



*Woman
& Newborn*
SERVICES



East Jefferson General Hospital



welcome

At East Jefferson General Hospital, we treat childbirth as one of life's most special events. From our lovely private birthing suites to our family-centered approach, we provide an unsurpassed level of care and support for each new family. Whether you are having your first baby or adding to your family, you can be sure that our outstanding physicians and highly credentialed nurses will provide both sophisticated and compassionate care by incorporating the latest evidence-based research. Every woman and every pregnancy is different. At East Jefferson, our staff is with you every step of the way by offering a variety of resources, specialty care and classes.

If you would like to schedule a personal tour of our facility, please call **504-503-5555**. We look forward to serving you.

Pre-registration

Congratulations on planning to have your baby at East Jefferson General Hospital. We want you to know that we are delighted that you have chosen East Jefferson for this momentous event in your life. We encourage you to pre-register by completing the enclosed registration form and returning it to us when your pregnancy reaches 20 weeks. By pre-registering, you simplify everything for the birth of your baby. Also, include a copy of your identification (i.e. driver's license or other state or federally issued photo I.D.) and both the front and back sides of your insurance card.

Online pre-registration is also available for your convenience. Go to www.ejgh.org and click on Woman & Newborn Services. You can then navigate to our online registration form. You will still be required to submit proof of identification and insurance. You can fax copies of your driver's license (or other appropriate I.D.) and insurance to **504-503-5485**.

Financial Information

Patients with maternity insurance coverage are responsible for their co-pay or deductible 30 days prior to the estimated due date. Private-pay patients can contact Woman & Newborn Services to discuss payment options. All patients will receive a private room at no additional cost. **As a reminder, your baby MUST be added to your insurance plan within 30 days of birth in order to be covered.**

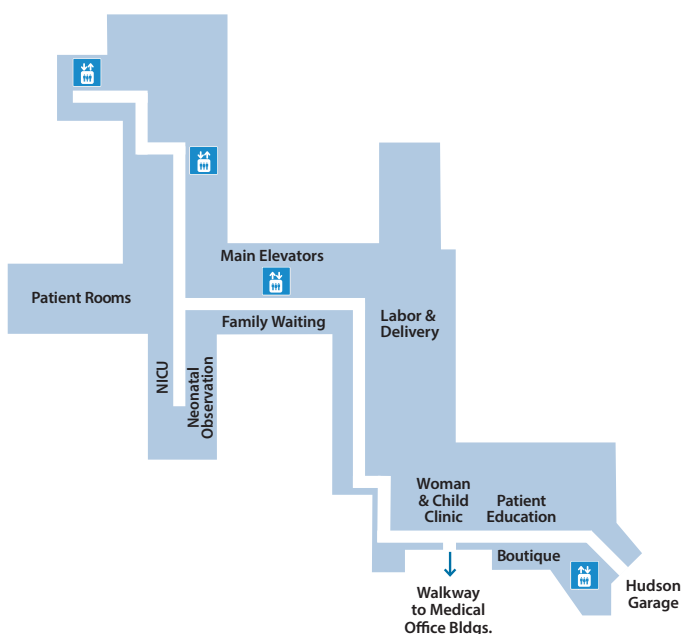
Getting Here

Woman & Newborn Services is located on the 4th floor of the hospital. Please enter through the Hudson garage weekdays between 5 am and 9 pm. For non-emergent overnight parking, the Canal garage is open 24/7. There is no fee to park in the garages. If a garage is closed when you arrive or you need Urgent attention, please plan to enter the hospital through the Emergency Room entrance, located in the rear of the building. There is a fee for Emergency Room parking; however, you may request a token from L&D staff for a one time courtesy parking. All expectant mothers should proceed to Labor and Delivery located on the 4th floor of the hospital; there is no need to stop and register. If you need wheelchair assistance upon arrival, medical staff will be able to assist you.

**Preferred parking for our expectant/new mothers is available on the 4th floor of the Hudson Garage.*

Guest Services

We are committed to providing every patient and visitor with a positive experience. Our Guest Services Center is located on the first floor of the hospital near the main entrance and is open Monday through Friday from 8 am until 4:30 pm. Computers are available for use free of charge to patients and their families. Free WiFi is also available throughout the hospital. For a more detailed description of our guest services, such as ATM locations, interpreters and notary services, please see our patient handbook.



Dining

Our House Café

The hospital's main cafeteria is located on the first floor near the main entrance. The cafeteria offers a wide variety of healthy meal choices and savory snacks every day of the week.

The Fountain Deli

Located next to Our House Café, the Deli offers specialty coffees, pastries, soups, salads and sandwiches.

Patient Meals

Registered dietitians prescribe special diets for new mothers to promote recovery from childbirth. Patients may call **504-503-MEAL** for questions or concerns about their diets.

Visitors

General hospital visiting hours are from 8 am – 8:30 pm. Visitors may park in the Hudson Garage or use our Valet Service located at the main entrance of the hospital.

Cuddle Time

In an effort to make our patients' stay more rewarding, we are providing parents with "Cuddle Time" every afternoon from 2 to 4pm. This two-hour period gives parents and their newborns uninterrupted time to bond, breastfeed and rest. This program was developed in response to patient feedback and in an effort to help support our new families. During this period no visits are made, unless requested by the patient or medically necessary.

Don't Rush your Baby

Your baby needs a full 40 weeks to grow and develop. Pre-term birth can lead to significant health complications including low birth weight, underdeveloped organs and potentially lower cognitive function. Inducing labor is associated with increased risks including prematurity, cesarean surgery, hemorrhage and infection. Labor induction should be based on a medical indication to protect the health of you and your baby; further discussion with your OB/GYN is advised. Through new protocols and education, we have been able to drastically reduce the number of elective, pre-term births, resulting in a 20 percent decrease in the number of babies admitted to our Neonatal Intensive Care Unit (NICU).

Baby-Friendly Practices

In March 2015, EJGH became one of the first hospitals in our region to receive international recognition as a Baby-Friendly® designated facility. EJGH has been recognized as providing an optimal level of care for our families by implementing practices that are based on the "Ten Steps to Successful Breastfeeding." Becoming a Baby-Friendly facility is a comprehensive, detailed and thorough journey toward excellence in providing evidence-based, maternity care with the goal of achieving optimal infant feeding outcomes and mother/baby bonding.

Rooming In

After birth, you are encouraged to keep your baby in the room with you. This time spent together helps you to be more comfortable in caring for your baby's needs. You'll more quickly learn your baby's cues and get to understand what he or she wants. We know that learning about your baby is an important part of your stay in the hospital. Our staff will gladly teach you about caring for a newborn. It may help to have someone with you during your hospital stay to help you care for your baby. This way, while you're recovering you'll still have the benefits of rooming in and spending time together.

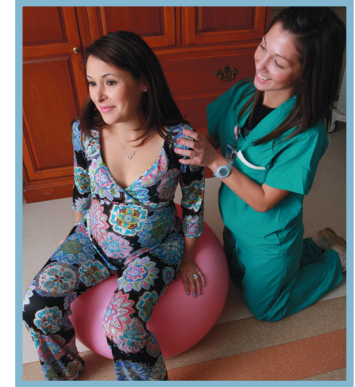


Labor and Delivery

East Jefferson wants your birthing experience to be one of the most memorable events in your life. Our family-centered approach to maternity care offers expectant mothers the comfort of private labor, delivery and recovery suites in a home-like setting. We listen closely to the choices that expectant parents have made with their physicians. The entire healthcare team is committed to honoring those choices and partnering with you to ensure a joyous occasion for the entire family.

Our professional staff will guide and help you through the entire birthing experience. Specialized nursing care for all patients, 24-hour anesthesia coverage and advanced fetal monitoring with policies that are grounded in evidenced-based research, are just a few of the ways that we achieve excellence in our care.

For those mothers wanting a more natural approach, our staff is educated in non-pharmacological labor support methods. This can include breathing techniques, positioning, peanut balls and telemetry fetal monitoring to allow mother full mobility while in labor. Doulas are also welcome to support mothers.



Cesarean Births

Cesarean births are also accommodated on the labor and delivery unit with the use of dedicated surgery suites. In addition to the attending obstetrician, a team of nurses, a respiratory therapist, an anesthesiologist and a neonatal nurse practitioner are present at every cesarean delivery.

High-risk Pregnancies

The vast majority of pregnancies are healthy, normal and uncomplicated. However, if there are concerns regarding your health and the health of your baby, it is comforting to know that specialized, high-risk pregnancy care is available.

In the event of a high-risk pregnancy requiring hospitalization, our antepartum unit offers leading edge monitoring equipment and a multidisciplinary care team. This affords both the mother and family an environment in which the expectant mother can focus her energies on the healthy completion of her pregnancy.

We offer a full range of services and expertise to ensure that you get the care you need at the time you need it. Should your pregnancy require a medical specialist or your newborn need a more advanced level of care, our Maternal-Fetal Medicine service and Neonatal Intensive Care Nursery (NICU) offer the highest level of care available.

Woman & Child Clinic / Maternal-Fetal Medicine Division

The Woman & Child Clinic is staffed by board certified specialists in maternal-fetal medicine who help to manage difficult or high-risk pregnancies as an adjunct to the care obstetricians provide. Our team is dedicated to providing each patient with comprehensive care that is individualized. Diagnostic ultrasounds, chorionic villus sampling, genetic and therapeutic amniocentesis, intra-uterine blood transfusions, and a full range of pre-natal risk screenings beginning in the first trimester of pregnancy are just some of the specialized services that are offered.

At East Jefferson, our first choice is to detect problems early on and begin any necessary treatments to help extend the pregnancy, allowing the baby to more fully develop. If this is not possible and specialized care is needed for your baby at delivery, our neonatology team will attend the birth and provide expert care and treatment.

As a convenience, we also offer appointments for pre-admit testing prior to scheduled inductions and Cesarean sections where the patient can meet with one of our registered nurses to discuss their plan of care and get any requested laboratories.

Postpartum Care

Private rooms* on our Woman's Unit provide a comfortable environment with a staff focused on caring for the new mother and child. Our nursing staff is trained to assist with recovery, breastfeeding and newborn care. We recognize that experiencing new parenthood can be demanding and emotional. Our hope is to make this process as easy and fulfilling as possible. *You may request our deluxe suite for an additional charge when available.

Neonatal Care

EJGH is committed to providing our smallest patients with the best expert care available and the most innovative advances in neonatal medical practices. As a reminder, please

choose a pediatrician prior to arrival to the hospital as your baby will be examined after delivery and every day until discharge home.



Well-Babies – For healthy, full-term infants we encourage the practice of rooming-in on a twenty-four-hour basis as it is known to have many physical and psychological benefits for both mother and child. Our experienced staff will help teach you to care for your newborn in your own room.

Level III and Level II Neonatal Intensive Care Unit – Our NICU offers the highest level of care that can be awarded to a hospital by the State of Louisiana. Board-certified neonatologists and neonatal nurse practitioners are available in-house, 24/7. Neonatal respiratory therapists, occupational therapists, registered nurses, chaplains and social services professionals all work as part of the care team with one goal in mind — a positive outcome for all families.

Angel Eye Camera System

EJGH is dedicated to keeping NICU families connected. We are able to do this through new technologies provided by the generosity of the EJGH Foundation and community. The Angel Eye Camera System is the tool we use to deliver that connection. It is a small webcam that provides 24/7 secure video streaming of the baby while in the NICU. This gives parents and families the opportunity to see their babies, despite the temporary separation.



First Night Room

EJGH's First Night Room allows parents of infants who have been in the NICU to spend their first night with their infant in the hospital prior to discharge. In addition to the bonding experience, it helps parents get comfortable with their baby's special needs, understand the medical equipment and medicines required when they get home and gives them the opportunity to care for the infant in a controlled hospital environment.

Videotaping and Photography

East Jefferson General Hospital recognizes your desire to photograph and videotape your birthing experience. We want to make you aware that both still photography and videotaping are permissible during the labor process except during procedures such as placement of epidural, checking of the cervix, newborn procedures or other invasive procedures. Hospital policy does not allow taping of the birth, and it is limited in certain patient care areas including the nursing station and corridors.

Discharge

You and your baby will be discharged home usually on the second day after a vaginal delivery or on the third day after a Cesarean delivery. We recommend that you send as many unneeded items home as you can the night before discharge. This will make the process of leaving the hospital and returning home easier. It is also suggested that you leave the hospital as early in the day as possible, preferably by 11 am. Additionally, you will want to have an undershirt, coverall, socks or booties, hat and a blanket for your baby to wear home.

Infant Car Seats

As a reminder, your car seat should be properly installed by an expert who has successfully completed the National Highway Traffic Safety Administration (NHTSA) 4-day course. This will ensure that your car seat is properly secured in your vehicle, and resolve any compatibility issues long before the day comes for you to transport your baby home safely.

EJGH EMS Department has certified technicians who will install and/or check your car seat for FREE. Seat fittings are available on the third Thursday of every month from 2:30-4:30pm in The Wellness Center parking lot. They are also available by appointment. For more information, please call 504-503-7152

The Breastfeeding Center

EJGH is dedicated to the promotion and support of breastfeeding as the standard for optimal infant health and development. By providing women with specialized educational programs, information and one-on-one assistance, EJGH has established itself as one of the premier hospitals for breastfeeding support in the state and has been GIFT (Guided Infant Feeding Techniques) Certified by the Louisiana Maternal and Child Health Coalition since 2007 and in 2015 became one of the first hospitals in our region to receive international recognition as a Baby-Friendly® designated facility from Baby-Friendly USA.

Staffed by board-certified lactation consultants, the Breastfeeding Center is open 7 days a week to offer guidance and support during and after your pregnancy. We offer a full range of supplies including breast pumps, which are available for purchase or rental, for short term or long-term needs. Private consultations are available for a fee to address individual needs. Call 504-503-4323.



The Woman & Newborn Boutique

The Woman & Newborn Boutique offers the perfect gifts for new moms and babies. Registered nurses are available to help expectant and new mothers with all of their breastfeeding needs, including stylish nursing attire, custom-fitted bras, breast pumps and supplies. Infant clothing, accessories and nursery keepsakes are also available.

The Boutique, located on the fourth floor of the hospital near the Hudson Garage entrance, is open limited hours Monday-Friday. Our staff is also available by appointment. Please call 504-503-5992 for information.



Your Baby's Safety

East Jefferson General Hospital provides an infant protection system that utilizes the latest technology to ensure the safety of your baby. Before ever leaving mom's side, an ankle band is placed on your baby in Labor and Delivery. This enables us to track where your baby is at all times and would activate an alarm if your baby were to leave designated areas of safety. This added level of protection can give you much needed peace of mind.

In addition, please make sure you understand the following security procedures that are in place to protect your newborn.

- Never leave your baby unattended or alone in your room.
- No one is allowed to walk in the hallway with a baby in their arms. Please transport your baby in the open bassinet provided during your stay.
- You may not leave the unit with your baby until you are discharged by wheelchair via courier services from the front of the hospital.
- Remember to purchase a car seat prior to hospital admission and have it properly installed prior to discharge. You may contact Louisiana State Police for information on child safety seat guidelines. EJGH also offers **FREE** car seat checks. Call 504-503-7152 for more information.

CONTACT US

Main Line **504-503-5555**
 Fax. **504-503-5485**
 Breastfeeding Center **504-503-4323**
 Family Education. **504-456-5000**

ejgh.org/womanandnewborn

Educational Opportunities

Great Expectations

EJGH Woman & Newborn Services offers a large variety of courses to help you through every aspect of pregnancy and parenthood. Our classes are taught by registered nurses, certified lactation consultants and other health professionals. They are designed so that you will feel confident and prepared for pregnancy, childbirth and all of the ups and downs that come with raising a family.

We offer classes on breastfeeding, Lamaze, prenatal topics, newborn essentials, infant CPR, sibling preparation and much more. Courses are held on campus at East Jefferson General Hospital. For dates, times and descriptions of any of our classes or events, please visit us online at www.ejgh.org/healthylifestyles or call HealthFinder at 504-456-5000.

The Parent Review

Woman & Newborn's free e-newsletter is another valuable source of information during your pregnancy journey and your first year of parenthood. By signing up, you will receive a weekly pregnancy email tailored to your personal week of pregnancy. You will also receive a breastfeeding email beginning at 35 weeks that will continue for the first year of your baby's life. Once your baby is born, you will continue to receive weekly updates on your baby's milestones, answers to common questions and concerns, and the latest research findings that affect your baby's development. To subscribe, go to the Woman & Newborn Services home page at www.ejgh.org.

Healthy Lifestyles

East Jefferson General Hospital's Healthy Lifestyles program offers a packed calendar of events that includes everything from health assessments and nutritional classes to outdoor recreation, weekend excursions, and get-togethers at great local venues. In addition, members of Healthy Lifestyles enjoy special perks such as discounts at the Woman & Newborn Boutique, a Wellness Center Membership fee waiver, and discounts at an abundance of local restaurants and merchants. For a full listing of classes and offerings or for more information on our membership program, give us a call or visit us online.

www.ejgh.org/healthylifestyles

HealthFinder: **504-456-5000**

Collective

Get Ready to Fall in Love. Being prepared for a smooth hospital stay allows you to focus on what's most important – those first few moments with your new family.

Collective's FREE mobile app and matching checklist will help you learn what to expect at the hospital.

- Hundreds of photos to show you what to do
- Easy steps to help you prepare
- Things to consider when building your team

Visit Collective.com for more information. Use the QR Code to download this FREE and easy mobile app today!



Please complete this form and return it to Woman & Newborn Services. Also include a copy of your driver's license or other state or federally issued photo I.D. along with a copy of both sides of your insurance card. Call 504-503-5555 if you have any questions. Thank you.

PATIENT INFORMATION

Last Name _____ First _____ MI _____

OB/GYN Physician _____ Due Date _____

Have you been treated here before? Yes No Social Security # _____

Home Phone _____ Cell _____ Email _____

Home Address _____ City _____ State _____ Zip _____

Birth Date _____ Race _____ Religion _____ Marital Status: S M D W

Employer _____ Employer's Phone _____ Occupation _____

Employer's Address _____ City _____ State _____ Zip _____

Patient Preferred Language _____

SPOUSE INFORMATION

Name _____ Birth Date _____

Home Address _____ City _____ State _____ Zip _____

Home Phone _____ Cell Phone _____ Social Security # _____

Employer _____ Employer's Phone _____ Occupation _____

Employer's Address _____ City _____ State _____ Zip _____

Insurance Company _____ Address _____ Phone _____

Subscriber's Name _____ Policy # or Medicaid # _____ Group # _____

In case of emergency notify _____ Relationship _____ Phone _____

Signature _____

Date _____



birth certificate information

Please complete the following information and return it with your registration form. This will enable us to promptly process the official birth certificate after you deliver your baby. Refer to the information on laws regarding paternity included in this packet.

Child's last name		Due date		
Street address (If rural indicate location)		Is residence inside city limits? (yes/no)		
Usual residence of mother (city, town or location)		Parish	State	Zip Code
Father's last name	First name	Middle name	City and state of birth	Date of birth
Mother's maiden name	First name	Middle name (at birth)	City and state of birth	Date of birth
Do you want a social security number for this child? _____ (yes/no)		Enroll child in immunization reminder system? _____ (yes/no)		
Parents of Hispanic origin (if yes, specify Mexican, Puerto Rican, Cuban, etc.)? _____		Father	Mother	
Race (specify Black, White, American Indian, etc.): _____		Father	Mother	Age: _____ Father Mother
Education (elementary/secondary 0-12)? _____ Father Mother		College (1-4 or 5+) _____ Father Mother		
Pregnancy History: Live births (do not include this child) _____ Now living (specify zero if none) _____				
Now dead (specify zero if none) _____ Date of last live birth (month, year) _____				
Other terminations or miscarriages- spontaneous or induced at any time after conception (specify zero if none) _____				
Date of last other termination or miscarriage (month, year) _____				
Mother married? yes/no (at birth, conception or anytime between) _____		Date of divorce if more than 10 months _____		
Date last normal menstrual cycle began (month, day, year) _____		Month prenatal care began (first, second, third, etc.) _____		
Tobacco use during pregnancy? (yes/no) _____		Average number of cigarettes per day _____		
Alcohol used during pregnancy? (yes/no) _____		Average number of drinks per week _____		
Mother's height? _____ ft _____ in		Pre-pregnancy weight? _____ lbs		
Are you planning to Breast or Formula feed? _____		Are you currently enrolled in WIC? (yes/no) _____		
Mother's phone number _____		Mother's social security number _____		
Father's phone number _____		Father's social security number _____		
Mother's email address _____				



East Jefferson General Hospital

This is to advise all expecting parents of current procedures for completing your child's birth certificate according to Louisiana State Law. If you have any questions regarding this information, please call the Birth Certificate Office at 504-503-5031.

For legally married couples:

Both parents need not be present for the birth certificate to be completed. Either the mother or the father may give the information and sign the birth certificate.

For couples who are not legally married:

It is at the mother's discretion whether or not to put the name of the father on the birth certificate. If she chooses to put the father on the birth certificate, both mother and father of the baby need to be present to complete the baby's birth certificate. Both parents will have to sign paternity papers stating the father is the biological father of the baby. Both parents' names will appear on the birth certificate and both parents will have to sign the birth certificate. All fathers must bring a current picture ID (e.g. driver's license or other state or federally issued photo ID) and a current insurance card if they have health coverage. All paperwork for the baby's birth certificate must be done by the time the mother is discharged from the hospital. If the father of the baby is not able to come to the hospital to sign the paperwork, he will not be able to be on the birth certificate, and therefore, the baby will go under the mother's name only. The father may be added later through the State of Louisiana Office of Vital Statistics at the parent's expense. If the mother chooses not to put the father on the birth certificate, her name only will be listed. The baby will have the mother's last name, and the mother will be the only one to sign.

For the mother who is separated, divorced or married to someone other than the biological father:

Mothers who were married to someone other than the biological father when the child was conceived or born or were divorced for less than 300 days when the child was born, must abide by the above standards for couples who are not legally married and must also provide the husband/ex-husband's name and address. The husband/ex-husband must also come to the hospital before the mother is discharged to sign a paternity paper disavowing the baby. By Louisiana state law, the husband/ex-husband of the mother must appear on the birth certificate unless these papers are completed and signed by the husband/ex-husband. Once the husband/ex-husband signs the papers stating that he is not the father of the child, the biological father's name may then be on the birth certificate.



Check off items as you get them packed!

Mom's Needs:

- ▣ Photo ID
- ▣ Insurance Card
- ▣ Cell Phone & Charger
- ▣ Camera & Batteries/Charger
- ▣ Toiletries: toothbrush, toothpaste, deodorant, shampoo/conditioner, contact lens solution, lip balm, hair brush, hair clips/ties, glasses, makeup
- ▣ Hair Appliances: dryer, flat iron, etc
- ▣ Change of Clothes including a going home outfit. Loose fitting, comfortable clothes are best
- ▣ Robe
- ▣ Slippers/Socks
- ▣ Nursing Bra, Nursing Pads, Maternity Underwear
- ▣ Pillow from Home for Comfort: Suggested to use a patterned or colored pillowcase to prevent being mixed up with hospital pillows
- ▣ Snacks for Your Partner and You for After Delivery
- ▣ Change for the Vending Machine

What the Hospital Provides for Mom:

- Hospital Gowns
- Disposable Mesh Panties
- Large Peripads (Sanitary Napkins): Optional to bring a few smaller sized ones. Also be sure to have a supply for when you return home!
- Periwash Spray Bottle
- Dermoplast Spray (Local Anesthetic Spray for After Vaginal Delivery)
- Tucks Pads (For Hemorrhoids)
- Lanolin Sample Packets for Tender Breasts/ Nipples when Breastfeeding
- Towels and Washcloths: Hospital towels are approximately 18"x36" in size. You are welcome to bring your own full sized towel if you prefer.

Baby's Needs:

- ▣ Going Home Outfit: including a receiving blanket and cap if weather is cool
- ▣ Pair of Socks or Booties
- ▣ Rear-Facing, Infant Car Seat Already Installed in Vehicle

What the Hospital Provides for Baby:

- Diapers: Pampers Newborn Swaddlers
- Wipes
- Newborn Hat
- Long-Sleeved, Snap Button T-Shirt
- Swaddling Blanket
- Johnson & Johnson Baby Wash (For first bath)
- Hair Comb

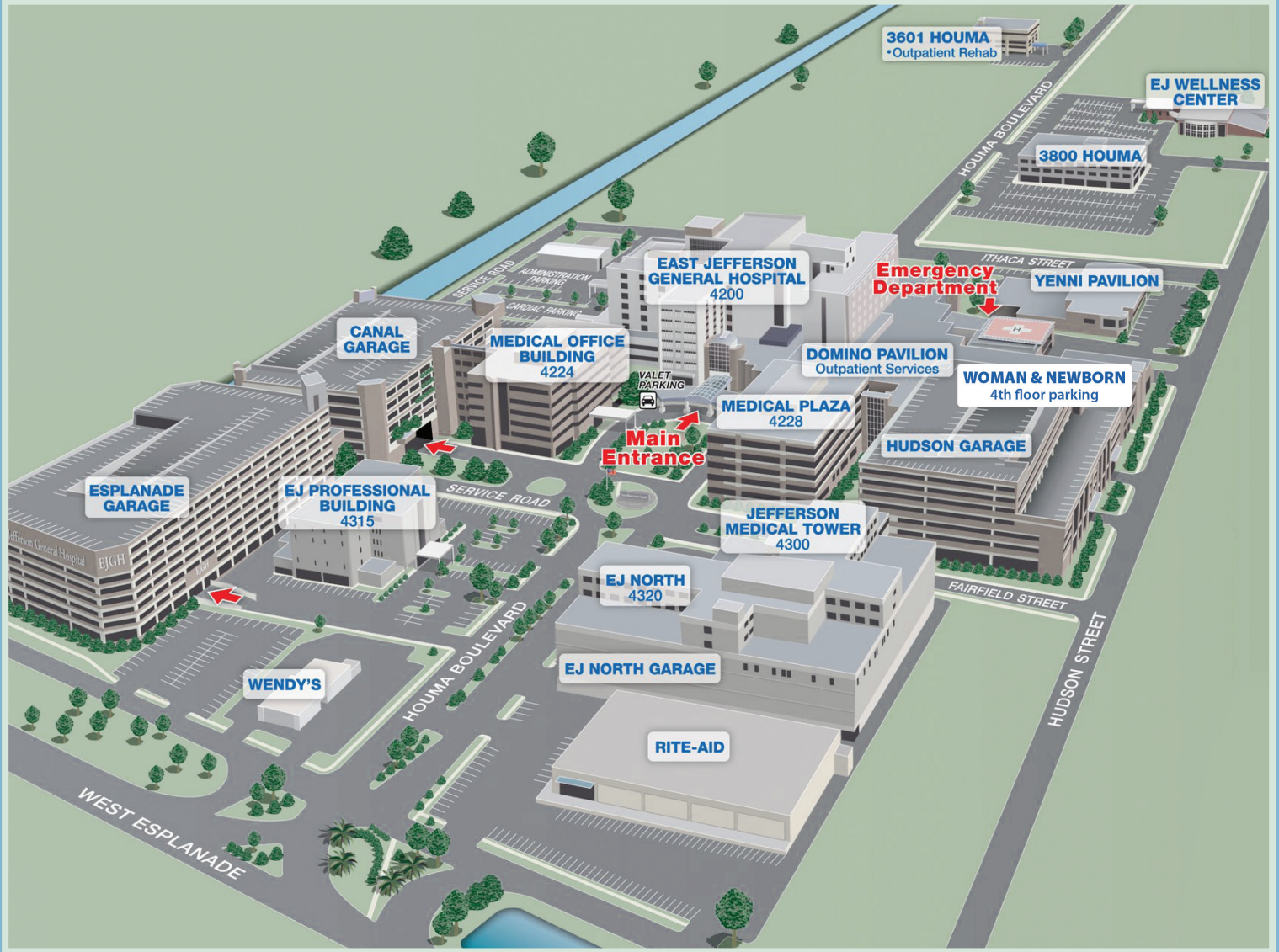
What Not To Bring:

- Jewelry
- Lots of Cash, Credit Cards or Any Other Valuables

If you do arrive to the hospital with anything of value, our Security Department is able to keep it locked up in the hospital safe.



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Woman and Newborn Services

4200 Houma Blvd. • Metairie, LA 70006 • 504-503-5555

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