



Lakeland Regional **Health**[®]

Delivering at The

Carol Jenkins Barnett Pavilion
for Women and Children

Congratulations!

Expecting a baby is a momentous time! We know you are excited about the future and maybe even a little scared as you wonder about what changes to expect and all of the decisions that will be made. Whether this is your first baby or you have given birth before, Lakeland Regional Health wants to set your mind at ease by answering questions you may have.

We look forward to welcoming you, your family and your little one to the Carol Jenkins Barnett Pavilion for Women and Children.

The Pavilion is the premier destination for quality healthcare and is designed to deliver clinical excellence and family-centered care for women and children of all ages, using best practices and state-of-the-art technology while offering privacy, comfort and elegance that redefine personalized care.

Your doctor or midwife will continue to be your primary partner throughout this wonderful journey and will be your best source for medical information related to your health. Remember to always consult your provider with any questions or concerns you may have about your pregnancy.



It's Time!

You've probably seen those movies where an expectant mother yells, "It's time!" and everyone scurries around frantically trying to get the mom-to-be to the hospital.

The good news is, it doesn't have to be like that.

Your obstetrician or midwife will give you instructions about what to do when it is "time," and this book has extra details about what happens when you enter the Pavilion for that big moment.



What to Bring to the Hospital:

- Comfortable nightgown, robe, underwear, socks, and slippers
- Nursing bra and breast pads
- Sanitary pads
- Hair items (scrunchies, clips, etc.)
- Toiletries
- Insurance card
- Birth Plan (if desired)
- Comfortable and loose-fitting clothing to wear home and comfortable shoes
- Pediatrician phone number
- Glasses, if you wear them
- Camera or video camera
- Mints or small snacks (if allowed)
- Watch or stop watch
- Headphones

"Advances in technology and the evolution of patient-centered childbirth options give pregnant women the opportunity to create a personalized birth experience at LRH."

- Lakeland Mom blog

Baby Will Need:

- Outfit
 - Warm clothing to wear home
 - Baby socks, cap and mittens (they keep babies from scratching their face)
 - Baby Car Seat
- (To learn more about car seat safety, visit www.safekids.org/ultimate-car-seat-guide)



Welcome Desk

Once you arrive in the building, if you are in active labor, take the elevators past the Welcome Desk to the Obstetric Emergency Department (OBED) located on the third floor. You do not need to stop at the Welcome Desk.

While in the OBED, you will be assessed for signs of labor. If you are in labor, you will move to a Labor & Delivery suite where exciting things will begin to happen.

If it is determined that you are not in labor, we will give you helpful information and your doctor will be contacted.

If you are scheduled for a C-section, please stop at the Welcome Desk and then go to the third floor OBED.

I am having contractions – how can it not be “true labor?”

Though your contractions may feel really strong, it is sometimes “false labor,” or Braxton Hicks contractions. It may be disappointing to be told you are experiencing false labor, but it is all part of your body’s grand plan to help you prepare for actual labor.

Labor and Delivery

Once admitted to one of the Pavilion’s labor and delivery suites, you will meet your labor and delivery nurse. Your nurse will take your information, conduct a pelvic exam, and begin to monitor your vital signs and your baby’s heart rate. In most cases, your nurse will start an intravenous line (IV) in your arm so that you can receive medications and/or fluids if necessary.

Your Comfort and Activity during Labor

In early labor, you will be able to walk around unless otherwise instructed. Our well-trained registered nurses will assist you with positions of comfort and our wireless fetal and contraction monitoring allows you to be up and moving during labor. Ideally, you should change your position every 30 minutes to promote active labor. For your comfort, we also have hydrotherapy, nitrous oxide and epidural options should you wish to ease the discomfort of labor.

Your Care Team

Certified nurse midwives and physicians are here 24/7 to give the very best nursing and medical care. Most importantly, our team is here to support your birth experience choices, help you be as comfortable as possible during labor and prepare you to care for your newborn with confidence.



Cesarean Section

If you have a scheduled C-Section, our nurses will prepare you for the operating room (OR) and place you on a fetal monitor. Also during this time, the anesthesiologist will discuss what type of anesthesia is best for you.

After you are prepped and ready, a nurse will take you to the OR for your surgery where the anesthesiologist will administer the appropriate form of anesthesia. Most of the time, you are allowed one support person in the OR with you. However, if there is a reason the anesthesiologist decides you need general anesthesia (you are put to sleep for surgery) no additional people may join you in the OR. When your baby is born, a special team will ensure your baby is safe and doing well. You will also have time to see and bond with your baby in the OR.

When surgery is complete, you will recover in the Post Anesthesia Care Unit (PACU) where your support person will remain with you throughout recovery. Usually you will be in the PACU for about 1½ hours and during that time you can breastfeed and bond with your baby. Once you have completed your recovery, you and your family will be transferred to the Mother Baby Unit.



Mother and Baby Unit

Our patient rooms are filled with natural light, calming colors and pictures of nature, all of which help promote a healing environment.

During your stay with us, we will encourage you to nap and will suggest that loved ones allow you time to heal.

Your support person is welcome here at all times and will enjoy comfortable accommodations.

Breastfeeding Support

We have certified lactation consultants available to help mothers who may have difficulty breastfeeding.

Our MBU nurses also have extra training to assist you with breastfeeding, if that is the method of feeding you choose for your infant.

Once you are settled at home, you are encouraged to join our Breastfeeding Support Group where you can meet other breastfeeding moms. To learn more, visit myLRH.org/support-groups.

The doctors and the nurses made me feel very comfortable. They made my husband feel comfortable, my family feel comfortable.

- Kayla Baum

Your Meals

We are pleased to offer friendly room service so your meals can be delivered at a time that is convenient for you! We know that your new baby has his or her own feeding and sleeping schedule!



Other Important Information

Epidurals

Anesthesiology and Pain Management Center (APMC) provides obstetrical anesthesia services for the Pavilion for Women and Children.

An anesthesiologist is available 24 hours a day and remains in the hospital for labor and delivery services.

Labor epidurals make contractions feel less strong and easier to manage. Some pressure may be felt during labor, which is normal. Being totally numb during labor is undesirable so you know when and where to push at the end of your labor. The anesthesiologist will work with you to obtain the comfort level that you desire.

How can I learn more?

- Obtain APMC's Frequently Asked Questions handout
- For any other questions about epidurals, please contact APMC at 863.682.6751.

Circumcision

Giving birth to a baby boy creates an important decision for parents - whether or not to circumcise.

If you do decide to have your son circumcised, this procedure can be done while you are still in the hospital. Some physicians or healthcare providers may offer circumcision at their offices after discharge from the hospital. Be sure to have all your questions answered by your obstetrician or pediatrician prior to your admission to the hospital. Also, check with your insurance carrier to see if the expense is covered.

If you have not made prior arrangements for this procedure, you can still arrange to have this procedure performed at the hospital. Ask your care team about the process and any cost associated with the procedure.





Visitor Information

At Lakeland Regional Health, we know new moms want to feel comfortable and safe throughout their stay in the Pavilion. We recognize that having loved ones around you creates a comforting atmosphere, so we encourage you to plan ahead for that special day.

How many supporters can I have in the labor and delivery room?

We do not have a set number of supporters you may have with you in the labor room. Instead we encourage you to discuss your wishes with your provider and create a list of who you feel will be most supportive and comforting to you during this time.



Can children be present during labor and delivery?

Siblings of the new baby are welcome to visit with their laboring mother and meet their newest family member.

Each child is different. Your family is encouraged to decide in advance if younger children should be present during delivery.

For everyone's safety and well-being, siblings must be attended to at all times by a responsible adult (other than the laboring mom and her primary support person).



What happens right after the baby is born?

This is a very special time for you and your family and we encourage you to enjoy these first moments of time together. In the first hour after birth, you will have an opportunity to bond with and breastfeed your baby. This early connection provides benefits to your baby that can have a lasting impact.

What about photography in Labor and Delivery?

You'll want to capture these treasured family moments! We take great excitement in seeing all the babies born at our Pavilion. To share photos with us, tag @lakelandregionalhealth on Instagram or Facebook.

Please keep in mind that photography and videotaping cannot take place during the actual delivery.

Does your hospital offer newborn photos?

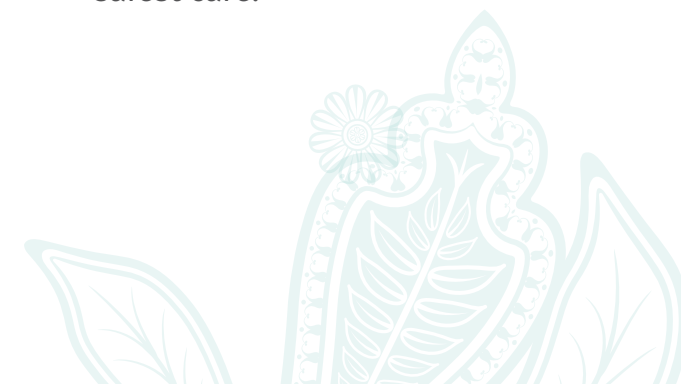
We are pleased to offer professional photography through Mom365 after mom and baby have recovered. Once you and your family have been moved to the Mother Baby Unit, please ask your nurse about this option.



What else should I know about Labor and Delivery?

As part of your personalized childbirth experience, you will find:

- We want you to share your birth plan with us
- Walking and movement are encouraged during labor, when considered safe, and wireless fetal monitors help facilitate this
- Hydrotherapy tubs can be used for relaxation and pain relief
- Birthing balls, birthing bars and peanut balls can keep labor progressing
- Nitrous oxide in every birthing suite can help you relax and lessen your focus on labor discomfort
- Physicians, nurse midwives and labor nurses are specially trained to deliver the best outcomes and safest care.





NICU

Should your infant need more specialized care, we are pleased to offer the only Level III Neonatal Intensive Care Unit (NICU) in Polk County.

Parents can remain with their babies and even stay overnight in our private NICU rooms. We also have adjoining rooms if a family has twins who need to be cared for in the NICU.

If you anticipate that you may need the services of our NICU after the birth of your baby and have questions, please call 863.687.1100, ext. 1759.

Being in the NICU can be a scary concept. Lakeland Regional Health really gave me peace of mind.

- Margaret Walter



Nurturing Environment

At the Pavilion, we take the safety and security of all infants and children to heart. To help us provide a safe and secure environment for you, your baby and your family, we offer the following precautions.

Your Baby's Safety

- All LRH babies wear special tags so that their location can be monitored at all times through an electronic infant security system.
- Your baby will also have 2 identification bands that should be kept on at all times. Please let us know as soon as possible if a band is loose or missing.
- Look for the pink badge! Our team members wear pink badges to identify that they are trained to care for new mothers and babies.

- We will always ask to identify your baby's band number when we bring the baby back to you after a procedure or test.

For Support Persons and Visitors

- All visitors must wear a safety badge. Simply stop by either of our Welcome Desks and show government-issued identification, such as a driver's license, to obtain a badge. Each person who enters the unit will need a badge.
- Visitors must wear the safety badge above the waist at all times so it is visible to hospital team members.
- The safety badge is active for a limited time, so depending on the length of the hospital stay, the badge may need to be renewed.

Patient Medical Information

- We cannot give out medical information on patients. This information is protected by Federal law.
- For your convenience, the parent/legal guardian can create a special password/code to share with family members that allows them to receive updates about infants or children in our Neonatal Intensive Care Unit (NICU) our Pediatric Unit or in our Pediatric Intensive Care Unit. Nurses on those units can give you more details on how this process works.





Going Home

All About You

For a mother who had a vaginal birth, a typical hospital stay is from 1 to 2 days. For mothers who had a C-section, the length of stay is typically up to 5 days. If your physician or midwife feels you need to stay longer, that will be arranged.

We encourage you to take it easy once you are home by taking time to rest and having people help you with household tasks or caring for your newborn. After you are home, it is important to make sure you stay well. Call your physician if you experience any of the following symptoms or health problems:

- Obstructed breathing or shortness of breath
- A temperature over 100.4 degrees Fahrenheit
- Pain in your chest
- Seizures
- Incision that is not healing

- Visual disturbances: blurred vision or spots before the eyes, feeling lightheaded or dizzy
- Headache that doesn't improve, even after taking medicine, or a bad headache with vision changes
- Thoughts of hurting yourself or your baby
- Depression that lasts more than 3-5 days and does not go away
- Bleeding that is soaking through one pad per hour, or blood clots the size of an egg or larger
- Red streaks on your breast may mean you need antibiotics for an infection. Please continue to breastfeed your baby; a breast infection will not affect the baby
- Bleeding from a C-section incision site or opening of the incision
- Red or swollen leg that is painful or warm to touch

Important things to do to get off to a great start while you heal and recover:

- Use your peri bottle after you urinate until vaginal bleeding stops
- Change your peri pads frequently
- Get plenty of rest
- Follow your provider's instructions about lifting (especially if you had a C-section)
- Keep your appointment (usually 6 weeks after delivery)
- If needed, use a stool softener
- Drink lots of fluids (avoid caffeine and alcohol if breastfeeding)
- Eat a healthy balanced diet
- Wait at least one week before driving (vaginal delivery)
- Wait at least two weeks before driving (Cesarean delivery)

What you should avoid:

- Standing for a prolonged period of time
- Using the stairs
- Intercourse, tampons, and douching until cleared by physician or midwife at follow-up

All About Your Baby

The moment is almost here! We know you are excited about going home. Before your baby can leave the hospital, he or she must:

- Maintain normal body temperature in an open crib for a minimum of 24-48 hours
- Be on complete breast and/or bottle feeds, taking 1 ½-2 oz. (45-60cc) every 3 hours
- The feeds should be taken in 20-30 minutes
- Be gaining weight on all breast or bottle feeds
- Be free from IV medications
- Be able to breathe without difficulty
- Be free from any medical conditions that require the admission to continue

After you are home with your new baby, your pediatrician will be your trusted resource for information. Be sure to follow your pediatrician's advice for the care of your newborn.



When to Call the Pediatrician

If your baby experiences the following symptoms, please call the doctor:

- Abnormal temperature: too cool (less than 97.5) or too warm (more than 100.4)
- Your baby is very hard or slow to wake up or has a change in behavior
- Your baby is very fussy or has a high-pitched cry and unable to calm
- Your baby is not feeding 8 or more times in 24 hours
- Your baby does not make enough wet or dirty diapers
- Yellowing of skin or whites of eyes
- Diarrhea or vomiting

If your child was circumcised, please contact your pediatrician if you notice:

- Unusual swelling, smell, oozing, bleeding or bleeding does not stop
- Your baby is having difficulty peeing
- The redness around the tip of the penis gets worse after 3-5 days
- Yellow discharge lasting longer than a week



Safe Sleep Recommendations

- Always place your baby on his or her back for every sleep time.
- Always use a firm sleep surface. Car seats and other sitting devices are not recommended for routine sleep.
- The baby should sleep in the same room as the parents, but not in the same bed.
- Keep soft objects or loose bedding out of the crib, including pillows, blankets and bumper pads.
- Don't use wedges and sleep positioners.
- Avoid covering the infant's head or overheating.
- Try giving a pacifier at nap time and bedtime.





Classes

Several classes are offered at the Pavilion. Please check out **myLRH.org/classes** for the latest information.

Breastfeeding

For expectant mothers who are considering breastfeeding a newborn, this class teaches the breastfeeding techniques you need to provide the best nutrition for your baby. Partners or support persons are encouraged to attend.

Newborn Care

For expectant parents who are seeking to learn more about caring for a new baby during the first few months of life, this class covers topics like preparing for your new baby, care at birth, newborn appearance, baby communication, feeding your newborn, keeping baby safe, growth and development, signs of illness, when to call a care provider, and how to adjust to becoming a family. Additionally, we provide hands-on practice for infant bathing, diapering, cord care, dressing, swaddling and burping. You will also be given a tour of the delivery area and a book.

Childbirth Class

This childbirth class for pregnant women and their partners focuses on the labor and delivery process. Participants learn about signs of labor, what to expect during delivery, breathing and relaxation techniques, comfort and pain management, the role of the support person, and post-partum care. The class also includes a tour of the Labor & Delivery and Mother Baby units and a book to take home for reference.

Labor and Delivery Tours

We'd like to share our state-of-the-art Pavilion with you and have created an inspiring and educational tour for pregnant women and their partners. One of our Women's Services nurses will give you a peek at our rooms and services and can answer your questions. We offer several days and times for your convenience. You must reserve a spot for every guest in your party attending the tour, so we can make appropriate accommodations. Visit myLRH.org/classes.





"The emotions are kind of indescribable. You've got excitement and fear all wrapped into one. Your whole world is changing."

- Keith Walter

"I'm forever grateful to Lakeland Regional Health – and so is baby Franklin."

- Margaret Walter

More about the Carol Jenkins Barnett Pavilion for Women and Children:

- Specially trained Child Life Specialists
- 32-bed Mother-Baby Unit, designed to allow women and their newborns to room together
- 30-bed Pediatric floor, including 12-bed Pediatric Intensive Care Unit, featuring space for family members who need to stay overnight
- Lakeland Regional Health is pleased to collaborate with Nemours Children's Health System to provide your family with convenient access to Pediatric Specialists.
- Pediatric Surgery Department with 3 pediatric surgery suites, a 10-bed post-anesthesia care unit and a 17-bed pre/post-operative unit
- Leading-edge technology for prenatal testing and fetal diagnosis by a team of specialists right here in our community, offering hope for women experiencing problems with pregnancy or childbirth, in consultation with area obstetrician/gynecologists to help ensure healthy outcomes for families
- Polk County's only Level III Neonatal Intensive Care Unit, with 30 private NICU rooms
- 17 private suites for labor, delivery, recovery and high-risk antepartum
- 4 C-section surgery suites
- On-site cafeteria, intimate chapel area and gift shop





Billing

Because so many different departments and providers are involved in caring for you and your baby, it can sometimes be difficult to understand how the billing process works. The following information should help to answer any questions you may have.



Financial Arrangements Separate from the Hospital

- The obstetrician or midwife practice you have chosen will make their own arrangements with you for payment for prenatal and postnatal care.
- You may also need to make arrangements with a pediatrician's office for a hospital exam of your new baby, or circumcision, if needed.
- If you are planning on having an epidural, you will need to make arrangements with the Anesthesiology and Pain Management Center (APMC). Please contact APMC at 863.682.6751 or email apmc1543@verizon.net.
- Other providers who are not a part of Lakeland Regional Health Medical Center billing will bill separately (for example: radiology, pathology, hospitalist, etc.).



Financial Arrangements for the Hospital

If You Have Insurance:

It is important to become familiar with the details of your own insurance coverage, such as prior authorization, non-covered services, deductibles, co-pays, referrals, preferred providers, payment limits and other details. While the hospital works with your insurance company regarding payment, it does not have access to your individual plan coverage.

If you have questions or would like an estimate of your hospital charges, please call 863.687.1199 and a written estimate will be provided to you.

If You Don't Have Insurance:

For patients without insurance, Lakeland Regional Health Medical Center has designed a prepaid, fixed fee, obstetrical program that is available for self-pay patients who have a vaginal delivery or C-section delivery. For information about this program, please call or visit our Business Office. See details below:

Business Office Hours: Monday through Friday, 8:00 a.m. to 4:00 p.m.

Phone: 863.687.1199

Business Office Location: In the Pavilion (E Wing) across from the WIP Café.



Who do I call if I have a question about hospital billing:

Before I deliver my baby?

For general questions about the cost of delivery at the hospital, please call 863.687.1199

After I deliver my baby?

For questions about your bill, please call 877.709.9428, Monday through Friday, 8 am – 5 pm.

If you have added your baby to your health insurance, please call 863.687.1163 within 30 days of birth to provide that information.





Lakeland Regional **Health**[®]

Begin a lifetime of treasured moments

with us.

1324 Lakeland Hills Blvd + Lakeland, FL + 33805 + myLRH.org