 for each additional birth certificate. Visit their website for more information: [www.southernnevadahealthdistrict.org](http://www.southernnevadahealthdistrict.org)
- If baby's parents are not legally married, and in order for the non-birthing parent's name to be on the birth certificate, the state of Nevada requires that you fill out an additional form called a "Declaration of Paternity" or a "Declaration of Parentage" whichever is appropriate. Concerning **surrogates**, please provide the court documents that designate the legal parentage to the hospital before the birth if possible.
- A Newborn Screening Test (a blood test performed by heel stick) is recommended when your baby is about 24 hours old. This first test is performed in the hospital. The second test, is done by about 2 weeks of age, and will be the parents' responsibility. We will give you a special card before you leave the hospital and instructions to have the second test done. For additional information visit: [About Nevada Newborn Screening: Nevada State Public Health Laboratory: University of Nevada, Reno School of Medicine \(unr.edu\)](#)
- The Birthplace at Summerlin Hospital routinely screens all newborns for Critical Congenital Heart Defects (CCHDs). Newborn screening using pulse oximetry can identify some infants with a CCHD before they show signs. Once identified, babies with a CCHD can be seen by cardiologists and can receive specialized care and treatment that could prevent death or disability early in life.

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### Meals/Food while in the hospital:

- Current guidance from ACOG supports oral intake of moderate amounts of clear liquids by women in labor who do not have complications.
- After a vaginal birth, you will be able to eat solid foods once you have recovered and are feeling hungry.
- Prior to a scheduled C-Section it is necessary that you **DO NOT** eat anything about 8 hours prior to surgery—*check with your provider for specific instructions*. After the surgery, the diet is increased very slowly from ice chips to clear liquids. Usually, you will return to solid foods by the next day.

- All meals are provided for you during your stay—you will receive breakfast, lunch and dinner delivered to your room. One meal is provided for your birth partner. The cafeteria is available for visitors—they do not serve patients.
- Outside food is okay. If you order food for delivery, you will have to meet the delivery driver outside the hospital to pick up your food order.

### What to pack:

- Pack as if you were going to stay in a hotel for a couple days (we do not have hair dryers). Remember, your partner needs to pack a few items too—like a toothbrush, change of clothes etc.:
- Change of clothes for after giving birth (pajamas, joggers, “comfy” clothing etc.) and a going home outfit (You’ll likely look about 5 months pregnant in the first weeks after giving birth)
  - Slippers or “flip-flops” for wearing in your room
  - Personal toiletries like shampoo, toothpaste, deodorant etc.
  - Phones/cameras and their chargers
  - Favorite snacks and a small cooler—coconut water boxes, snack bars etc.
  - Favorite comfort items from home—pillow, blanket
  - Labor support—essential oils, diffuser, birth ball, ear buds/music player
  - You might want to create a music playlist, meditation for labor etc.
  - Glasses or contact lens solution and case
  - Going home and picture taking outfit & props for baby
  - Blanket or cover for sun/wind protection
  - We provide “period” pads for mom while here, but you may want your own for your trip home and for the next several weeks.
  - Most women do have some breastmilk/colostrum and may experience leaking. They come in disposable or the type you wash and reuse.

If you have any other questions or need additional information, please reach out to me via e-mail at [tamara.mccann@uhsinc.com](mailto:tamara.mccann@uhsinc.com). It will be my pleasure to assist you.

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