

# Birth Center Orientation (Labor & Delivery)



**Dignity Health**<sup>TM</sup>  
Sequoia Hospital

# Welcome to Dignity Health Sequoia Hospital

- Sequoia Hospital is an accredited, not-for-profit community hospital providing innovative and exceptional health care to generations of Bay Area residents since 1950
- Sequoia has been voted “Best Birth Center” by readers of Bay Area Parent magazine in its “Best of the Best” annual survey. Sequoia has been voted one of America’s Best Maternity Hospitals 2025 from Newsweek Magazine
- Our Heart and Vascular Institute is nationally known pioneer in advanced cardiac care. We are also know for our Center of Total Joint Replacement



# Pre-Registration

## Planning to deliver at Sequoia Hospital?

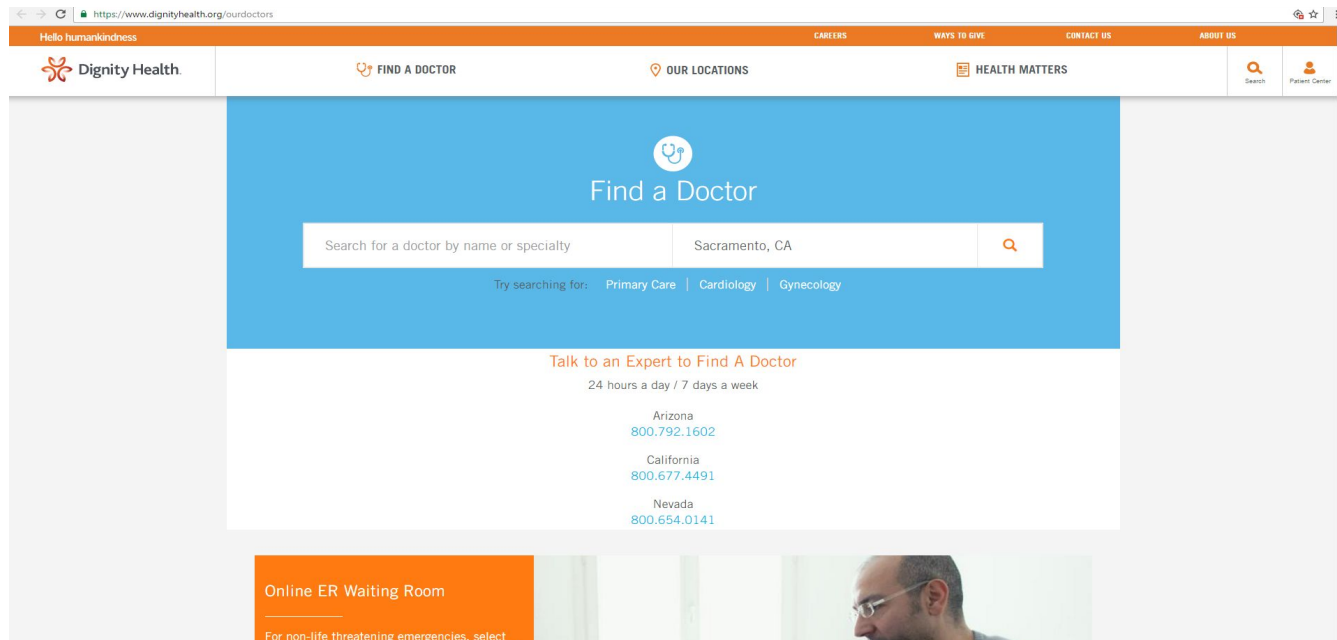
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- Your provider will provide you with a pre-registration form that will be sent to the hospital by your provider's staff.
- Registration questions:  
Admitting Department: 650.367.5551  
Monday through Friday, 5 a.m. – 4 p.m.

# Choosing a Pediatrician

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- Ask your OB/GYN
- Ask your family and friends
- Dignity Health's Find A Doctor service:
  - [dignityhealth.org/ourdoctors](https://dignityhealth.org/ourdoctors)
  - 844.322.9931



# Entrance, Parking, Elevators and Cafeteria



# Parking

- When it's time to come to the hospital, contact your OB/GYN. Then call our Birth Center at 650-367-5655
- Free garage parking. Handicap parking available on the top level
- Free valet: 6 a.m. – 2 p.m., Monday–Friday
- Patients who arrive before 5am can self-park on any level in the garage





# Entrance

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- For the safety of our patients and visitors Sequoia Hospital's main entrance will be closing from 9 p.m. to 4 a.m. beginning September 1st.
- **Alternate Entry for Patients** - During closure hours, all patients must enter and exit through Sequoia Hospital's Emergency Department.
- **Visiting Hours** will end at 9 p.m.



# Entrance, Pavilion Lobby & Elevators

- Wheelchairs available inside main entrance
- The Birth Center is only accessible via Elevator “B”, across from the Admitting & Registration department
- Birth Center (Labor & Delivery) is on 3<sup>rd</sup> floor, exit elevator, Nurses Station directly ahead, this is where we check-in patients



# Food and Dining options

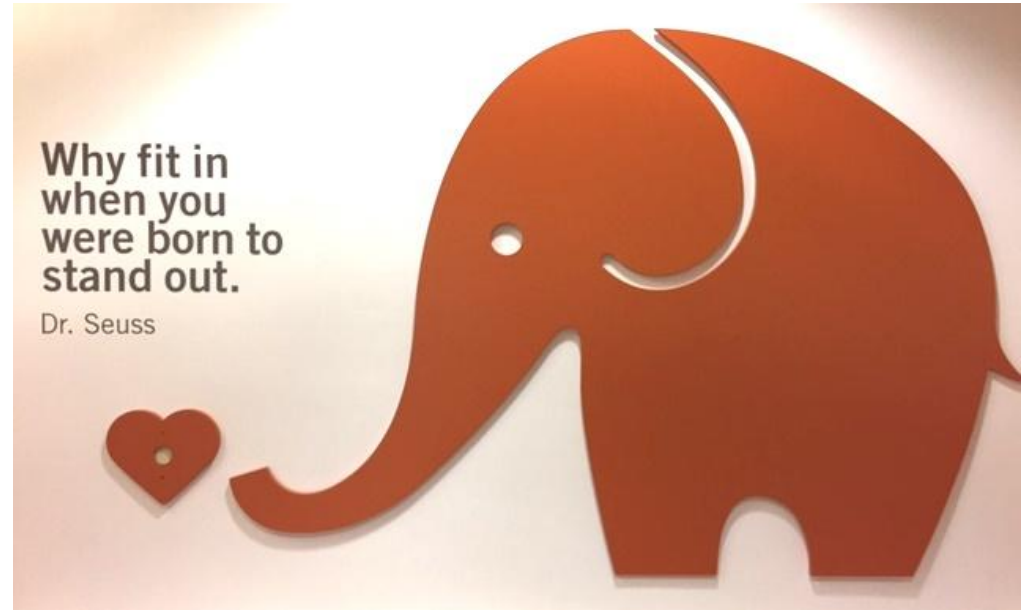
- Patients are served meals in their rooms
- Food Services will pick up meal trays. Please do not leave them in the hallway; trays in hallway may be a trip hazard
- A celebration meal is offered to parents on the night before discharge
- The cafeteria is located on the lobby level for partner or visitor meals



# Birth Center (Labor & Delivery)

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- On call OB doctors
- On-site OB hospitalists every night
- 24/7 pediatricians and anesthesia
- Onsite Stanford Medicine Children's Hospital Level II Neonatal Intensive Care Unit (NICU), located within our Birth Center
- Lactation support available 6 days a week, excluding holidays. Support services are available through the Health and Wellness Center after discharge.
- Banked Donor Breast Milk available as an option for feeding supplementation if medically indicated during admission





# Labor/Delivery/Recovery/Postpartum Suites (LDRP)

- Birthing person delivers in an LDRP suite
- All LDRP rooms have either a built-in guest bed or fold-out bed
- Suites have private bathrooms
- Please note we have limited space and we recommend that you not bring excessive luggage for your safety and the safety of our staff as there is very limited storage



# Labor/Delivery/Recovery/Postpartum Suites (LDRP)

- Two support persons/visitors permitted during labor and postpartum period. The 2nd support person who is not acting as the birth partner must follow visiting hours
- One adult may stay overnight
- Visiting time for children is 9am - 9pm. Children must be free of signs/symptoms of infections.
- Healthy babies are cared for in the room and stay with their new families, this is called Rooming in
- After 24 hours of life, baby is sent to the nursery for the Newborn Screen test, Hearing screen, Critical Congenital Heart Disease screen. Parents may join baby during this time.





# Labor/Delivery/Recovery/Postpartum Suites (LDRP)

- Though the ideal scenario is for the patient and baby to spend the entire stay from labor through discharge in the same room, there are times when this is not possible
- The Birth Center must keep some LDRP suites available for incoming patients in labor
- Therefore a patient who has delivered may be moved to a postpartum room



# Fetal Monitor Telemetry

- Our fetal monitoring equipment allows patients to walk around the Birth Center or shower while never compromising their safety or medical treatment



# Couplet Care

- Sequoia Hospital embraces rooming in
- Patients and adult partners will be encouraged to keep baby in the room.
- Patients may be encouraged to breastfeed and perform skin-to-skin with baby within the first two hours after birth
- Your nurse and our Lactation RN's will be available for breastfeeding assistance



# C-Section and Postpartum Rooms

# C-section

- Prior to your C-section you will receive a phone call from our staff to go over your pre-operative instructions
- Planned C-sections are admitted into a pre-op room for assessment before going to the OR
- Post-op, the patient will stay in C-section recovery room for the two-hour recovery period





# Postpartum Rooms Post Cesarean Section

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- We request that Mom and Baby are not left alone for the 1st 18-24 hours after the C-Section
- Approximate hospital stay after C-Section delivery, four (4) days



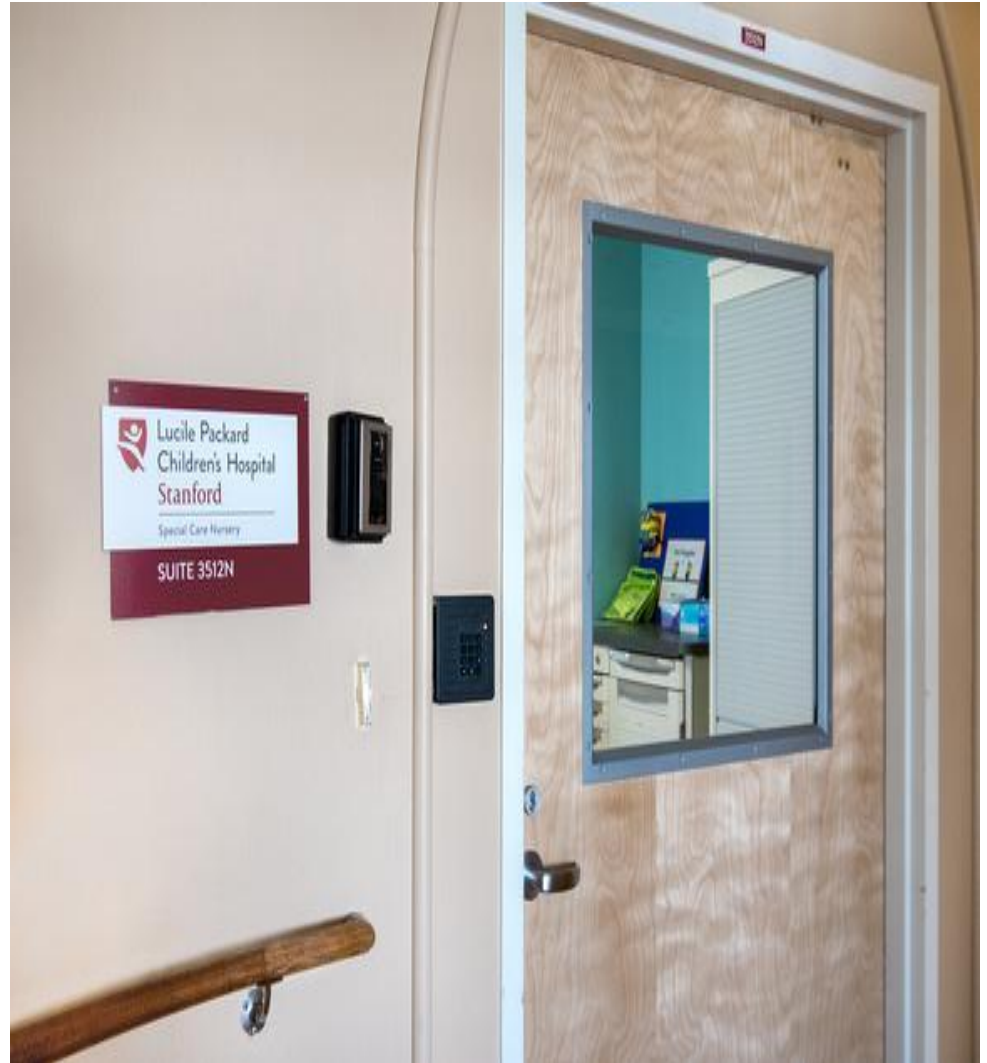


# NICU Level II Nursery Stanford Medicine Children's Health



## Level II NICU

- Our Level II Neonatal Intensive Care Unit (NICU) is a special care nursery within our Birth Center
- The NICU is staffed by doctors and nurses from Stanford Medicine Children's Health Special Care Nursery who specialize in neonatal care
- Our Level II designation means Sequoia has the expertise and equipment to care for and stabilized high-risk newborns that are greater than 32 weeks gestation



# Skin-to-Skin Care

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- Skin-to-skin care provides a unique opportunity for initial bonding with your newborn baby within the first hours of birth
- While skin-to-skin care is especially beneficial in facilitating breastfeeding, non-breastfeeding parents are also encouraged to participate in this special time
- Skin-to-skin care also helps to maintains baby's temperature

# Skin to Skin Care – Vaginal Deliveries

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- May begin immediately after birth
- Newborn birth medications, weight/length measurements are performed after baby's first feeding and or bonding effort



# Skin to Skin Care – Cesarean Deliveries

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- After birth, baby is examined and then placed on the patient's chest for skin-to-skin. This takes place in the OR under the care of a nurse
- This may be a limited time based on the status of the patient but will resume as soon as birthing person is transferred to the recovery room and in stable condition



# Lactation Services

# Lactation Inpatient Services

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Lactation consultants, who are RNs and IBCLC certified (International Board Certified Lactation Consultant), will work with you during your hospital stay (excluding Saturdays and Holidays)

- Feeding goals
- Assess
- Hands on
- Care plan



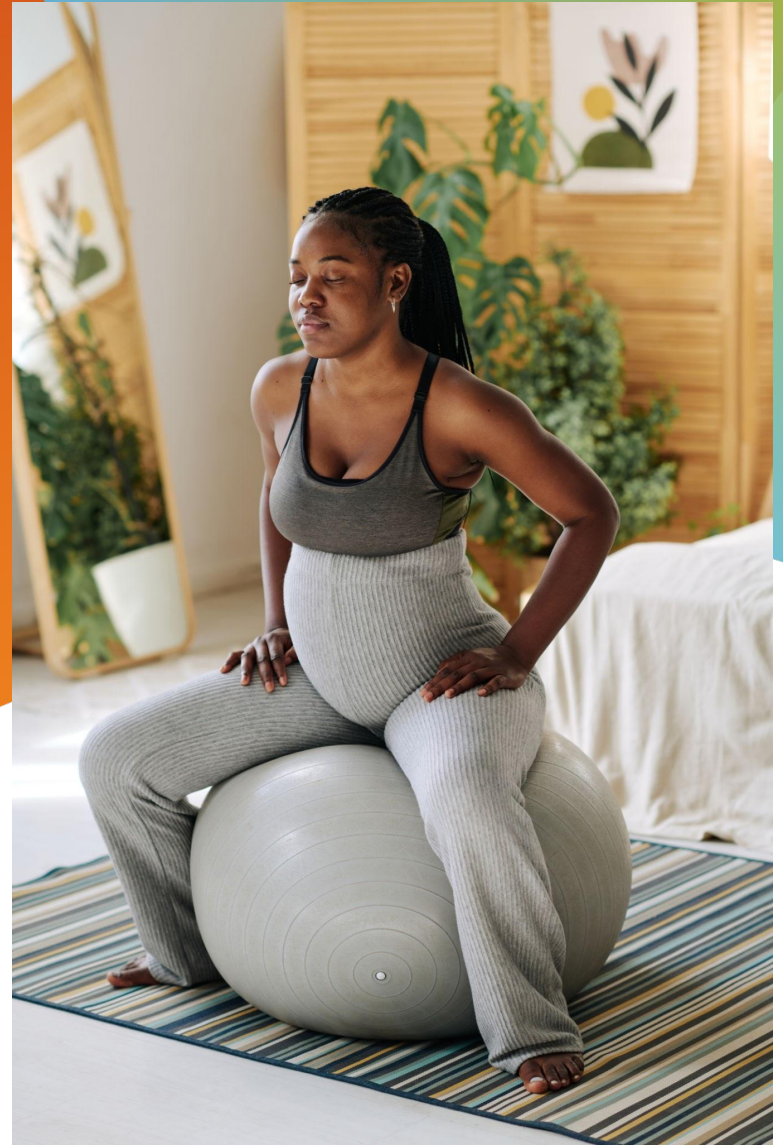


# In Hospital Stay

Birthing Balls and Peanuts  
Balls are available to our  
patients.

Wireless monitoring is  
available.

Your MD, Pediatrician and  
Lactation Specialist will  
see you everyday.  
Your nurses will make  
frequent roundings daily.



Sequoia provides T-shirts, swaddle blankets, sleep sacks, hats, diapers and wipes for the newborn. It is suggested to bring a “going home” outfit for your baby.

The birthing person is provided a gown, bathrobe, and slipper socks. Pads, panties, and ice packs are provided for the recovery period after delivery. Please bring your own toiletries.

If you bring your own pillows, please do not bring them in a white pillow cases



# Baby Safety in the Hospital

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While in the hospital:

- Babies need to sleep on their backs, in their assigned crib or warmer
- Babies should remain in their crib when walking in the hall
- Babies will have a yellow security band around their ankle for our hospital electronic security

According to a new policy statement released by the American Academy of Pediatrics: When at home

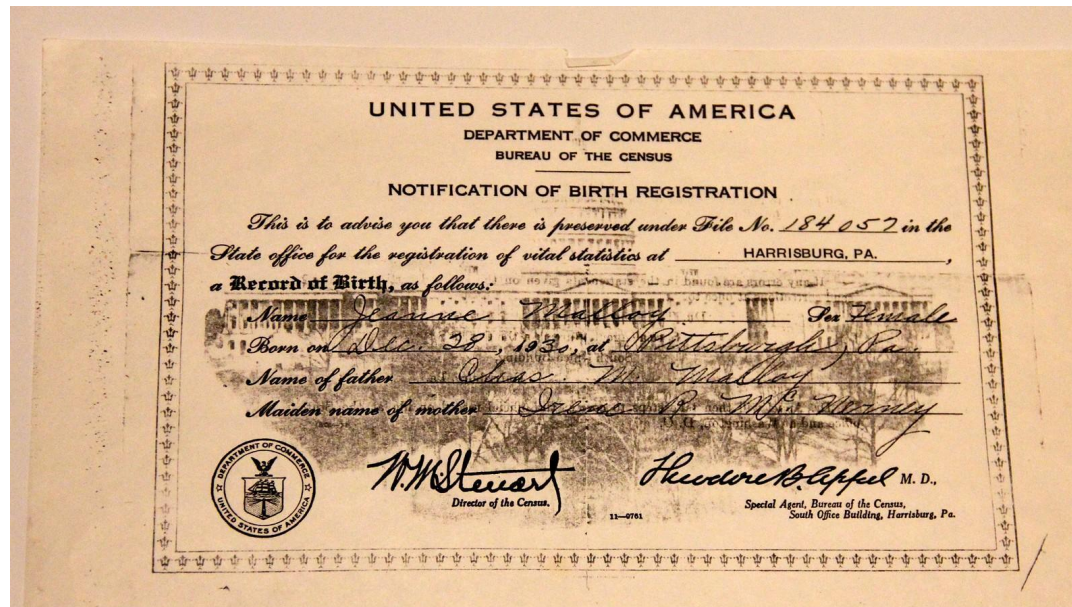
- Infants should sleep in the same bedroom as their parents “room sharing”
- But infants should sleep on a separate firm surface, like a crib or bassinet
- Cribs and bassinets should be empty, except for a fitted sheet





# Birth Certificate and Social Security

- A birth recorder will visit you during your hospital stay
- It takes about 30 days for your birth certificate to be available for pick up at the San Mateo County Clerk Office. You may order as many certified copies as you wish for a fee.
- Baby's social security card will be mailed to the address noted on your birth certificate. It takes about 30 days to be mailed.



# Taking your baby home

# Car Seat Preparation

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- The most important thing to bring with you is your infant's car seat, properly installed in your car. You cannot take your baby home unless you have an infant car seat.
- Parents should become familiar with the instruction manual and use of their infant's car seat prior to the baby's birth. Please practise at home.
- We recommend having the car seat inspected by certified installation technicians prior to the baby's birth.
- See our website for a "child passenger safety resources" [dignityhealth.org/bayarea/locations/sequoia/services/birth-center/additional-resources](https://dignityhealth.org/bayarea/locations/sequoia/services/birth-center/additional-resources), or visit [www.nhtsa.gov/equipment/car-seats-and-booster-seats](https://www.nhtsa.gov/equipment/car-seats-and-booster-seats)
- If for some reason your infant is born early or is smaller than average weight your infant may require a car seat challenge test that makes sure they are safe to be sent home in your chosen cart seat. This test will be approximately 90 minutes long



# Sequoia Hospital Therapy and Rehabilitation Center

Sequoia Hospital offers  
Pelvic floor rehabilitation  
pre and postnatal care:  
including back pain, pelvic  
pain, incontinence, pelvic  
floor strengthening

# Reminders and information

## Reminders and information on preparing for your hospital stay and baby's arrival

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- Pre-Registration
- Choosing a Pediatrician
- Visit our Birth Center webpage
- Birth Center Virtual Tour
- What to pack for your hospital stay
- Child passenger safety resources
- Birth Certificate information
- Hospital grade breast pump rental information

# Thank you

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We look forward to seeing you and the newest addition to your family!

