

NEW PARENT HANDBOOK

Love Delivered — *Daily* —





At Baylor Scott & White Medical Center – Irving, every mother and baby are 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 this special event in your life.

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 special day.

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 services for high-risk pregnancies
- Labor-delivery-recovery rooms (LDRs)
- Mother Baby Unit
- Level II neonatal intensive care unit (NICU)



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 such topics as childbirth, breastfeeding, newborn care, and infant CPR and safety, and are offered online. Please refer to the Parent Education class schedule for details on available classes, or visit [BSWHealth.com/IrvingWomen](https://www.bswhealth.com/irvingwomen) or call [1.844.BSW.DOCS](tel:1844BSWDOCS).

Tour Women's Services

Before you deliver, you and your family are invited to take a tour of Women's Services, a complete healthcare destination designed just for you. To schedule a time, visit [BSWHealth.com/IrvingWomen](https://www.bswhealth.com/irvingwomen) or call [1.844.BSW.DOCS](tel:1844BSWDOCS).

Make Admission Arrangements

We encourage you to pre-register by the fourth month of your pregnancy, so we may begin processing your admission paperwork before your delivery. To complete your admission online, visit [BSWHealth.com](https://www.bswhealth.com) and look for Patient Tools at the top of the page. You will 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](tel:18778100372).

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](tel:1844BSWDOCS) or visit [BSWHealth.com/IrvingWomen](https://www.bswhealth.com/irvingwomen) for information regarding your choice of physician. If your pediatrician does not have hospital privileges at Baylor Scott & White - Irving, a pediatrician will be provided, and the medical records will be sent to your doctor.

PACKING YOUR BAG FOR THE HOSPITAL

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
- Your toiletries
- Robe
- Slippers or loose-fitting shoes
- Camera
- Cell phone charger
- Breastfeeding pillow
- Breast pump

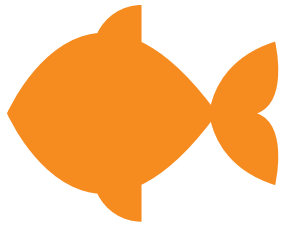
What to Bring for Baby

While your baby is in the hospital, we will provide diapers, wipes, a T-shirt, hat and sleepsack. Items that you may want to bring include:

- Special clothing for baby's first picture
- Socks or booties
- Car seat that is weight and age appropriate for baby and not expired
- Receiving blanket or cover blanket for your trip home
- Clothing to wear home
- 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. Call 800.252.8255 to make an appointment.





Labor and Delivery Suites

You will 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 second 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 truly a miracle, and it is our privilege to be a part of that miracle. 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.

When It's Time, Where Do You Go?

Baylor Scott & White Medical Center - Irving
1901 N. MacArthur, Irving, TX 75061
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 PM, the Emergency Department door is the only entrance to the hospital. The other doors are locked for security purposes.

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.

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.



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 Mother Baby Unit.



Time With Baby (Rooming-In)

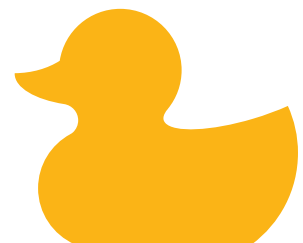
After the birth, you and your baby will be welcomed to our Mother Baby Unit. In this unit, you will receive care together unless additional care is needed. (We also refer to this as rooming-in.) We believe this time immediately after birth, while your baby is alert, is important. We encourage breastfeeding 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 II 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. Parents are encouraged to be actively involved in the care of their babies while in the NICU.

Breastfeeding

Breastfeeding is recommended for the first year of your baby's life. Our women's services nurses have special training and are available to assist you in a positive breastfeeding experience. Lactation consultants are also part of the staff and are here to help you. To register for a breastfeeding class, visit [BSWHealth.com/Pregnancy](https://www.bswhealth.com/Pregnancy) or call [1.844.BSW.DOCS](tel:1844BSWDOCS).





Security

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

Family and Friends

This is an exciting time, and your family and friends will want to visit you. The baby's siblings are important during this time of family transition, but they should be accompanied by an adult and be free of illness. Please ask anyone who holds your baby to first wash his/her hands. Cuddle Time is daily from 2:00 - 4:00 AM and 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 Babies section of BSWHealth.com. 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 to 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.

Should your baby weigh less than five pounds or be younger than 37 weeks, a car seat test will be needed upon discharge. 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](tel:1844BSWDOCS).



We're here for you.

The physicians, nurses and staff at Baylor Scott & White – Irving have just one goal: To ensure the health and well-being of every mother and baby we see. 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)

[BSWHealth.com/IrvingWomen](https://www.BSWHealth.com/IrvingWomen)

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1901 N. MacArthur

Irving, TX 75061

