



2020 Information with COVID-19 updates

(subject to change)

Things to do before the big day:

- Preregistration packets are available at the Registration desk located on the first floor. Although you can visit our website and use “Regie” to begin the registration process, you will need to come into the hospital to sign forms and present 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.
- Call the hospital’s financial counselor at 702-233-7668 prior to the birth so she can provide you information about your co-pays, or help you with cash pay arrangements as well as any other financially related questions you may have.
- Consider childbirth and breastfeeding preparation classes about 2-3 months before your due date month, visit our website at www.summerlinhospital.com/birthplace for available options. Classes have resumed and take place next door to the hospital, but class enrollment size is limited so register early.
- Choose a pediatrician for the 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. Safe Kids provides no-cost car seat checks the 2nd Saturday of every month, 10am-12pm in the medical building parking garage located at the corner of N. Town Center Dr. and Banburry Cross Dr. (limited to first 40 cars). See their website for more dates: www.safekidsclarkcounty.org Safe Kids staff following safety precautions. Please contact them with any questions.

Updated Visitor Guidelines (subject to change):

- Anyone entering the hospital will be screened for symptoms of illness or exposure risks. No visitor is permitted to enter if they do not meet the safety criteria.
- At this time, no other visitors except the birth partner/support person will be permitted to enter. We encourage the partner not to come and go but to stay the entire time.
- The one visitor described above, must be an adult and may stay with you overnight. Minors (under 18yrs) may not visit, so please remember to make arrangements for their care during your hospital stay.
- ~~○ Professional doulas are allowed into the hospital in addition to your one visitor. They may be asked to provide evidence of training etc.~~ Doulas are not permitted at this time.
- Patients and visitors will be asked to wear a mask during your stay with us. **(Your newborn should NOT wear a mask)**

Where to go upon arrival for the birth:

- We are limiting which entrances are open, the best entrance for you to use is the **Emergency Entrance** in the back of the hospital. These doors remain open 24 hours per day and are closest to the elevators.
- If you **are not** in active labor or experiencing another emergency, please check-in at the Registration desk on the 1st floor before going up to the 2nd floor to Labor & Delivery.
- If you **are** in labor or experiencing an emergency related to your pregnancy, please go straight up to the 2nd floor and check-in at the triage desk.
- Our 8-bed Triage unit is a temporary semi-private area (privacy curtains between each bed) for evaluation. Due to COVID-19, for patient safety, **visitors (partners) may not be allowed in this area and would be asked to wait outside until admission to the L&D unit.**

Labor, Birth, and Recovery:

- Once you are admitted to L&D, you will have your own private room with its own bathroom. This is the room you will labor and give birth vaginally—if a C-Section is necessary, that will take place in one of our operating rooms 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. Remember, no children may visit during your stay at this time.
- Prepare your friends and family to be familiar with video platforms like FaceTime, Skype, and Zoom etc. to “visit” virtually.
- In addition to your own doctor/midwife, we provide an “OB doctor” called a Laborist, and an anesthesiologist (“the epidural doctor”) 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 also helps with breastfeeding.
- After your ~2-hour recovery in L&D, you will be moved to a private room on our postpartum unit. Each room has a convertible “chair-bed” for your partner to sleep on. 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. Please let your nurse know if you need help.
- Baby will have ID bands as well as a security band. 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.
- If the mother/parent of the baby has symptoms of or tested positive for COVID-19, please speak to your pediatrician and nurse to discuss the recommendations and what your choices are for the care of your baby.
- The Level 1 Newborn Nursery is closed to all visitors at this time.
- Our Level 3 nursery (NICU) is located on the 2nd floor and they are here to provide care during an unexpected emergency with baby or if baby needs that higher level of care. Due to COVID-19, only the parents of the baby (mother/father/banded partner) are allowed in to visit baby 24 hours a day—one visitor at a time.

- Circumcisions are not done in the hospital. Therefore, if you are choosing circumcision for your son, please talk with your baby’s pediatrician at the first visit.
- Our rooms are private but the triage area and the post surgery recovery area, which are temporary locations, are semi-private which means there are privacy curtains between patients. Semi-private locations cannot have visitors at this time.
- Professional photo sessions by Bella Baby is currently suspended, so you may want to make sure you have your own camera available and a special outfit for the baby’s first photos.
- On the day you are being discharged home, your partner/visitor should bring the baby’s car seat up to the 2nd floor. Remember you are responsible to know how to install it and secure baby properly.
- 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
- If baby’s parents are not legally married, 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. With regards to surrogates, the court documents must be presented that designates the legal parentage.
- A Newborn Screening Test will be performed when your baby is about 24 hours old. This first test is done in the hospital; however the 2nd test, done by about 2 weeks of age, will be the parents’ responsibility. You will be given a special card before you leave the hospital and instructions to have the 2nd test done.

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.

Meals/Food:

- 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 only—they do not serve patients.
- Outside food is okay, but if you order food for delivery, you will have to go outside the hospital to pick it up from the delivery driver as they will not be allowed in the hospital.
- Keep in mind that during labor, you will generally, only have ice chips or sometimes clear liquids. Following a vaginal birth, you will be able to eat once you have recovered and are feeling hungry.
- Prior to a scheduled C-Section you are advised not to eat anything about 8 hours prior to surgery—**check with your provider for specific instructions**. And then after the surgery, the diet is increased very slowly from ice chips to clear liquids to solid foods by the next day usually.

What to pack:

Pack as if you were going to stay in a hotel for a couple days (but we do not have hair dryers). And 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 (no skinny jeans! You’ll likely look about 5 months pregnant)
- ✓ Slippers or “flip-flops” for wearing in your room
- ✓ Personal toiletries like shampoo, toothpaste, deodorant etc.
- ✓ Phones/cameras and their chargers
- ✓ 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 solutions and case
- ✓ Going home and picture taking outfit for baby—and a blanket or cover for protection
- ✓ We provide “period” pads for mom while here, but you may want your own for your trip home and for the several weeks after too.

Thank you for choosing The Birthplace at Summerlin Hospital Medical Center for the birth of your baby! If you have any additional questions, please call or email me and I would be happy to assist you.

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