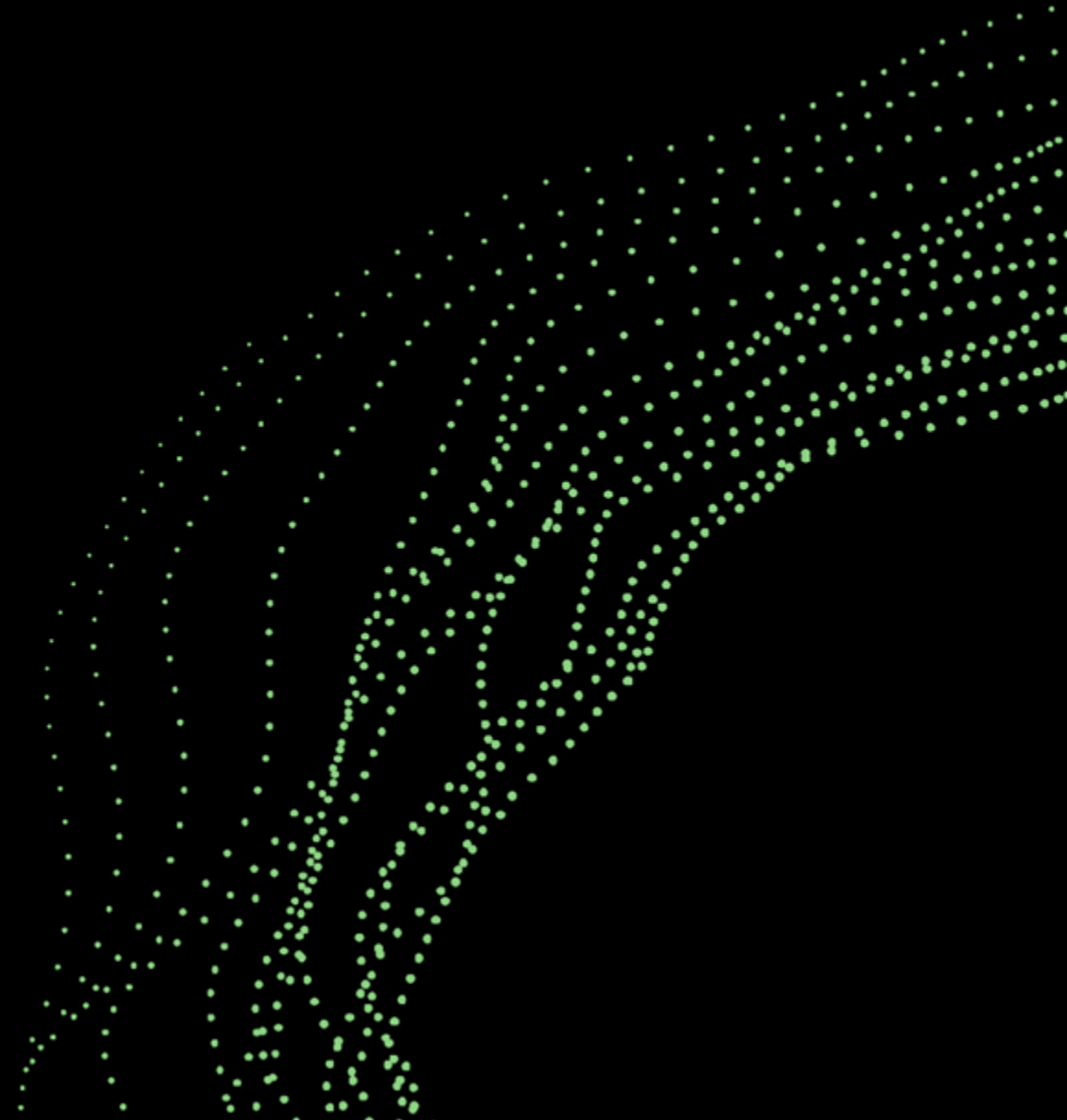


**EMORY**  
HEALTHCARE

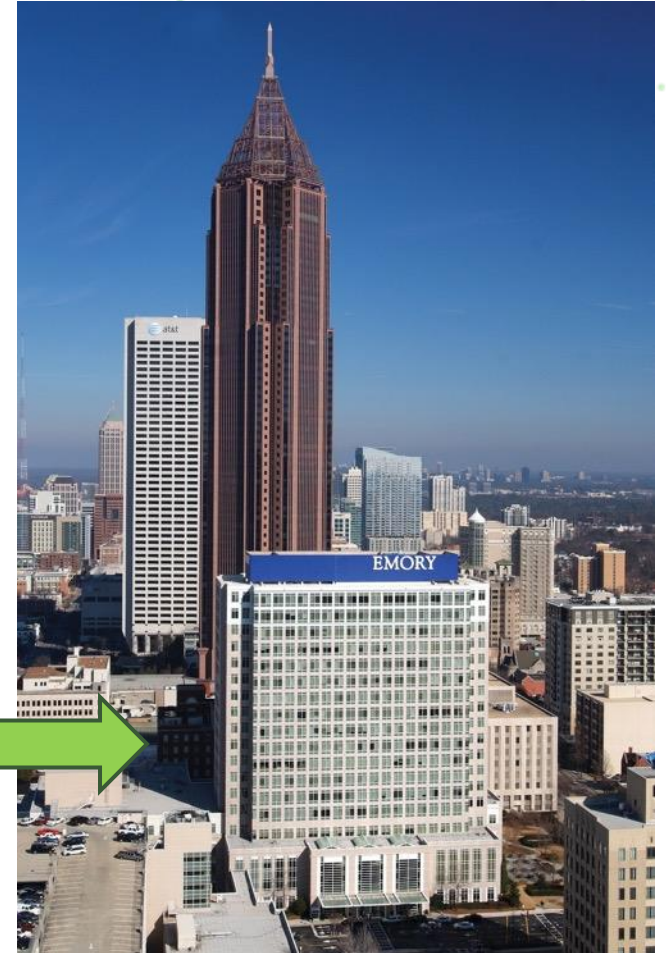
# **Welcome to Emory University Hospital Midtown**

**Maternity Tour**



# We are located in Midtown Atlanta

- 550 Peachtree Street NE, Atlanta, GA 30308
- Anticipate traffic and plan accordingly
- Labor and Delivery is on the 3rd floor of the Medical Office Tower
  - (Diagnostic and Treatment area – D&T)



# Prenatal/Maternity Classes, Tours and Support Groups

- Emory Healthcare offers a wide variety of classes, tours and support groups with both online and in-person options.
- Please view and register online or use the QR code.
- NOTE: To search for more in-person Infant CPR courses in Atlanta you can visit [www.heart.org](http://www.heart.org).
- You can learn infant CPR at home by purchasing a [CPR training kit](#) from the American Heart Association.



# Women's Services Visitor Policy

The number of visitors allowed at your bedside depends on the unit you are in, and on your type of delivery.

- In the **Triage unit**, **one (1) support person** is allowed at your bedside.
- In the **Labor & Delivery unit (for a vaginal delivery)** **one (1) designated essential caregiver & three (3) additional adult visitors** are welcome at your bedside. Siblings\*, doulas, Emory Labor Support Volunteers and religious/spiritual representatives are not included in the total visitor count. \*Siblings under the age of 16 must be accompanied by an adult.
- In **most C-sections**, **one (1) support person** is allowed at your bedside while you are on the Labor & Delivery Unit.
- Definitions:
- **Doula (hired by family)** – a trained, non-medical professional who offers continuous physical, emotional & informational support to individuals and families before, during and after childbirth.
- **Emory Labor Support Volunteers** may be available during your labor. These are individuals trained to assist with comfort measures during your labor; massage, aromatherapy, etc. If you are interested, please ask your nurse.

# Women's Services Visitor Policy (continued)

- In the **Mother Baby unit** one (1) designated essential caregiver & three (3) additional adult visitors are welcome at your bedside. Siblings\* doulas and religious/spiritual representatives are not included in the total visitor count. \*Siblings under the age of 16 must be accompanied by an adult.
- In the **NICU (Neonatal Intensive Care Unit)** two (2) visitors are allowed at the NICU bedside at a time.
- **NOTE:** During flu/COVID season, visitation and masking policies may be updated. Please check [here](#) for current updates.
- **NOTE:** On the Mother Baby unit, visiting hours are 9 a.m.–9 p.m. One adult visitor will be allowed to spend the night. Children under age 16 are not allowed to spend the night.



# Before Delivery: Choose a Pediatrician



- It's important to choose your follow-up pediatrician before delivery for these reasons:
- Our hospital pediatricians will care for your baby while here in the hospital, and they will have you take your baby for their first follow-up visit within 1–3 days of leaving the hospital (a quick turn-around).
- Your baby will have their Newborn Metabolic Screening blood test ("PKU") here in the hospital and if any follow up is needed, you and **your pediatrician** will be notified in a timely manner. More information on slide #35
- Need help finding a pediatrician? Scan the QR code.



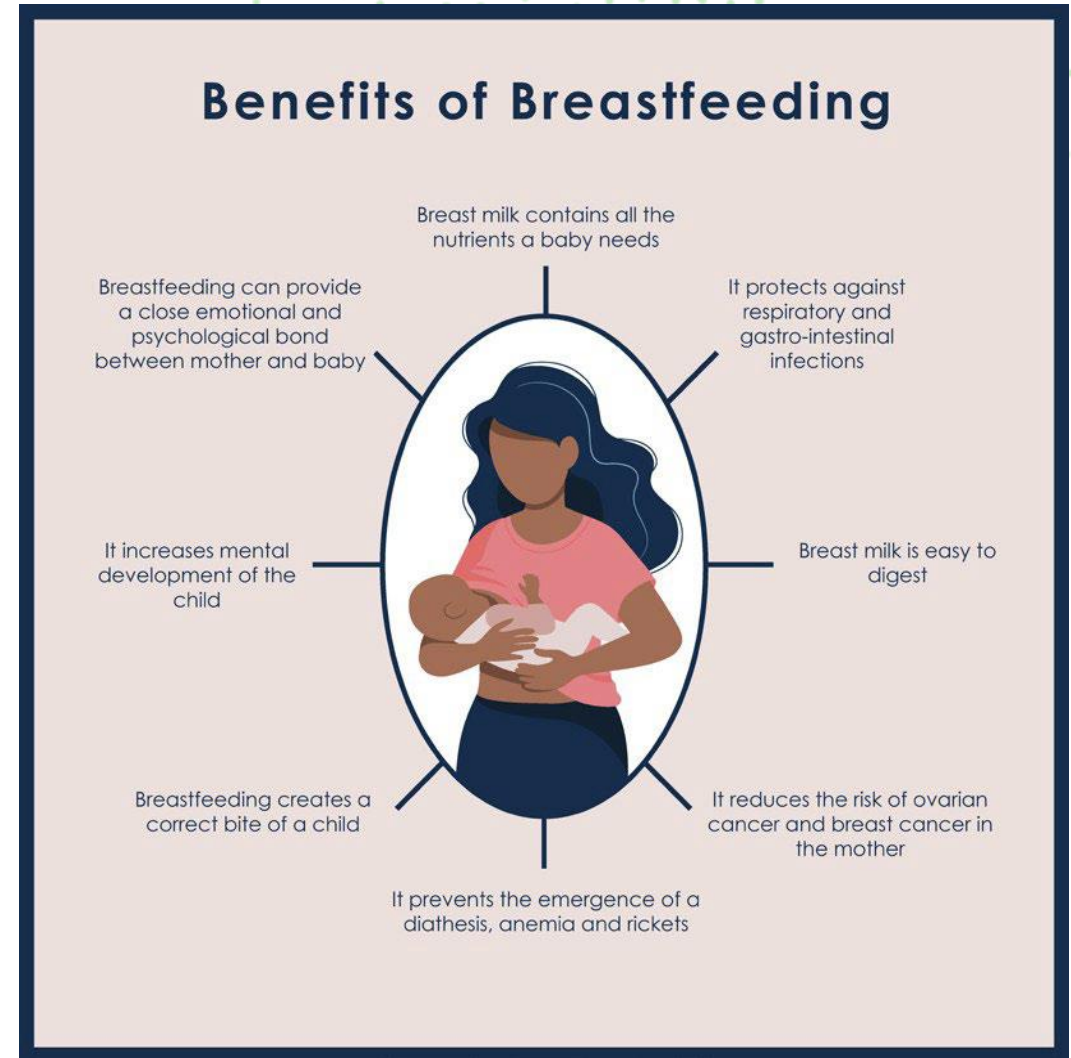
# Purchase an Infant Car Seat

- Purchase a car seat before delivery.
- Practice installing and using the car seat before delivery.
- The hospital does not check car seats.
- [NHTSA](#) has helpful information about car seats, and a list of car seat installation centers near you that can assist you with car seat and base installation as needed.
- **NOTE:** Hospital employees cannot install or assist with car seat operation.



# Before Delivery – Choose How You'll Feed Your Baby

- Breast milk is the natural source of nourishment for a baby.
- Evidence-based practice recommends exclusive breast milk feeding for the first six months.
- Breastfeeding alongside complementary foods is recommended for up to 2 years or longer.
- After being given education regarding the benefits of breastfeeding, those who make an informed choice to formula feed will be supported by our staff. The processes in place to support breastfeeding success (like skin to skin after delivery) are good for formula-fed babies, too!



# Breastfeeding Basics

- Breastfeeding is learned and takes time, practice and patience.
- All of our Labor and Delivery and Mother Baby nursing staff are trained to assist you and, additionally, Lactation Consultants are available.
- Breastfeeding is not done on a schedule; you'll feed your baby "on cue/demand" (when they show you signs they are hungry) typically eight or more times in each 24 hours.
- You'll give only breast milk unless there is a medical reason for supplemental feedings (most common medical reasons are too much weight loss and/or low blood sugar).
- We have donor breast milk available for supplemental feedings.
- Avoid artificial pacifiers/nipples until breastfeeding is established.
- **NOTE:** Please do not bring your own breast pump to the hospital. If a breast pump is needed, the hospital will provide it.



# Planning for the Hospital



- Make plans ahead of time for the care of your other children and pets.
- Pack the things you'll need/want during labor and also for your stay post-delivery.
  - Bring an outfit for professional photos of your baby if desired.
  - Bring an outfit and blanket to take your baby home in.
  - Please check out our suggested [list of items](#) to bring.
- **NOTE:** Pack in a rolling suitcase, if possible. Or, bring a beach wagon!

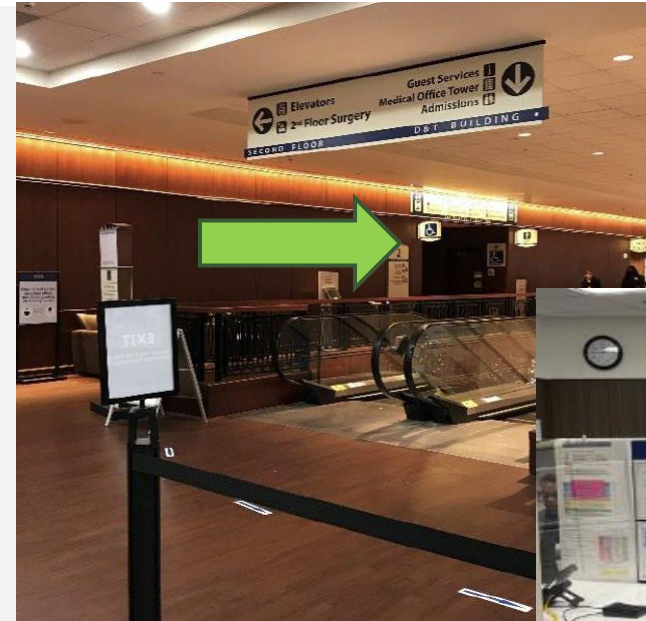
# Arriving at the Hospital for Delivery – Park in Patient Parking Deck

- Remember to bring your driver's license/state ID and insurance card & leave your valuables at home.
  - Park in our Patient Parking Deck (open 24/7) and take the elevators to Level F.
  - When you exit the elevators, turn left and cross the glass pedestrian bridge that leads into the hospital.
  - Walk through the metal detector.
- NOTE: Valet parking is available weekdays only until 5 pm (\$10) – **self parking is better**, if possible.
- NOTE: Patients can purchase a \$25, 7-day in/out parking pass – details on last slide. Cannot buy until you are a patient.



# Arriving at the Hospital for Delivery (continued)

- After walking through the metal detector, you'll walk **past the escalators** to the elevator bank on your left (see green arrow).
- Take this elevator to the 3rd floor where you will check in at Labor & Delivery (L&D) Registration.
- **Every type of delivery checks in here:** C-section, induction, and vaginal.
- You'll wait here until called back to L&D OB Triage for further evaluation, or to L&D if you have a scheduled C-section or induction.
- TIP: Pre-register to save time. You can pre-register on MyChart – ask your OB provider about this. You may already be pre-registered – ask at your next OB visit.



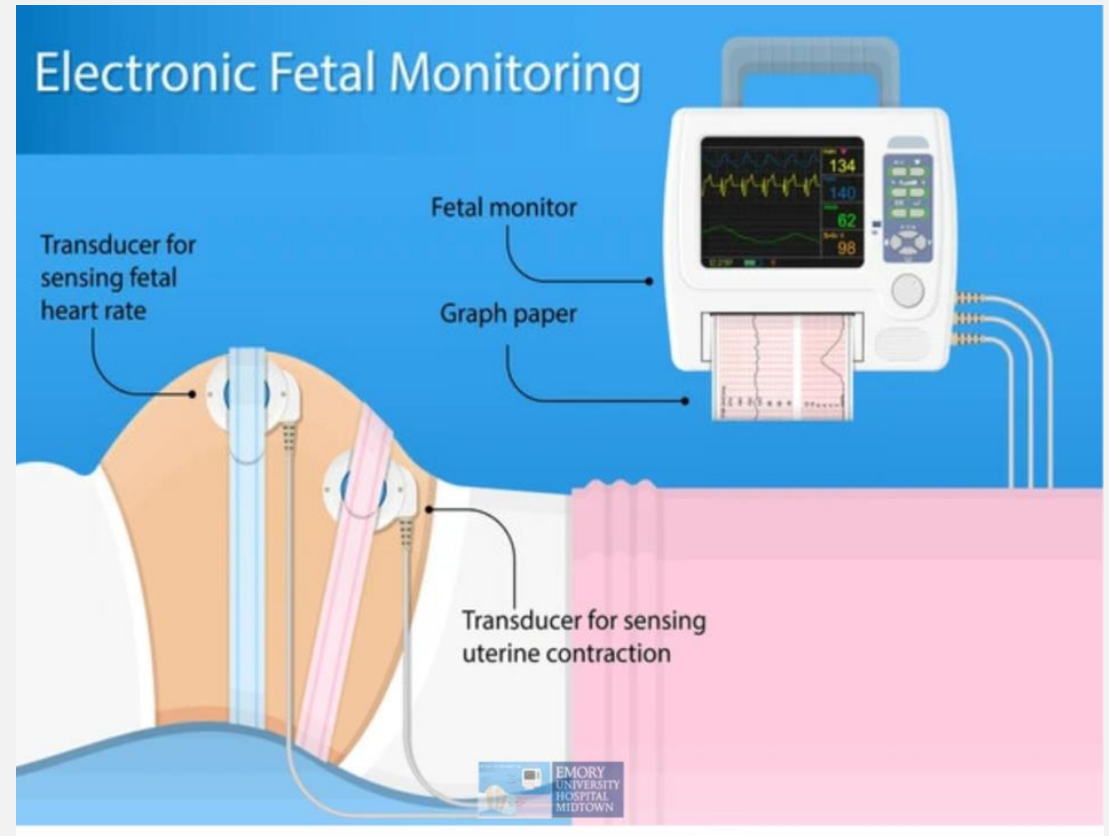
# L&D OB Triage Unit

- One support person is allowed in your triage room after an initial 15 or so minutes with only you, the patient, in the room. This is a great time for your support person to use the restroom, eat a snack & get mentally prepared for next steps.
- Here, certified midwives, registered nurses and your OB Provider will make the best decision for you – based upon assessment (see next slide)– as to whether it is time for you to be admitted to the hospital.



# While in Triage... Are You in Labor?

- Depending on what you are experiencing, the triage team may:
  - Collect blood for lab work
  - Check to see if your water has broken
  - Connect you to a fetal monitoring machine to see contractions and your baby's heart rate
  - Perform a vaginal exam to see if your cervix is thinning out (effacement) or opening (dilating)
  - If you are NOT in labor, you will be sent home – this can be frustrating or embarrassing, but it happens, especially with first babies :)
  - If you ARE in labor, you'll be admitted as a patient to give birth.
- NOTE: If you need hospitalization but it's not yet time for you to have your baby, you'll be admitted to our Antepartum Unit. Common reasons: blood pressure or blood sugar issues, water breaking early.



# Hospital Rules

- All patients must have IV access in case it is needed for any reason. Even if it is never used, access must be in place.
- When you are in active labor or have an epidural, you are not allowed to eat solid food (in case an emergency C-section is needed). You can have clear liquids – we have apple and cranberry juice, water & ice chips.



# Have You Considered Having a 'Birth Preferences/Plan'?

- Your Birth Preferences/Plan can be written on the whiteboard in your Labor and Delivery room. For example\*
- Please ask your OB provider for their own suggested birth plan template.
- **NOTE:** Goal is always a healthy and safe delivery, and there are many ways to get there! Be open to potential changes in the plan and feel empowered to ask questions.
- **\*Do you want to keep your placenta?**
  - On admission to the L&D unit you will be asked if you plan to keep your placenta (unless it's contraindicated). Discuss your preferences with your provider ahead of time.
  - If you know now that you want to bring it home, please bring a cooler to the hospital & choose a person to take it home from the Labor & Delivery unit (it cannot come with you up to the Mother Baby unit).

EMORY UNIVERSITY HOSPITAL MIDTOWN

Emory University Hospital Midtown  
Labor & Delivery/ Birth Planning Board

Date : \_\_\_\_\_ Room # \_\_\_\_\_ Dietary: \_\_\_\_\_

**My Care Team**

Provider: \_\_\_\_\_  
Anesthesia Team: \_\_\_\_\_  
ST/PCA: \_\_\_\_\_  
Nurse: \_\_\_\_\_  
Charge Nurse: \_\_\_\_\_

**Labor Plan**

My Preferences:  
Mom: \_\_\_\_\_  
Baby: \_\_\_\_\_

Early Labor → Active Labor → Pushing →

0 No Hurt  
2 Hurts Little Bit  
4 Hurts Little More  
6 Hurts Even More  
8 Hurts Whole Lot  
10 Hurts Worst

Coping Level: ○ Coping Goal: ○

Last Vaginal Exam: \_\_\_\_\_  
Next Team Huddle: \_\_\_\_\_  
Notes: \_\_\_\_\_

# Labor and Delivery – Comfort Tools

- What we **DON'T** have:

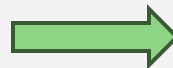
- We do NOT have tubs to labor in.
- We do NOT have water births.
- We do not have birthing balls – feel free to bring your own.
- We do NOT have smart TVs.

- What we **DO** have:

- All rooms are private with private bathrooms.
- Sofa bed for one support person with linens and pillow provided.
- Showers with a sprayer nozzle to help manage labor pain with hydrotherapy.
- Peanut balls, squat bars and mirrors for your use.
- Wireless fetal monitors available.
- You may bring your own LED candles, music, battery string lights, aromatherapy oils.
- Pain medicine choices: IV analgesia (typically given earlier in labor, can be given by nurse) and 24/7 anesthesia services (epidurals). Learn more [here](#)

- **NOTE:** Nitrous oxide (laughing gas) is not used at EUHM.

This is a peanut ball in use... especially helpful after an epidural to keep labor progressing.



# Labor & Delivery Room

- **Skin to skin:**
  - Vaginal birth: immediately.
  - Cesarean birth: as soon as baby/mom are ready.
  - Lasts for at least 60 minutes after birth, or until completion of first breastfeeding.
- **Helps baby:**
  - Regulate heart rate, breathing and temperature
  - Begin to build 'good' germs
  - prepare for breastfeeding.
- **Delayed umbilical cord clamping:**
  - (one-to-two minutes in stable deliveries) provides evidence-based benefits for both you and baby.
- NOTE: Following your delivery, you, your baby, and your support person will spend approximately one more hour in this room to ensure everyone is stable and comfortable before moving upstairs to the Mother Baby unit.



# When Baby is Born – Standard Processes

- After an hour of skin to skin, all babies are weighed & measured.
- All babies are given erythromycin ointment in their eyes to prevent infection and a Vitamin K injection in their thigh to boost their blood clotting abilities.
  - More information:
    - [Erythromycin Eye Ointment for Newborn Pinkeye \(Conjunctivitis\) – HealthyChildren.org](#)
    - [Why Your Newborn Needs a Vitamin K Shot – HealthyChildren.org](#)
- **NOTE:** [Here](#) is the AAP's (American Academy of Pediatrics) website for parents that can be helpful with any medical questions.



# Only if Needed: Cesarean Birth

- Safety is our top priority.
- There are planned, unplanned non-emergent and unplanned emergent C-sections.
- **NOTE:** One support person can accompany you during your C-section in most situations (planned and unplanned non-emergent).
  - In an emergency, your support person will rejoin you after the C-section.
- **NOTE:** Following a C-section delivery, you, your baby, and your support person will spend approximately two hours in our recovery area before moving upstairs to the Mother Baby unit.



# When Baby is Born: Infant Security

- ID bands placed at delivery – do not remove until you are all home: two (2) on baby, one (1) on you, one (1) on dad/partner.
- While in the hospital, baby's name will match mom's name band along with 'Boy' or 'Girl' – you will be given paperwork to start the birth certificate process in the hospital.
- Staff ID badges: all nursing staff caring for babies have a **pink** stripe on their Emory name badge. Providers have a **green** stripe.
- Infant Security System: Monitors with soft band are placed on babies, ensures secure entrance/exit points.



# Only if Needed: Neonatal Intensive Care Unit (NICU)

- Level III Neonatal Intensive Care Unit (NICU) with 24/7 specialized team of caregivers.
- Located on the 3rd floor near Labor & Delivery.
- Babies may go into the NICU for a recovery/transition period for a few hours or may be in the NICU for longer.
- Common reasons your baby might need to go into the NICU:
  - Prematurity (born early)
  - Breathing problems
  - Signs of infection
  - Low blood sugar



# Only if Needed: NICU (continued)

- In Labor & Delivery, parents will be able to see and touch the baby before transfer to the NICU.
- Your support person is encouraged to accompany baby to the NICU.
- Expressing breast milk is encouraged to begin within one-to-six hours after birth.
- Hand expression kits are available in L&D to get started.
- We have donor breast milk available for supplemental feedings.
- Skin to skin is encouraged when it is medically appropriate for baby.



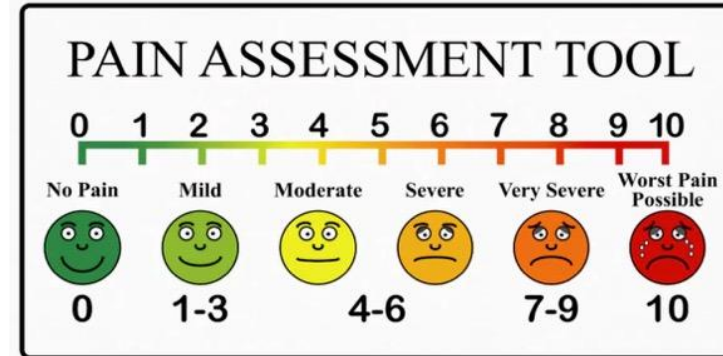
# Mother Baby Unit (Unit 54 – 5th Floor – 2 Floors Up from L&D)

- All rooms are private with private bathrooms and showers. Room sizes vary. No reservations accepted.
- One sofa bed for support person with linens & pillow provided.
- Glider/rocking chair in most rooms.
- Bassinet provided for baby's safety and comfort.
- **NOTE:** The average hospital stay after a vaginal birth is two (2) days & three (3) days after a C-section.
- **NOTE:** In the Mother Baby unit, only one adult visitor will be allowed to spend the night. Children are not allowed to spend the night. Visiting hours for others are 9 a.m.–9 p.m.



# Pain Management After Delivery – 'What's Your Pain Level?'

- **After a vaginal delivery:**
  - Typically, you'll receive Ibuprofen and Acetaminophen every 8 hours.
  - For perineal stitches pain or hemorrhoids, we have cold perineal pads, witch hazel pads and numbing ointment.
- **After a C-section:**
  - Once you move from the stretcher to your Mother Baby bed, you'll rest in bed for the next 12 hours.
  - You'll receive Ibuprofen and Acetaminophen every 8 hours, and oxycodone every 4 hours.
  - 12 hours after your delivery, you'll be assisted to stand and walk – an abdominal binder can help decrease pain at this time.
  - Hand-expressed colostrum (first breast milk) or lanolin cream can help with any nipple soreness.



# Patient Supplies Provided on the Mother Baby Unit

- Perineal pads & mesh panties (you'll be bleeding after delivery).
- Perineal spray bottle (to spray off with warm water after you use the restroom – keeps you clean).
- Sitz bath (warm, shallow bath for hemorrhoids and/or perineal stitches – soothing, can help prevent infection).
- Cold perineal pads (for hemorrhoids and/or perineal stitches).
- Basic toiletries (soap, shampoo, toothbrush and toothpaste).
- Any medications needed for post-delivery pain.
- An abdominal binder is provided to help with pain after a C-section.



# Baby Supplies Provided on the Mother Baby Unit

- We provide baby supplies that you are welcome to take home with you:
  - Bulb syringe.
  - Under the arm thermometer.
  - Diapers & wipes.
  - Hat.
- We also provide baby supplies that you are welcome to use, but please leave these at the hospital:
  - Blankets.
  - T-shirts.
  - Burp cloths.



# Food in the Mother Baby Unit

- After delivery, patients are allowed to eat.
- A menu is available in your room via QR code.
- You will place your order for 3 meals a day.
- Different diets are accommodated (including Vegetarian & Kosher).
- **NOTE:** Meals are given to patients only.



# Food Available for Support People/Visitors

- Visit the Savory Fare Café in our lobby, or the Café in the Winship building.
- Starbucks in Winship building
- We have vending machines in various locations.
- Can use Uber Eats/DoorDash.
- A large, shared refrigerator on each unit is available to store food from home if desired.
- Shared coffee/tea machines and microwaves are available on each unit for patient/visitor use.



# Mother Baby Unit 54: Rooming In

- Babies stay in the room with their families instead of a nursery.
- **Better for babies:**
  - More soothed and more easily calmed.
  - Improved initial bonding time between parents and baby.
  - Can respond more quickly to any of baby's needs.
- **Better for you:**
  - Parents rest/sleep more.
  - You'll learn and respond better to baby's feeding cues.
  - You'll have increased breast milk production.
- **NOTE:** The American Academy of Pediatrics (AAP) recommends room sharing at home for the first six to twelve months to reduce chance of Sudden Unexpected Infant Death (SUID).



# Admission dinner for mother

**ADMISSION DINNER**

**BEEF OPTION**  
Caesar Salad with Parmesan Cheese and Herb Crouton  
Grilled Beef Tenderloin with Bordelaise Sauce, Baked Potato with Butter and Sour Cream, Green Beans  
Chocolate Cake

**CHICKEN OPTION**  
Spinach Salad with Almonds and Cranberries  
Seared Airline Chicken Breast  
Green Beans, Mashed Potatoes  
White Chocolate-Raspberry Cheesecake

**VEGETABLE OPTION**  
Mixed Green Salad with Tomatoes and Cucumbers, Soy-Marinated Tofu, Rice Pilaf, and Broccoli  
Carrot Cake with Nuts

BEVERAGE: \_\_\_\_\_

SALAD DRESSING: \_\_\_\_\_

**ADMINISTRATION ONLY**

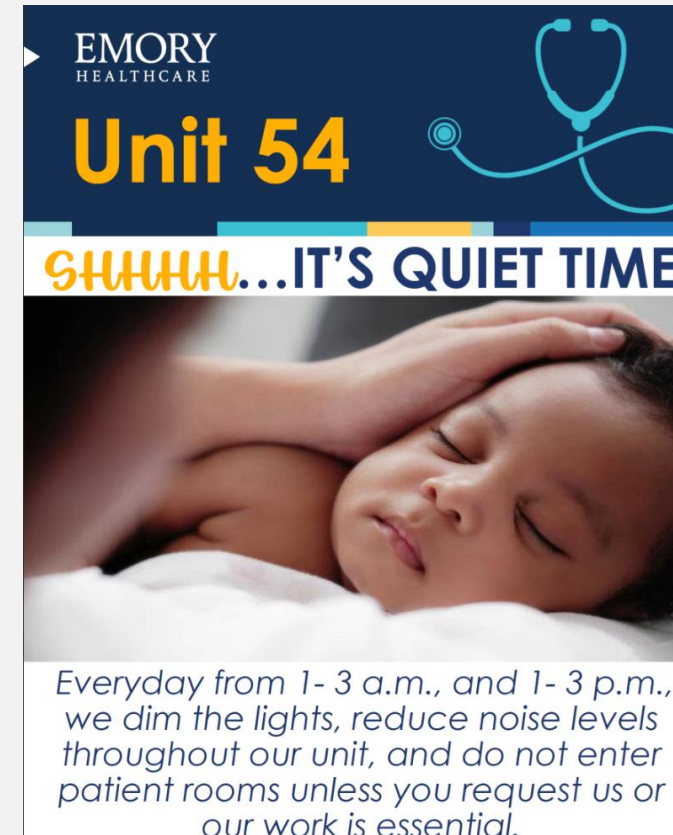
|                    |       |
|--------------------|-------|
| DATE:              | _____ |
| PATIENT LAST NAME: | _____ |
| PATIENT ROOM #:    | _____ |
| NURSE:             | _____ |



- For your first dinner on the mother baby unit (patient only) you can choose from three special, celebratory meals.

# Quiet Time on the Mother Baby Unit

- In an effort to improve and increase your family's important rest time during your hospital stay, we have Quiet Time on the Mother Baby Unit.
- Everyday from 1–3 a.m. and 1–3 p.m., we dim the lights, reduce noise levels throughout our unit and do not enter patient rooms unless you request us or our work is medically necessary.



EMORY  
HEALTHCARE

**Unit 54**

**SHHHH...IT'S QUIET TIME**

*Everyday from 1- 3 a.m., and 1- 3 p.m., we dim the lights, reduce noise levels throughout our unit, and do not enter patient rooms unless you request us or our work is essential.*

# Baby's First Bath is Delayed for 24 Hours and is Done in Your Room

- Vernix (waxy, white substance on baby) remains on skin to protect and moisturize baby's skin and reduce risk of infection.
- **Better for baby:**
  - Less stressful.
  - Improves temperature regulation.
  - Stabilizes blood sugar.
- **Better for family:**
  - Improves initial bonding.
  - Improves early breastfeeding.
  - Allows family to participate, if desired.



# Newborn Screenings

- After your baby turns 24 hours old, they will have several important screenings done:
  - A hearing screen – a simple test which checks your baby's ears' structure.
  - A heart screening – a simple test done to rule out any major heart disorders.
  - A blood screening – this test is done by obtaining drops of blood from your baby's heel (similar to a finger stick on an adult). This one test checks for 35 diseases & disorders that are important to know if your baby has.
- Click [here](#) for more information on these screenings.



# Circumcision

- Many OB provider groups will perform the circumcision on your baby, if desired.
- The circumcision may be performed during your stay in the hospital, or after discharge in the OB provider's office.
- **Please check with your OB provider group to confirm if they perform circumcisions, and, if so, their preferred timing.**
- If done in the hospital, baby will be taken to a procedure room on the unit & your nurses will instruct you how to care for your baby after the circumcision (vaseline and gauze placed on site with every diaper change).



# Room Sharing Continues at Home to Help Keep Your Baby Safe

- The American Academy of Pediatrics (AAP) recommends room sharing for the first six-to-twelve months to reduce the chance of Sudden Unexpected Infant Death (SUID).
- Breastfeeding significantly reduces the risk of Sudden Infant Death Syndrome (SIDS). Studies show that breastfeeding for at least 2 months can cut the risk of SIDS in half.
- The AAP recommends using pacifiers at night after breastfeeding is established (at approximately three-to-four weeks of age) to help prevent SIDS.
- For more information, visit [Safe to Sleep](#).



# Remember 'ABC'

- Your baby should be in your room in their own safe sleeping space – not in your bed.
- Remember "**ABC**" :
  - **ALONGE**
  - On their **BACK**
  - In a **CRIB**



# Skin-to-Skin: In Hospital & at Home

- Continue to hold baby skin to skin as often as possible to increase bonding time between baby and parent.
- It can also help to wake a sleepy baby for feeding.
- We recommend at least once a day for sixty minutes.
- We encourage the father/partner to also hold baby skin to skin.



# Going Home: Be empowered and Be Aware of the POST-BIRTH Warning Signs

- (We'll give you this information on a magnet or flyer to take home with you.)
- Most childbirth complications occur after delivery – usually in first 6 weeks.
- However, you are at risk for up to a year after birth – listen to your body and get help if needed.

|  |  |
|--|--|
| <p><b>Call 911</b><br/>if you have:</p>  | <ul style="list-style-type: none"><li><input type="checkbox"/> <b>P</b>ain in chest</li><li><input type="checkbox"/> <b>O</b>bstructed breathing or shortness of breath</li><li><input type="checkbox"/> <b>S</b>eizures</li><li><input type="checkbox"/> <b>T</b>houghts of hurting yourself or your baby</li></ul>   |
| <p><b>Call your healthcare provider</b><br/>if you have:<br/><small>(If you can't reach your healthcare provider, call 911 or go to an emergency room)</small></p> | <ul style="list-style-type: none"><li><input type="checkbox"/> <b>B</b>leeding, soaking through one pad/hour, or blood clots, the size of an egg or bigger</li><li><input type="checkbox"/> <b>I</b>ncision that is not healing</li><li><input type="checkbox"/> <b>R</b>ed or swollen leg, that is painful or warm to touch</li><li><input type="checkbox"/> <b>T</b>emperature of 100.4°F or higher</li><li><input type="checkbox"/> <b>H</b>eadache that does not get better, even after taking medicine, or bad headache with vision changes</li></ul> |

# Going Home: Breastfeeding Support

- For free phone advice from our lactation consultants, please leave a message in our lactation office at 404-686-2883.
- Calls returned within 24 hours.
- Other support:
  - In your discharge folder, you will have an up-to-date list of local lactation resources.
  - A lactation nurse leads an in-person breastfeeding support group every Thursday at Emory Decatur Hospital. Info for signing up is available [here](#).



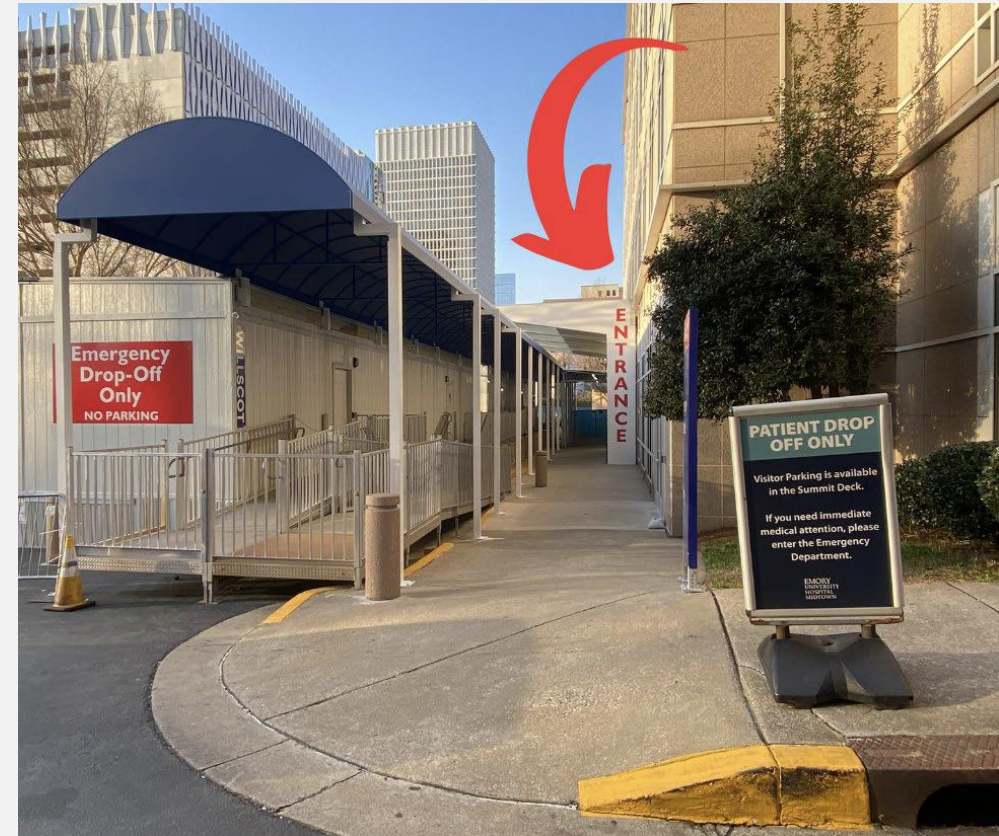
# Emory University Hospital Midtown Maternity Center

- Scan here to go to the EUHM maternity center website – scroll to bottom to see videos of our L&D, Mother Baby, & NICU rooms.



# In case of an obstetric emergency while pregnant:

- **If your gestation is less than 20 weeks**, call 911 or go straight to our **Emergency Department**, which is open 24/7. (Entrance is on the West Peachtree side of the hospital – drop-off parking spaces are in front – see photo)
- **If your gestation is 20 weeks or greater**, call 911 or come directly to the 3rd floor L & D (Labor and Delivery) registration desk to check in to be seen urgently in **L & D OB Triage**.
- **If your OB emergency occurs after 9pm, no matter your gestation**, call 911 or go to our **Emergency Department**.



# Parking at the Hospital: Ways to Save Money

- Parking at EUHM is up to \$16/day – we do not pay for your parking.
- Once you are a patient in the hospital, you can buy a \$25 in/out weekly pass by going to the Patient/Visitor's Parking Deck office on level B of parking deck. Hours are M–F, 7:00 a.m.–9:00 p.m.
- Bring your ticket and credit card or exact cash.
- If your baby is in our NICU, the NICU social worker can help you buy a \$50 in/out monthly pass.
- Call 404-686-2320 with questions.





# **Thank You for Choosing Emory University Hospital Midtown**

**Questions?**

**Please contact: Kate Phillips, MSN, RNC-MNN  
[katherine.phillips@emoryhealthcare.org](mailto:katherine.phillips@emoryhealthcare.org)**