

This is your
moment.
We'll help
deliver it.



BaylorScott&White
BAYLOR UNIVERSITY MEDICAL CENTER
DALLAS

PREGNANCY CHECKLIST

Print this Pregnancy Checklist for easy reminders to help guide your pregnancy.

First trimester

- Download the [myBSWHealth](#) mobile app. 
- Visit [BSWHealth.com/YourMoment](#) for educational articles on pregnancy, childbirth and more.
- Join our Baylor Babies Facebook group. Visit [Facebook.com/groups/BaylorBabies](#).
- Sign up for a prenatal yoga or fitness class.

Second trimester

- Pre-register with the hospital for your delivery at [BSWHealth.com/YourMomentDallas](#).
- Register for a Prepared Childbirth class as early as possible.
- Register at your favorite baby store.
- Take a Baby Care and Fatherhood class.
- Find a pediatrician.

Third trimester

- Take a Breastfeeding and Push class.
- Take a hospital tour. (A tour is typically included with childbirth classes.)
- Get your car seat installed.
- Pack a hospital bag for yourself and your baby.
- Map your route to the hospital and be familiar with where to park.
- Bra fitting by a professional, available at Simply Moms.

Hospital and class registration is available at [BSWHealth.com/YourMomentDallas](#).



THE BEGINNING OF MANY BEAUTIFUL MOMENTS

We're prepared for your moment.

We're dedicated to helping you become the mother you've always dreamed of. Let this brochure be your guide through every moment.

Baylor University Medical Center is Designated by the Texas Department of Health and Human Safety as a Level IV Maternal Center, and has been ranked as High Performing in Maternity Care by US News & World Report.

Before your delivery

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 your big moment.

We have a philosophy of family-focused care. We strive to be a woman's health partner for life, often beginning with one of the most exciting events in a lifetime: having a baby.

We offer:

- Antepartum unit for high-risk pregnancies
- OB emergency department
- Lactation services
- Labor-Delivery-Recovery Rooms (LDRs)
- New Family Center
- Level IV Neonatal Intensive Care Unit (NICU)
- Maternal Fetal Medicine physicians with telehealth capabilities
- Highly skilled obstetricians and midwives on the medical staff
- Collaborative environment with doulas



GETTING PREPARED

Enroll in Parent Education classes

Whether you are expecting your first child or are already a parent, we offer a variety of classes to fit every family. The classes cover topics such as childbirth, breastfeeding, newborn care, Dad's class, and infant CPR and prenatal yoga and are offered both online and in a classroom setting. Please refer to the Parent Education class schedule on our website for details on available classes.

Tour Women's Services

Before you deliver, you and your family are invited to take a tour of the Women's Services department, a complete healthcare destination designed just for you.

A tour is also included with all parent education and childbirth hybrid classes, so no separate registration appointment is needed.

Sign up for a class or schedule a tour:

[BSWHealth.com/YourMomentDallas](https://www.bswhealth.com/YourMomentDallas) or call 1.844.BSW.DOCS

Make admission arrangements

We encourage you to pre-register by the fourth month of your pregnancy so that we may begin processing your admission paperwork before your delivery. To complete your admission online, visit [BSWHealth.com/YourMomentDallas](https://www.bswhealth.com/YourMomentDallas) and scroll down to the [Online Pre-Registration](#) section. Once you are done, you'll receive an email confirmation of your submission. If you have an out-of-pocket responsibility, you will receive a letter confirming your benefits and an estimate of what you will owe.

If you would like to check on the status of your registration, have questions or if there is a change in your pre-admission information, please contact our maternity financial service representative at **1.877.810.0372**.

[BSWHealth.com/YourMomentDallas](https://www.bswhealth.com/YourMomentDallas)

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. Speak with your obstetrician, call 1.844.BSW.DOCS or visit our website at [BSWHealth.com](https://www.bswhealth.com) for information regarding your choice of physician. If your pediatrician does not have hospital privileges at Baylor University Medical Center, a pediatrician or neonatologist on our medical staff will examine your infant during your hospital stay, and you will follow up with your selected pediatrician after discharge. All medical records will be sent to your doctor.

What to bring for mom

Items that you may want to bring include:

- Your driver's license, insurance card and list of medications
- Loose-fitting casual wear, nursing gown, bras and other breastfeeding-related clothing
- Underwear
- Toiletries (shampoo, toothpaste, etc.)
- Robe
- Slippers or loose-fitting shoes
- Camera
- Cellphone charger
- Breastfeeding pillow
- Breast pump

What to bring for baby

While your baby is in the hospital, we will provide diapers, wipes, a hat and a sleepsack.

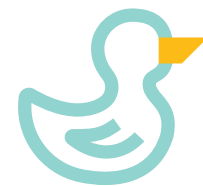
Items that you may want to bring include:

- Special clothing for baby's first picture
- Socks or booties
- Receiving blanket or cover blanket for your trip home
- Clothing to wear home
- Car seat that is weight and age appropriate for baby and not expired
- Pediatrician's name and contact information

We recommend that you have a certified car seat technician help you install your car seat before you deliver. Baylor Scott & White Health is a participant in the Safe Riders Program, which offers parents child passenger safety education and consultations. Call 800.252.8255 to make an appointment.

Photography and videotaping

Video and still photography will be limited to pre-delivery and will be allowed after your baby's birth at the discretion of the hospital staff.



GETTING HERE

When it's time, where do you go?

Baylor University Medical Center
3600 Junius Street, Dallas, TX 75246
214.820.2126

The Labor and Delivery area is conveniently located on the first floor of the Jonsson Hospital. The circular drive entrance is easily accessed from Junius Street, with short-term maternity parking available. Visitors have easy access to the center via visitor parking garage 4 or 5 on Junius Street.

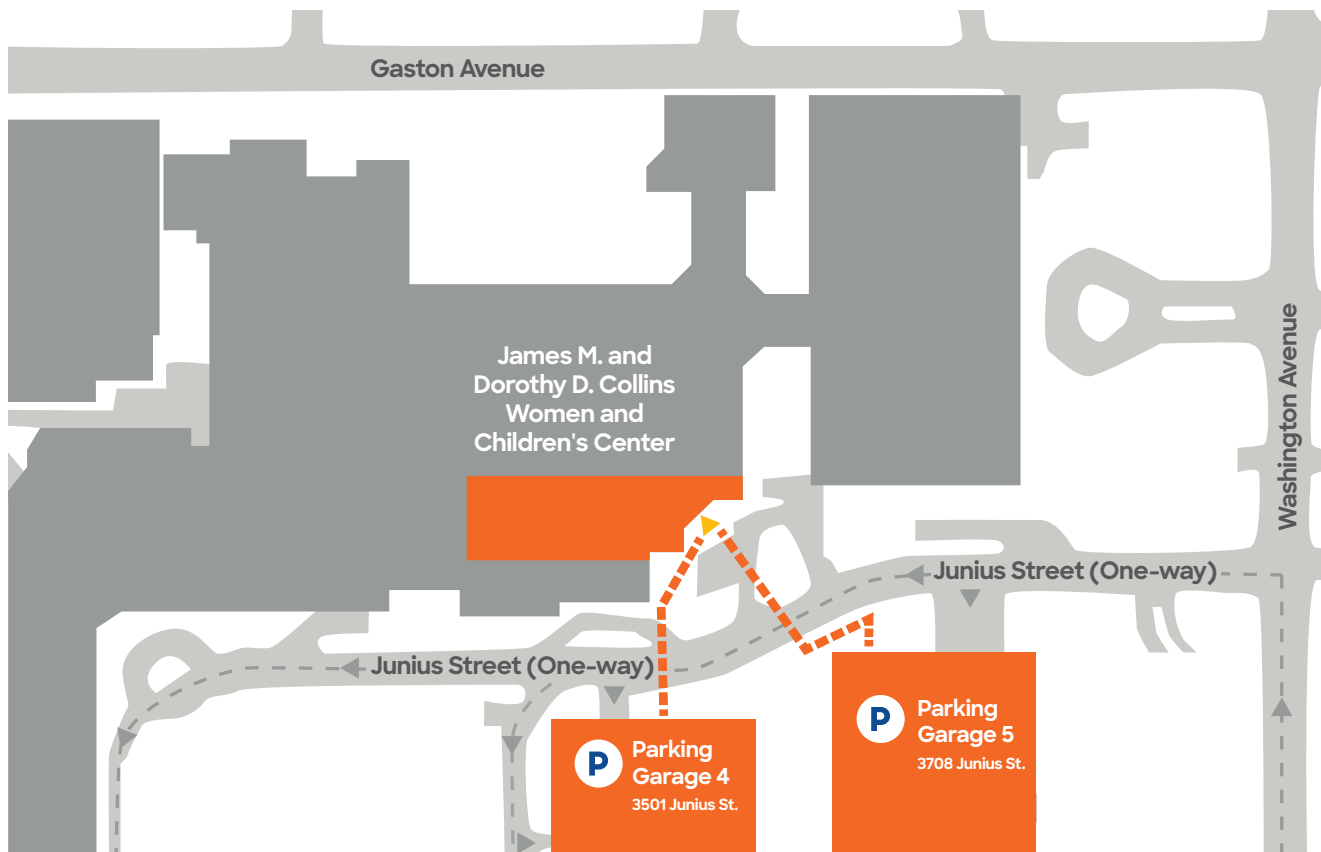
Upon entering the lobby, follow the signs to Labor and Delivery. After going through the automatic doors to the right (across from Maternity Observation), you will check in at the Labor and Delivery nurses' station.

Using GPS/Online Maps

If you are using a Global Positioning System or website to provide you directions to the Dallas campus, the following addresses will be helpful in arriving at your destination:

- Garage 4 - 3501 Junius Street, Dallas 75246
- Garage 5 - 3708 Junius Street, Dallas 75246

Please visit BSWHealth.com/DallasMaps for more information on finding your way.



AT THE HOSPITAL

James M. and Dorothy D. Collins Women and Children's Center

Enjoy the family-focused atmosphere provided in our beautifully decorated private suites. You can plan on laboring, delivering and recovering all in the same room. If you have a planned or unplanned cesarean section, the operating suites and recovery are located conveniently on the first floor. There is plenty of room for your partner or another family member to spend the night.

Labor and Delivery

The birth of your child is one of life's biggest moments, and it is our privilege to keep you safe and joyful, every moment of the way. 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. Our clinical team welcomes collaboration with doula support. Please notify your obstetrician if you wish to utilize these services during your delivery.

Our team will assist during your delivery and postpartum stay with amenities to make your experience more comfortable.

These include:

- In-room refrigerators
- Towel warmers
- Hair dryers
- Aromatherapy
- Wireless fetal monitoring
- Snack box upon arrival to the New Family Center



We are also here to manage pain during delivery, and offer a wide range of pain management options, including:

- Nitrous oxide
- Epidural or regional anesthetic
- IV medication
- Hydrotherapy (laboring in water)

Visitors during labor

Family members are welcome. For the safety and privacy of our patients, we ask that you keep the hallways clear. Family and visitors will have to press a button at our unit doors to gain access. Once inside, they will be asked to check in at our front desk and obtain a visitor's pass.

Security

We have several security measures in place to protect you and your baby. Our staff will review these measures with you upon admission.

Dedicated Antepartum Unit

The Antepartum Unit is for expectant women with high-risk pregnancies. Women who are admitted to the unit are considered at risk for pregnancy-related complications and require hospitalization prior to delivery. During a stay in Antepartum, you may also take part in physical therapy, occupational therapy and holistic healing offerings arts in medicine offerings such as music therapy. The unit also houses a celebration room where long-term patients may hold baby showers and/or family dinners.



After delivery

The first few days after the birth of your baby, known as postpartum, are so important. With our family-focused care philosophy, we customize care based on your needs. Fathers or partners are an important part of this experience and are encouraged to stay the night with mom and baby in our New Family Center. Our center is designed to create a calming environment and features all private rooms with hardwood floors, a daybed for your support person and hotel-style amenities such as in-room refrigerators and towel warmers.

Time with baby (Couplet Care)

After birth, you and your baby will be welcomed to our New Family Center. In this center, you will receive care together unless additional care is needed. (We also refer to this as rooming-in or Couplet Care.) We believe this time immediately after birth, while your baby is alert, is important. We encourage breastfeeding and skin-to-skin contact immediately after birth and throughout your stay. Your nurse will be available to assist you and the needs of your new baby.

Neonatal Intensive Care Unit

Our NICU is a Level IV unit that provides 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 special infants.



Breastfeeding

Breastfeeding is recommended for the first year of your baby's life. Our New Family Center nurses have special training and are available to assist you in a positive breastfeeding experience. Lactation consultants are also part of the team and are here to help you. We offer outpatient lactation services after discharge if additional help is needed. A class is also available to help you learn about breastfeeding. To register for a breastfeeding class, visit [BSWHealth.com/YourMomentDallas](https://www.bswhealth.com/YourMomentDallas) or call **1.844.BSW.DOCS**.

Simply Moms breastfeeding boutique has supplies you may need and is located on the first floor of Hoblitzelle Hospital. After you have left the hospital, we encourage you to join our Mommy and Me breastfeeding support and encouragement group.

Family and friends

Your family and friends are welcome to visit you and your baby during this exciting time. Other children or the baby's siblings should be accompanied by an adult and be free of illness during their visit. Please ask anyone who holds your baby to first wash his/her hands. Quiet time is daily from 1:00 - 3:00 PM. You may wish to limit visitors during this special time.

Professional photography

A representative from a photography studio will come to your room to give you information about taking pictures. Each family receives a complimentary photo as well as the opportunity to buy more. With parents' written permission, your baby's picture will be placed on the Baylor Scott & White Babies section of [BSWHealth.com/Babies](https://www.bswhealth.com/Babies). The baby's photo will usually be posted within two days after the picture has been taken. For security purposes, we do not include your baby's last name.

Special tests for your newborn

Texas requires that your newborn be tested for metabolic disorders. These tests are performed when your baby is 24 - 36 hours old. The tests require a small blood sample that is collected through a heel stick. In addition, your baby will receive a pain-free hearing test and heart health screening. It is important that we have an accurate phone number for you so that we may reach you if there are any abnormal results. To find out more about these tests, please ask your nurse or call **1.844.BSW.DOCS**.

Should your baby weigh less than 5 pounds or be younger than 37 weeks, a car seat test will be needed upon discharge.

SAFE PREGNANCIES DURING COVID-19

Having a baby can be stressful, but we're here to help. We want you to know we're following enhanced safety protocols and abiding by CDC guidelines to make sure you're receiving the safest care possible.

Our Safe Care Plan

Cleaning policy:

Enhanced cleaning and touch-free protocols in hospitals, surgery centers and clinics, including UV-light disinfection and paperless registration, have been implemented.

Visitor policy:

We follow CDC recommendations to guide our protocols. For more information on current visitor guidelines, please visit [BSWHealth.com/YourMoment](https://www.bswhealth.com/YourMoment).

Thank you for your understanding and support as we strive to keep you, your visitors and our caregivers safe.

WE'RE HERE FOR YOU

The physicians, nurses and staff at Baylor University Medical Center have one goal: To support the health and well-being of every mother and baby we serve. 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 special event memorable.

To stay connected to other moms, visit [Facebook.com/groups/BaylorBabies](https://www.facebook.com/groups/BaylorBabies)



PRENATAL CARE FROM WOMEN'S HEALTH SERVICES

[BSWHealth.com/YourMomentDallas](https://www.BSWHealth.com/YourMomentDallas)
1.844.BSW.DOCS



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