

## Frequently Asked Questions if Delivering at SJMH Ann Arbor

- 1. Where should I park when I come to the Family Birth Center?**  
After mom is dropped off at the Family Birth Center entrance, please park in lot Q, which is just outside the door to the Family Birth Center entrance.
- 2. What should I bring with me for labor?** Anything that you feel may help you with your labor. Books, magazines, your personal phone book, playing cards, massage lotion, lip balm, toothbrush and toothpaste, your pillow from home, socks, slippers to walk around in, music for the CD player, etc.
- 3. How do I pre-register?** Please call 734-712-7000 or toll free 877-791-2051.
- 4. Should I take any classes to prepare for delivery?** It is always a good idea to be prepared and classes can be a great way to gain confidence in caring for yourself and a new baby. We offer many classes for mom, and dad/labor coach. Check them out on our web site at [sjmercyhealth.org](http://sjmercyhealth.org) under educational classes.
- 5. Can I eat in labor?** Women in labor are generally kept to a clear liquid diet. We will supply you with ice, popsicles, juice, broth, Jello, etc. It is important to keep well hydrated during labor.
- 6. Can my labor coach eat while I am in labor?** Yes. We have a nourishment room with snacks for the labor coaches. We also encourage them to bring food from home, if they prefer. You will have a refrigerator in your labor room to store the food.
- 7. Is there a fee for the telephone and television in the labor rooms?** If you wish to have cable TV during labor, there is a fee. However, the patient education channels are free. There are also DVD players in the labor rooms. The phone in your labor room is free for local calls. Cell phones and computers may be used in certain areas of the labor rooms. Free WiFi is available.
- 8. Can I bring my own pillow?** Yes! Please make sure that your own pillowcase is not white, as the general hospital linen is this color.
- 9. Shall I bring my own clothes to wear in labor?** You may, but most women are comfortable in the gowns we provide as labor clothing tends to get quite soiled.
- 10. How many people can be with me while I am in labor?** Most women in labor find that 2 people are sufficient. If you wish for more people to be with you we recommend that you discuss this ahead of time with your doctor or nurse midwife.
- 11. Can children observe the birth?** If the brother or sister of the baby being delivered will be attending, approval of your doctor or nurse midwife will be

- needed. If they are small children, they will need to be supervised by another adult other than your labor coach.
12. **Can children visit me while I am in labor?** Brothers and sisters of the baby being delivered may visit as long as they are healthy and wash their hands. Small children need to be supervised by a responsible adult, other than your labor coach.
  13. **How often will I be monitored while in labor?** After you are initially monitored in the labor room we encourage you to get up and move around. You can expect to be monitored as needed, or about every 30 minutes.
  14. **Will I need an IV?** If there are no risk factors associated with your health or your pregnancy and if you are able to stay hydrated with the clear liquid diet, you will not need an IV. If you receive any type of pain medication or an epidural/spinal you will have an IV.
  15. **Who administers the epidural?** An epidural is placed by an anesthesiologist. After placement it is maintained by a nurse anesthetists, nurses specially trained in anesthesia administration.
  16. **Can we take pictures or video?** During a vaginal delivery you may take photos or video. We ask that you please get permission before taking any photos of the staff assisting with your delivery. No video cameras are allowed during a c-section. No tripods please.
  17. **What can my labor coach assist with while I am delivering the baby?** Your labor coach can be a big help to you during pushing, even just by being present and encouraging. Labor coaches are often offered the chance to cut the umbilical cord.
  18. **What does the security device that is on the baby's hospital ID do?** The security device is part of our infant monitoring system. If the baby is taken too far down a hallway where there is a stairwell or elevator it will alert the staff.
  19. **Will my labor coach also wear a hospital ID band?** Yes. Once the baby is delivered, in addition to mom and baby's matching bracelets, one other person may receive another matching bracelet. These bracelets need to stay on until you leave the hospital.
  20. **Can my baby stay with me?** Absolutely! We strongly encourage the baby to be with you all the time. It will give you a chance to get to know each other better before you go home.
  21. **Will my baby need any medications after delivery?** We are required, by law, in the state of Michigan, to place an antibiotic cream in the baby's eyes. Your

- baby will also receive a vitamin K shot in his/her thigh within the first hour of birth.
22. **Why do they need the antibiotic cream and vitamin K?** Bacteria can get into the baby's eyes that may cause blindness. The vitamin K will help the baby's immature liver start the blood clotting process.
  23. **Can I bond with my baby if I do not want to breastfeed?** Absolutely!
  24. **During my recovery time in Labor and Delivery what can I expect?** You will continue to be monitored for an hour or two after delivery. The nurses will be checking to make sure that your uterus is firm and that bleeding is not too heavy. They will also be checking your blood pressure and pulse rate. If you are breastfeeding, you will want to get started during this time as the baby is often very awake for an hour or two after birth.
  25. **Can I shower after delivery?** After a non-medicated vaginal delivery, if you feel strong enough, you may shower.
  26. **What if I am scheduled for a Cesarean delivery? Can I still use the labor room?** If you are scheduled for a c-section, you will be prepared for delivery in the recovery room. After the delivery, you, your baby and your labor coach will be escorted back to the recovery room to recover, bond, breastfeed, and receive visitors on a limited bases.
  27. **What is a NICU?** The neonatal intensive care unit is a specialized nursery with highly trained doctors, nurses and other staff who care for premature newborns and babies who may need specialized medical care.
  28. **How are families a part of the care of their baby if the baby is in the NICU?** The staff will include the parents in the care of the baby as much as possible. You may be with your baby any time, day or night.
  29. **What is the difference between Labor and Delivery and the Mother/Baby unit?** Labor and Delivery is a intensive care unit where you receive 1:1 or 1:2 nursing care. After you complete your recovery time the physicians and midwives do not feel you need an intensive care setting for the rest of your hospital stay. Mother/Baby is a place to rest, heal, and recover from delivery. This is also a time for education. Your nurse will be a good resource for breastfeeding, bottlefeeding, caring for yourself after a delivery, caring for your baby, and much more.
  30. **When my baby and I are on the Mother Baby unit where do my visitors go to see us?** This is very important! For your visitor's convenience, they should park in the Main Hospital parking lot B. They then can take the main elevators to the 3<sup>rd</sup> floor and they will be at the entrance to the Mother/Baby unit.

31. **Can cell phones be used in the M/B rooms?** Yes, cell phone use is allowed on the Mother/Baby unit. There is free Wi-fi available on the Mother/Baby unit as well!
32. **Is there a nursery?** We have a small observation nursery on Mother/Baby. However, we strongly encourage mothers to keep their babies with them at all times. The nursery is there for you if you need additional support.
33. **Is there a fee for the TV and Telephone in the M/B rooms?** Yes. However, there are many programs on the TV that are available to you free of charge that will help prepare you for when you are home with your baby. The mother/baby rooms do not have DVD players.
34. **Will you feed my coach?** Your labor coach may eat in the cafeteria on the 1<sup>st</sup> floor or order take out from a variety of menus that we have available.
35. **What are the visiting guidelines?** Although all visitors are welcome we would like the visitors under the age of 12 to be the siblings of the new baby. All visitors must be healthy and must wash their hands.
36. **How do I select a pediatrician?** Of course you will want to check with your insurance. We have excellent pediatricians that come to our hospital. You can contact our physician referral service at 1-800-231-2211 or visit our website [sjmercyhealth.org](http://sjmercyhealth.org). **It is very important that you select a pediatrician before the birth of your baby.** Many practices have “meet the pediatrician” nights. Ask friends and family members whom they like. Visit the offices. Inquire about their hours and how they handle your concerns when the office is closed.
37. **What if my pediatrician does not come to St. Joe’s?** We will be happy to assign a pediatrician to care for your baby during their hospital stay.
38. **Does my baby receive any immunizations while in the hospital?** We strongly encourage you to take advantage of the free hepatitis B vaccine for your baby before you take your baby home.
39. **Who will circumcise my son if we decide to have him circumcised?**  
Circumcisions are performed on the Mother/Baby unit by the pediatricians. The babies are given a local anesthetic and some Tylenol before the procedure. It is very common for the babies to be sleepy for a few hours after a circumcision.
40. **May I get my baby’s picture taken?** This is an optional service that is provided for a fee. Your baby’s pictures will be mailed to you. They are also available online, on a secure website.

41. **How do I get the birth certificate?** Copies of the child's birth certificate are generally available 4-6 weeks after birth at the Washtenaw County Clerk/Register of Deeds Office. You may request to have them mailed to you. There is a fee for a copy of the birth certificate. For more information please call 734-222-6720 to speak to a county clerk.
42. **When will I go home?** A typical hospital stay for a vaginal delivery is 48 hours. For a cesarean delivery you may expect to stay 72 hours. Some women choose to go home sooner and that is something you can talk to your doctor or nurse midwife about.
43. **How do I know if I am using the car seat correctly?** It is important that you know how to use and install a safety approved car seat. Check in your community to see if free car seat inspections are offered. Web sites to check are [safekids.com](http://safekids.com) or [seatcheck.org](http://seatcheck.org).
44. **Will you show me how to use the car seat?** No. We are not certified car seat inspectors.
45. **Will I be discharged from the Family Birth Center entrance?** No. You will be discharged from the Main Hospital entrance.