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**[WWW.HEALTHCAREFORWOMENPC.COM](http://WWW.HEALTHCAREFORWOMENPC.COM)**

# OBSTETRICS BOOKLET, SECOND TRIMESTER

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## IMPORTANT INFORMATION

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### Register with the Hospital

Virginia Hospital Center requires that patients register for admission to the hospital after week 24 of pregnancy. You can register on line at [www.virginiahospitalcenter.com](http://www.virginiahospitalcenter.com) under "Patient and Visitors"; or, complete the Pre-Admission Questionnaire and mail it directly to the hospital in the address provided in the form.

### Insurance Verification

Contact your insurance company to verify your benefits and coverage for the pregnancy and to confirm that Virginia Hospital Center is in your hospital network. *It is the patient's responsibility to know her benefits and coverage.* If you are self-pay or uninsured, please call 703-558-6227.

### Select Your Pediatrician

During the second trimester, we recommend you begin the process of choosing a pediatrician. If the pediatrician you select does not have privileges at Virginia Hospital Center, your baby will be seen by a pediatrician from Children's National Health System during your stay. You will receive a separate bill from the pediatrician for their services. Your first well-baby visit with the pediatrician of your choice will probably be a day or two after coming home from the hospital.

We are attaching a list of pediatricians that we recommend in the area.

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## CHILDBIRTH CLASSES

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### When to Take Classes

Physicians and childbirth instructors recommend taking childbirth education classes in your second or early third trimester. Childbirth education classes fill up quickly so register as soon as possible!

### Registration for Classes

*Healthcare for Women is now offering child birth education classes!* Go to [www.healthcareforwomenpc.com](http://www.healthcareforwomenpc.com) to get class information and register. We offer Childbirth, Breastfeeding and Infant Safety classes.

Visit the hospital web site to register for a tour of the hospital ([www.virginiahospitalcenter.com](http://www.virginiahospitalcenter.com)).

### Mother and Baby Support Groups

Virginia Hospital Center has several support groups for new parents. All support groups are FREE! No registration is required.

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## HELPFUL INFORMATION

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### Directions to Labor and Delivery

Expectant moms in labor should be dropped off in the Women & Infant Center lobby at 1701 N George Mason Drive. Mom and partner should take 1701 lobby elevators to the third floor and check-in at the Labor & Delivery

Nurses Station. You will need your photo ID and insurance card to sign paperwork.

Curbside parking, marked "Labor & Delivery," is available in front of the 1701 building. Temporary parking permit is required and may be picked up from the volunteer or security officer in the 1701 lobby. After dropping off mom, partner and/or visitors should park in Zone C Parking Area. All visitors are required to show a government-issued photo ID (strictly enforced) upon arrival to Labor and Delivery.

### **What to Bring to the Hospital for Labor**

Pack a bag with items you want to have with you during labor:

- Camera and music
- Extra pillow from home (in a colorful pillowcase)
- Lamaze focal point
- Glasses (it is not recommended to wear or bring contact lenses)

## What to Bring to the Hospital for After Delivery

Pack a bag with everything you need for your Hospital stay after the baby is born. This bag should stay in the car until you have moved from Labor & Delivery to your private postpartum room.

- Robe and slippers (optional)
- Toiletries (shampoo, conditioner, toothpaste, toothbrush, deodorant) and hair dryer
- Maternity clothes for the trip home and comfortable shoes (your feet may swell)
- Nursing bra (be fitted for a bra at about 36 weeks) and nursing pads
- Underwear and socks

## Preparing to Bring Baby Home

- Pack a going-home outfit (a sleeper with legs and feet is best, even in summer).
- Install the car seat before you arrive at the hospital for the trip home.
- Know how to use the car seat. Practice strapping a stuffed animal in the seat in advance.

## Visitation Policy

Visiting hours are from 11:00 am to 8:00 pm daily (hours subject to change). Mom's partner can spend the night and should bring sleeping clothes and toiletries if they plan to do so. Siblings must be accompanied by an adult (other than mommy) while visiting. If family members and friends wish, they can wait in the Family Waiting Room outside the Labor and Delivery area where your support person can keep them up to date.

Every visitor must present a government issued ID to be allowed on the unit.

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## INFANT SAFETY

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**Here are some precautions you can take to keep your baby safe during the first few months from our experts at the Women & Infant Health Center:**

### Update Your Vaccinations

Parents, grandparents and caregivers should be vaccinated for Tdap to protect your baby from whooping cough in the first months of life. Pregnant moms should be vaccinated in their third trimester, even if they have previously received Tdap vaccine. Pregnant moms and all those in close contact with the newborn should receive a flu vaccine since this immunization cannot be given before six months of age:

### Prepare Your Home

- Smoke and carbon monoxide detectors: place one on each level of your home and in halls outside bedrooms.
- Test the water temperature: set the thermostat for the hot water heater to 125 degrees to avoid scalding which occurs above 140.
- Create a smoke-free zone: never smoke around the baby as it increases the risk of viral illnesses, asthma and SIDS. If you do smoke, wash your hands, brush your teeth and change your clothes before handling the baby.
- Pet Safety: bring home clothing or a blanket with the baby's scent before discharge so the scent is not foreign. Never leave pets unattended near your new baby or allow them to sleep with the baby.

### Safe Sleeping

- Baby's own sleeping space: baby should have a separate sleeping space — whether in a crib,

bassinette or cradle. A firm mattress with a tightfitting sheet is best. No bumper pad, pillows, or fluffy blankets in the crib. Place the crib away from blinds, cords, electrical outlets, and mobiles.

- **Best sleeping position:** put your baby to sleep on his or her back for the first four months. Never put your baby to sleep on a pillow. A one-piece sleeper is the best choice. Don't use long nightgowns with drawstrings at the bottom because they can wrap around baby's ankle and cause loss of blood flow. Swaddle your baby.

### **Avoid Crowds**

For the first two months, do not take your baby to large public places such as malls and grocery stores.

### **Keep all Your Well-Baby Doctor Appointments**

It's important to have your pediatrician check your baby's developmental milestones.

### **Feeding Advice**

- **Stay awake!** During those middle-of-the -night feedings, it's very easy for new moms to fall asleep while they are nursing. Sleeping in the same bed with your baby is a suffocation risk. Turn on the lights and the TV during feedings; or, wake up your partner to help keep you awake.
- **Be careful with bottles:** heat bottle with a bottle warmer or a pan of warm water. Do not use the microwave as it heats unevenly. Test the formula on inside of your forearm.
- **No soft foods before six months:** research has shown a strong link between obesity and Type 2 diabetes when rice cereal is given before four months.

**Play Time, go soft:** choose baby-safe mirrors, mobiles they cannot reach, soft baby books and toys without hard parts.

### **Bath Time**

Start bathing the baby after the cord falls off and the area is dried and healed. Use soap for sensitive skin. Once you start bathing in the tub, only fill it with about an inch of water. Never leave a baby unattended in a bathtub! Keep water room temperature. Do not heat it warmer than 95° .

### **Get a New Car Seat**

Buy a rear-facing infant car seat and learn how to use it before you pick the baby up from the hospital. Used car seats are not recommended. If a car seat has been in an accident, it is no longer effective. Get the car seat checked. Car seats only work if they are installed correctly. Go to a local police or fire station to check installation or visit [www.seatcheck.org](http://www.seatcheck.org) for a child safety seat inspection location near you.

