Expecting the BEST for Your New Arrival

Your Guide to the Birth Experience at Shady Grove Adventist Hospital
hen you’re having a baby, you want everything to be just perfect. And nobody understands that better than we do. At Shady Grove Adventist Hospital, we talked with moms, dads, doctors and nurses to find out what they wanted from the birth experience. The result: state-of-the-art maternity services and the warm, relaxing atmosphere of home.

Our hospital has Birth Suites designed to cater to your every need. We have a Level III-B Neonatal Intensive Care Unit for high-risk deliveries. And we have a well-trained staff of board-certified obstetricians, neonatologists, perinatologists and lactation consultants, as well as nurses specially certified in neonatal care and inpatient obstetrics.

We hope this guide will answer your questions and help you prepare for your special day. For more information, call us at 301-279-6386.

We can also help you find a pediatrician before the birth of your baby. Just call 800-642-0101 to reach our physician referral line.

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There is nothing more personal than giving birth to your baby. That’s why every mom should be allowed to customize her own birth experience. At Shady Grove Adventist Hospital, we’ll work with you and your doctor to discuss your options for the birthing process and medications, so you can make informed decisions in advance. Plus, we have a wide array of classes available to help you and the father or support person get ready for your big day. Because they can play a major role in the birth of your baby, you can have adult friends and family with you throughout labor and delivery. For safety’s sake, we do ask you to limit visitors to three at a time.

“EVERY mom should be allowed to customize HER own BIRTH experience.”

Educational PROGRAMS

Prenatal Programs

Knowing what to expect will help you relax and really be able to cherish the birth experience. That’s why we offer maternity tours, as well as a wide variety of prenatal classes. Conducted by our highly trained maternity nurses, these classes will help you make informed decisions about prenatal care, labor and delivery.

Our classes include:

- Childbirth and Infant Care (six-week and weekend options)
- Childbirth Express (abbreviated four-hour class)
- Bradley Method Childbirth Education
- Refresher Childbirth
- Breastfeeding
- Infant Safety and CPR
- Prenatal Yoga
- Brother and Sister Education/Tour
- Baby Care Basics
- Fatherhood 101
- Grandparent Education
- Private Childbirth Classes
- Doula Services
- Childbirth Preparation on Tape
- Childbirth Preparation for Spanish-speaking Families

Postpartum Programs

The learning process for parents continues well after the baby is born. To help you adjust and care for your little one, we have many postpartum programs and classes, including:

- Lactation Consultant Services
- “BEST” Program: Breastfeeding Education, Support and Togetherness
- Discovering Motherhood
- Feeding Your Infant and Toddler
- Infant Massage
- Childcare: Meeting the Challenge
- Childcare: Meeting the Challenge

Preregistration is required for all classes and tours; call 800-542-3096 today. You can also view our complete class schedule and review our Maternity Tour on our Web site. Go to www.ShadyGroveAdventistHospital.com and click on “Events & Classes” and “Mother/Child Classes.”
To make your experience as easy as possible, here’s a helpful reminder of what to bring for your hospital stay. Make sure you have your suitcases packed a week or two ahead of your due date.

For You
• A bathrobe, nightgown, slippers and a couple pairs of socks.
• Hair band and lip moisturizer.
• Something to read or games to play.
• Massage oils or lotions, music, an extra pillow and whatever you need to help you relax. Consider bringing tennis balls or a rolling pin for back pain and need them for massage.
• A nursing bra, breast pads and maternity underwear.
• Toothbrush, toothpaste, hairbrush, hairdryer, deodorant and makeup.
• Your address book and cell phone (or a pre-paid phone card). After the baby is born, you’ll want to call family and friends.
• An outfit to wear home. Bring something roomy and easy to get into, along with a pair of flat shoes.

For Your Partner/Labor Coach
• A few basic toiletries, such as a toothbrush, toothpaste, shampoo and deodorant.
• A change of clothes.
• Something to read during the early stages.
• A camera and film to document the big event!
• Snacks or change for the vending machine.

For Baby
An infant car seat — one that has been installed in the car and has been tested for safety. For locations of test sites, please call 240-777-3660.
• An infant tee shirt that snaps on the side.
• A going-home outfit (one-piece stretchy outfits are easiest).
• A receiving blanket (a heavy one if the weather is cold).
• A pair of socks or booties.

Please Preregister
By preregistering, you may go directly to Labor & Delivery — whether you’re coming to the hospital in labor or for a scheduled procedure. You won’t need to spend time in Admitting, waiting to register. To preregister, use the Pre-Admission form in the back of this brochure, call (301-279-6006) or use the online form at www.ShadyGroveAdventistHospital.com.

When You Arrive
Please enter through the Emergency Department and go directly to Labor & Delivery on the third floor (if you’ve preregistered). There, we’ll assess your condition and get you set up in a Birth Suite as soon as possible.
High-Risk Pregnancies and Deliveries

It’s comforting to know our hospital is fully prepared for high-risk births. For women who require inpatient medical supervision during pregnancy, highly skilled perinatologists (high-risk obstetricians) are available.

For preemies and babies who experience problems at birth, we have a Level III-B Neonatal Intensive Care Unit (NICU) providing the highest level of expert medical attention to newborns. Our NICU is equipped with the latest in lifesaving technology, and staffed at all times with neonatologists (newborn specialists) and neonatal nurses who are specially trained to handle the most complex and high-risk situations for just-born babies. As a Level III-B facility, many other hospitals in the area transport their newborns who need minute-to-minute attention to our hospital.

We are also experienced in delivering twins, triplets and quadruplets, as well as in providing care for moms who have babies later in life.

Visiting Hours

Visiting is allowed 24 hours a day. We maintain a strict level of security for our moms and babies. For access into our Birth Suites, visitors must present ID for a “visitor pass.” Up to three people may visit you at one time, due to space and safety concerns.

In the Mother/Baby Unit, we again ask visitors to be sensitive to our patients’ security and need for rest. Especially in our semi-private rooms, we ask that you be considerate of a roommate’s needs.

Please be sure visitors are in good health and children have been immunized. Ask people with the “sniffles,” colds and other similar illnesses not to visit until their symptoms have been gone for at least 24 hours.

Your Birth Suite

We’re working hard every day to make the birthing process as comfortable as possible. That’s why we have Birth Suites, which allow you to stay in one place for labor, delivery and initial recovery. Filled with little touches to make you feel right at home, all our Birth Suites have a:

• Private bathroom
• Television
• Recliner/rocker
• Bed that can accommodate any birthing position
• Jacuzzi

Once Your Baby is Born

First, we make sure that parents and baby get matching identification bands. Then we check to make sure all is well with you and your new baby. If so, you’ll move to the Mother/Baby Unit.

In the Mother/Baby Unit, you’ll have a new nurse who will care for both you and your baby. We call this couplet care. You’ll also have lots of assistance in caring for yourself and your baby. All the nurses here are skilled in assisting with breastfeeding. In addition, we have Certified Lactation Consultants available every day of the week, at no charge, to assist moms who have special concerns with breastfeeding. Breast pumps are also available while you’re here.

Meals are served at approximately 8 a.m., 12:30 p.m. and 6 p.m., and ice machines and snacks are located within the Unit for your convenience.
Birth Certificates

For your convenience, a birth certificate worksheet will be given to you to fill out. A formal copy will be made from this worksheet and filed by the state. Parents should return the worksheet prior to leaving the hospital.

If there are any questions, a medical-records clerk can come to your room.

Baby Photos

Friends and family everywhere will want to see your baby. To help you during this exciting time, our photographer will visit your room to take a picture of your baby. This photo can be made available online, so you can quickly spread the good news. If you are interested, you may also order photos from the photographer.

Going Home

Keep in mind that every birth experience is different. That’s why some patients require longer stays than others. Typically, mothers who have vaginal deliveries may go home in 24 to 36 hours. Cesarean deliveries typically require a 72-hour stay.

For babies remaining in the NICU, a discharge planner will assist you with the transition to returning home.

In an effort to provide a warm and welcoming environment for the next family, we ask that you prepare for discharge between 10 a.m. and 11 a.m.

And please remember to have your car seat installed and checked prior to arriving at the hospital, so the baby is able to go home safely.

Thank you for choosing Shady Grove Adventist Hospital for the birth of your baby.

And remember, as your child — and your family — grows, you can rely on the pediatric expertise of Shady Grove Adventist Hospital for Children. It’s advanced care for kids, here at the hospital you already know and trust.
For more information about our maternity services or to take a virtual tour, please visit us online at www.ShadyGroveAdventistHospital.com. Or call us at 301-279-6386. To find a pediatrician, call 800-642-0101.