



# Healthcare For Women

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OBSTETRICS and GYNECOLOGY

## THIRD TRIMESTER Obstetrics Booklet

Falls Church Office: 703-528-6300

Reston Office: 703-437-8080

[www.healthcareforwomenpc.com](http://www.healthcareforwomenpc.com)

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## IMPORTANT INFORMATION

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### By now you should have:

#### Registered with the Hospital

If you have not, you can register on-line at [www.vhchealth.org](http://www.vhchealth.org) under “Women’s Care & Pregnancy” then click on “Obstetrics Pre-Admission Form”.

#### Verified your Insurance

If you have not, 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

#### Selected your Pediatrician

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

## HELPFUL INFORMATION

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### When to call the OBGYN

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 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 or sex

If you believe that you are in labor or that your water has broken, please call the office phone number - staff is available **24 hours a day**. At night and on the weekends, when calling the office, you will speak with the answering service who will contact the OBGYN on call. The OBGYN will call you back and if you do not get a response within 15 minutes please call back so that your call can be managed.

**24 hours a day, 7 days a week**

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**Please be sure to call the office prior to arriving to the hospital so the hospital staff and doctor know to expect you.**

## Directions to Labor and Delivery

Virginia Hospital Center (VHC Health)  
1701 N. George Mason Dr  
Arlington, VA 22205

Expectant moms in labor should be dropped off in the Women & Infant Health Center Lobby at 1701 N George Mason Drive. Mom and partner should take 1701 lobby elevators to the **3<sup>rd</sup> floor** and check-in at the Labor and 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 1701 building. Temporary parking permit 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. All visitors are required to show a government issued photo ID (strictly enforced) upon arrival to Labor and Delivery.

## Visitation Policy

A partner/support person is allowed with Mom on labor and delivery 24hrs a day.

While post-partum, a partner/support person is allowed 24 hours a day. If Mom's partner spends the night, he/she should bring sleeping clothes and toiletries. Additional family, friends and siblings may visit during visiting hours - 11:00 am to 8:00 pm daily (hours subject to change). 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. 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
- Music
- Extra pillow from home
- Lamaze focal point
- Glasses (it is not recommended to wear 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)
- Hair dryer
- Maternity clothes for the trip home
- Comfortable shoes (your feet may swell)
- Nursing bra (be fitted for a bra at about 36 weeks)
- Nursing pads
- Underwear
- 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 consult service 7 days per week while new Moms are in the hospital

## INFANT SAFETY

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### 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° 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.

### Update your vaccinations

Parents, grandparents and caregivers should be up to date on their *Tdap* and *flu* vaccines to protect your baby. Pregnant moms should have already received the Tdap vaccine by 36 weeks of pregnancy.

### Avoid Crowds

For the first two months, don't 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're 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 4 months.

### Play Time

Go soft. Choose baby-safe mirrors, mobiles they can't reach, soft baby books and toys without hard parts.

### Sponge baths first

Start bathing after the cord falls off using soap for sensitive skin. Once you start bathing in the tub, only fill it with about a few inches of water. Never leave a baby unattended in a bathtub. **Keep water less than 95°.**

### Get a new car seat

Buy a rear-facing infant car seat and learn how to use it before you pick baby up from the hospital. Used car seats are not recommended. **Get it checked.** Car seats only work if they're 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.