



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 about 2 months before you due month. Although you will need to come into the hospital to complete the maternity preregistration, you can begin the process by visiting our website and using "Regie", here: <https://regie.uhsinc.com/UOPE/membership/RegieBegin.aspx> 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.
- 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.
- Start looking at childbirth and breastfeeding preparation classes now and plan to take them about 2-3 months before your due date month, visit our website at www.summerlinhospital.com/birthplace for available options. We offer on-line as well as in-person classes. The in-person classes take place next door to the hospital in the Summerlin Medical Office Building Tower I, Conference Room on the ground level. Class enrollment size is limited 8 couples per class, so register early, as some classes will fill up.
- 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. Safe Kids provides no-cost car seat checks the 2nd Saturday of every month at our facility, 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 additional locations: www.safekidsclarkcounty.org Please contact them with any questions.

Visitor Guidelines (*subject to change*):

- All hospital visitors are screened for illness or exposure risks. Visitors will not be permitted to enter if they do not meet the safety criteria.
- At this time, the hospital is permitting two visitors/support persons at a time for each patient (the new mother). One of these visitors may be a doula if that is your choice.
- One visitor may stay the night, but minors (under 18yrs) may not visit, so please remember to arrange for their care during your hospital stay.
- Patients and visitors must wear a mask. ***(Your newborn should NOT wear a mask)***

Where to go upon arrival for the birth:

- Since entrances are not always 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.

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—check for updates on this.
- 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 or nurse anesthetist (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. See here for more information: <https://icea.org/wp-content/uploads/2016/01/Skin to Skin Contact PP.pdf>

- After your ~2-hour recovery in L&D, you will move to a private room on our postpartum unit. 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, but 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.
- The AAP 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.
- The Level 1 Newborn Nursery is available when needed, though most babies will remain in mother’s room. At this time only parents are permitted to enter one at a time and maintain 6ft apart from other baby’s.
- 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 permitted to visit baby at this time.
- 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 surgery recovery area, which are temporary locations, are semi-private which means there are privacy curtains between patients. Semi-private locations are limited to one visitor at a 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. 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
- 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. 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 done in the hospital; however, the second test, done by about 2 weeks of age,

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.

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 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 **not** to 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 to solid foods by the next day usually.
- 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, but if you order food for delivery, you will have to meet the delivery driver outside the hospital to pick it up your food order, as they are not be permitted in the hospital.

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). 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 solutions and case
- ✓ Going home and picture taking outfit 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 several weeks after too.
- ✓ Most women do have some breastmilk leaking once the milk increases, so you may need breast pads. They come in disposable or they type you wash and reuse.

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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