



Arlington Office 703-528-6300 and Reston Office 703-437-8080

WWW.HEALTHCAREFORWOMENPC.COM

OBSTETRICS BOOKLET, THIRD TRIMESTER

DR. AMY E. PORTER

DR. INGRID M. WINTERLING

DR. JI EUN PAIK

DR. NICOLE A. MCCLENDON

DR. BRIDGETT L. CASADABAN

IMPORTANT INFORMATION

By now you should have:

1. Registered with the Hospital

If you have not, you can register on line at www.virginiahospitalcenter.com under "Patient and Visitors".

2. Verified your Insurance

If you have not, please 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.

3. Selected Your Pediatrician

If you have not, please obtain a list of locally recommended pediatricians from our front desk

4. Taken any desired childbirth classes

HELPFUL INFORMATION

When to call the OBGYN

If you believe that you are in labor or that your water has broken, *24 hours a day*, please call the office at **(703) 528-6300** (Arlington) or **(703) 437-8080** (Reston). *Always call the office prior to arriving to the hospital so that the hospital or office knows to expect you.* At night and on the weekends, one of the OBGYNs is always on call to prepare for your arrival.

Call the OBGYN if:

- Your contractions are every 5 minutes, lasting 1 minute for 1 hour. You should not be able to speak or walk through these contractions. It may take several hours to get into this pattern.
- You believe that your water is broken
- You are experiencing red bleeding, like a period
- You are not feeling the baby move after performing a fetal kick count (ie: laying down on your side and counting baby's movements. There should be 4 movements in one hour when concentrating only on movements)

What is common during the last month of pregnancy and *not* necessary to call the OBGYN:

- You believe you have lost your mucous plug
- You are experiencing pink, brown or red tinged mucousy discharge while experiencing mild contractions or after having a recent cervical exam in the office

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.

Visitation Policy

While on L&D, there are no hour restrictions. If family members and friends come to visit while on L&D, they may wait in the Family Waiting Room outside the Labor and Delivery area where your support person can keep them up to date.

While on the Post-Partum unit, visiting hours are 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. Every visitor must present a government issued ID to be allowed on the unit.

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)
- Glasses (if needed and/or contact lens case and solution to remove contacts if deemed necessary)

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 will 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.

Breastfeeding

- Virginia Hospital Center provides a lactation consultant service 7 days per week while new Moms are in the hospital
- After going home, if you feel it would be helpful to continue to work with a lactation consultant, there are several local lactation consultants that are available. We highly recommend:

Mama Bear & Infant Care, LLC
Sara Grawe, MSN, RN, IBCLC
MamaBearInfantCare.com
571-551-1425

INFANT SAFETY

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 initially:** Your pediatrician will advise when it is safe to start soft foods

Play Time: 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 for a child safety seat inspection location near you.

