Love delivered daily.

NEW PARENT Handbook

BaylorScott&White MEDICAL CENTER IRVING
At Baylor Scott & White Medical Center – Irving, every mother and baby is special. This brochure is designed to give you valuable information about our services, including what to consider before, during and after delivery. We are proud to share in this special event in your life.

We offer comprehensive women’s services that include labor and delivery suites, antepartum care for women with high-risk pregnancies, a Mom-Baby Unit, and a Special Care Nursery. A Simply Mom’s boutique and lactation specialists add full-service support for our new moms.
As an expectant parent, you already know there’s much to be done before the arrival of your baby. We’re pleased and honored to offer a variety of services to help make these coming months as stress-free and productive as possible. Take a look at what you can expect from us, as well as some tips on how to prepare for that special day.

PARENT EDUCATION CLASSES

Pregnancy is a time of many changes. Parent Education Classes give the expectant mother and her partner an opportunity to have their questions answered, share experiences with other expectant parents, and discuss available options. Whether you are expecting your first child or are already a parent, a variety of classes are offered throughout the Metroplex. In addition, online classes are available.

For more information, or to register for a class, visit BSWHealth.com or call 1.800.4BAYLOR.
TOUR THE WOMEN’S PAVILION

You and your family are invited to take a tour of Baylor Scott & White – Irving’s Women’s Pavilion. If you are interested in a tour, please call 1.800.4BAYLOR or register online at BSWHealth.com/IrvingWomen.

MAKE ADMISSION ARRANGEMENTS

To assist with your admission, your physician’s office may register you during your prenatal appointment on or before the fourth month of pregnancy. You may also complete your registration at BSWHealth.com/IrvingWomen. If there is a change in your pre-admission information, or if you do not have insurance and would like to set up payment arrangements, please contact our Financial Service Representative at 972.579.8167.

IMPORTANT TO SELECT A PEDIATRICIAN

Prior to delivery, it is important that you select a pediatrician or family medicine doctor to see your baby. Your baby will need to be seen by his or her physician 48 hours after being sent home from the hospital. We also need the physician’s name, so that important test results can be shared with him or her. Speak with your obstetrician, call 1.800.4BAYLOR or visit our website at BSWHealth.com/IrvingWomen for information regarding your choice of physician.

YOUR BABY NEEDS TIME

If your pregnancy is healthy and you’re thinking about scheduling your baby’s birth, it’s best to stay pregnant for 40 weeks. Babies born even a few weeks early are at greater risk than full-term babies for serious problems, including respiratory distress, delayed brain development, feeding problems and sudden infant death syndrome (SIDS).

At 40 weeks, important organs like the brain, lungs and liver have developed, and your baby is less likely to have vision or hearing problems after birth. Additionally, your baby has time to gain more weight in the womb, which helps keep him or her warm after birth. The extra time also helps your baby stay alert and able to nurse after birth, which some pre-term babies have trouble doing.

ANTEPARTUM CARE

Antepartum care is for expectant women with high-risk pregnancies. Women who are admitted are considered at risk for pregnancy-related complications and require hospitalization prior to delivery.
Packing your Bag for the Hospital

WHAT TO BRING FOR MOM

While you are in the hospital, you will only need essential items. Bring your ID, insurance card and list of medications. Other items that you may want to bring include:

• Toiletries
• Comfortable pajamas or loose-fitting casual wear (nursing gown or breastfeeding clothing for those who will be breastfeeding)
• Bras (nursing bras for those who will be breastfeeding)
• Underwear
• Robe
• Slippers or loose-fitting shoes
• Comfortable, loose-fitting clothing to wear home
• Camera
• Cell phone charger
• Breastfeeding pillow

WHAT TO BRING FOR BABY

While your baby is in the hospital we will provide diapers, T-shirts and receiving blankets. You will need to bring the following items:

• Special clothing for baby’s first picture
• Socks or booties
• Car seat that is weight-appropriate for baby and not expired
• Receiving blanket or cover blanket
• Clothing to wear home

BSWHealth.com/IrvingWomen
The birth of your child is truly a miracle, and we do our best to help that miracle along. From advanced technology and comfortable Labor and Delivery Rooms to understanding the needs of family and friends, we’re focused on making sure your delivery is as smooth and comfortable as possible.

LABOR AND DELIVERY CENTER

Women labor, deliver and recover in Labor and Delivery Rooms. These spacious rooms allow care to be brought to the mother and her baby, rather than moving them around for care. Each room is discretely equipped with advanced technology, while being beautifully decorated. This family-centered philosophy allows the new family to remain together during the entire birth process. You also may bring any comfort tools that you have learned about in Prepared Childbirth classes.

LABOR SUPPORT AND COACHES

Support during labor is very important. Our nurses can assist you with comfort and coping measures. Many women find that having a coach or support person with them is very helpful. You may also choose to bring a professional labor support person, called a doula.

PHOTOGRAPHY AND VIDEOTAPING

Please discuss opportunities for photography with your physician.
WHEN IT’S TIME, WHERE DO YOU GO?

Baylor Scott & White Medical Center – Irving
1901 N. MacArthur, Irving, TX 75061
Labor and Delivery Nurses Station
972.579.8218

Enter the hospital and proceed to the “C” elevators. Take the “C” elevators to the 2nd floor Women’s Pavilion. Please check in at the desk. After 9:00 p.m., the Emergency Department door is the only entrance to the hospital. The other doors are locked for security purposes.

BONDING WITH YOUR BABY

After the birth, you are encouraged to extend the attachment process with your baby. Your baby will remain with you during your recovery period unless additional care is needed. We believe this time immediately after birth, while your baby is alert, is an important family time and you may wish to limit visitors.

We encourage early skin-to-skin contact and breastfeeding at this time, and your nurse will be available to assist you. Your nurse will be checking on both you and your baby during this recovery time.
After Delivery

It’s no surprise that the real adventure begins after your baby arrives. From the precious moments immediately after birth to the days and weeks that follow, the care of you and your child remains of the utmost importance to us. Whether you need additional medical consultation or support services, you’ll find everything right here.

MOM-BABY UNIT

After delivery, mom and baby will be transferred to the Mom-Baby Unit, which includes a sleep area for your support person. Our primary focus is on rest and helping you get acquainted with your new addition.

Babies remain with their mothers in this family-centered unit, receiving their nursing care together. This process of “rooming in” promotes education and confidence-building for new mothers, as well as communication between the nurse and mother. The first bath and assessment will take place in the mother’s room unless the baby requires special care in our nursery.
SPECIAL CARE NURSERY

The Special Care Nursery offers the reassurance of a Level II Neonatal Intensive Care Unit, providing advanced life-support services and technologies for premature and seriously ill newborns. Staffed by specialized nurses, neonatal nurse practitioners, neonatologists and many other skilled staff, the unit is designed to promote optimal developmental care for sick infants. Infants in the Special Care Nursery require increased medical attention. If your infant(s) are patients in the nursery, we ask that visitation is limited to two people at a time, with one of those being a parent with a security band.

NUTRITION SERVICES

We offer an expanded menu from which to choose. We have snacks available for our new mothers upon request. Please inform your nurse of any special needs, food allergies or intolerances. Your nurse can provide you with a small meal if you arrive in your room after the evening meal service.

Other food options for family members and guests include:
- **Cafeteria**: Monday - Friday, 6:30 a.m. to 2:00 p.m.
- **1901 Bistro**: Monday - Friday, 7:00 a.m. to 7:00 p.m., Saturday - Sunday, 7:00 a.m. - 3 p.m.

BREASTFEEDING AND SIMPLY MOMS

Breastfeeding is recommended for the first year of your baby’s life. The Women’s Services nurses have received special training in the latest breastfeeding techniques and are available to assist you. Should you need extra assistance, lactation consultants are also available.

The Simply Mom’s boutique is located inside the Labor and Delivery waiting area and provides breast pump sales and rentals, breastfeeding supplies, and gifts for new moms and their babies. In addition, the Baylor Irving gift shop located on the first floor offers baby gifts and flowers.

Safe, Quality, Compassionate Health Care
SECURITY

Infant Security

After delivery, a security tag is placed on your infant’s ankle and monitored by our security system. The tag is designed to prevent infants from being removed from the unit without authorization. The tag will be removed upon your infant’s discharge.

Staff Identification

Do not give your infant to anyone without proper hospital identification. Baylor employees who have access to your baby will wear a pink badge or a badge with a pink frame around the photograph that says their department is Women and Children’s Services. If someone without the proper identification or without prior knowledge asks to take your baby, refuse to give him or her your baby and call the nurses’ station immediately.

In addition, a secret password is assigned daily. The nurse assigned to you and your baby will introduce herself. Question unfamiliar persons entering your room or inquiring about your baby – even if they are in hospital attire or seem to have a reason for being there. Please alert the nurses’ station immediately in this situation.

Your Role

Never leave your infant out of your direct line of sight, even when you go to the bathroom or take a nap. Do not carry your baby in the hallway; push her or him in his or her bassinet. Hospital staff has been instructed to question anyone carrying a baby. Your nurse will check your baby’s identification bracelet every time your baby is returned to your room and make sure his/her bracelet matches yours. Infants must be placed on their backs to sleep, and they should only sleep in their bassinet.

FAMILY AND FRIENDS

This is an exciting time, and your family and friends will want to visit you. The baby’s brothers and sisters are important during this time of family transition, but they should be accompanied by an adult (not left in the care of mom, who is a patient) and be free of illness. Please ask anyone who holds your baby to wash his or her hands first. Cuddle Time is daily from 2 to 4 a.m. and 2 to 4 p.m. You may wish to limit visitors during this special time.

BIRTH CERTIFICATE

You may have already completed a birth certificate worksheet prior to entering the hospital to have your baby. If not, one will be provided at the hospital. Women’s Services will send a representative to your room to help in the completion of this process. From this information, an official form will be presented for your signature and official filing. If you should be discharged early or miss our representative, they will contact you at home and make arrangements for you to complete all birth certificate paperwork.
**NEWBORN TESTING**

The State of Texas requires that your newborn be tested for metabolic disorders. These tests are performed when your baby is 24 to 36 hours old. The tests require a small blood sample that is collected through a heel stick. This procedure is performed in the nursery and the procedure room. In addition, a hearing test and congenital heart screening are performed. Should your baby weigh less than 5 pounds or be younger than 37 weeks, a car seat test will be conducted. You will be asked to bring your car seat and base in before discharge. It is important that we have an accurate phone number for you, so that we could reach you if there were any abnormal results.

**PROFESSIONAL PHOTOGRAPHY**

A representative from a photography studio will come to your room to give you information about taking and purchasing baby pictures. Written permission must be obtained before placing your baby’s picture on the Baylor Babies section of BSWHealth.com. Additionally, we do not include last names for security purposes. The baby’s photo will usually be posted on the site within two days after the picture has been taken.

**GET SOCIAL BABY**

Share stories with other moms on the Baylor Babies group on Facebook. Facebook.com/groups/baylorbabies
We’re here for you.

The physicians, nurses and staff at Baylor Scott & White Medical Center – Irving have just one goal: to support the health and well-being of every mother and baby in our care. Nothing is more important to us, and we hope the facilities and services we offer are a testament to that. More importantly, we hope the warm, compassionate care of everyone here will help make this very special time even more significant.

To stay connected to other moms, visit Facebook.com/groups/baylorbabies.

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