

# Birth Center Orientation (Labor & Delivery)



**Dignity Health**<sup>™</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
- Our Heart and Vascular Institute is nationally known pioneer in advanced cardiac care.
- We are also known for our Center for Total Joint Replacement.
- Sequoia has been voted a “Best Birth Center” for the 10<sup>th</sup> consecutive year by readers of Bay Area Parent magazine in its “Best of the Best” annual survey. Sequoia also was voted a “Best Hospital.”



# Pre-Registration

# Planning to deliver at Sequoia Hospital?

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- Pre-register anytime during pregnancy
- Forms are available through:
  - OB/GYN
  - Online Pre-Registration

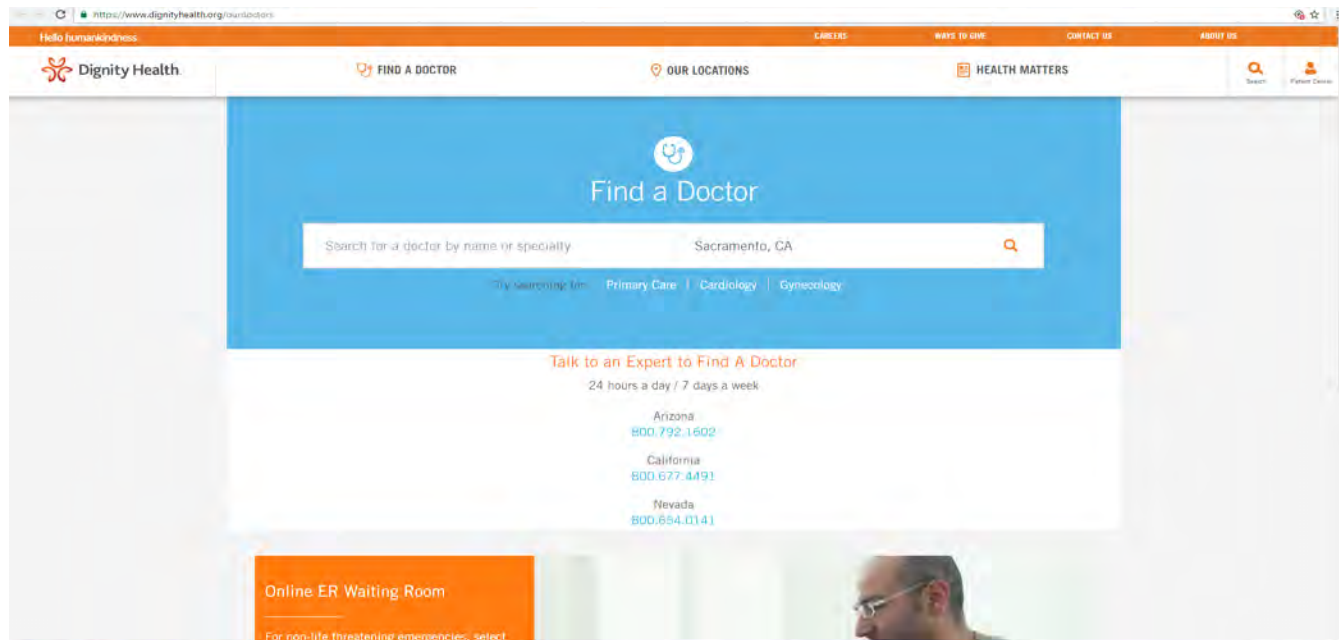
[dignityhealth.org/bayarea/locations/sequoia/patients-and-visitors/for-patients/admitting-registration/pre-register-online](https://dignityhealth.org/bayarea/locations/sequoia/patients-and-visitors/for-patients/admitting-registration/pre-register-online)
- Registration questions:
  - Admitting Department: 650.367.5551
  - Monday through Friday, 5 a.m. – 4 p.m.

[dignityhealth.org/bayarea/locations/sequoia/patients-and-visitors/for-patients/admitting-registration](https://dignityhealth.org/bayarea/locations/sequoia/patients-and-visitors/for-patients/admitting-registration)

# 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://www.dignityhealth.org/ourdoctors)
  - 855.403.8490



# Entrance, Parking, Elevators and Cafeteria

# Entrance & Parking

- When it's time to come to the hospital, contact your OB/GYN. Then call our Birth Center at 650.367.5655
- Main entrance, open 24/7, on Whipple Avenue
- 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, 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 patient



# Food and Dining options

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- Moms are served meals in their rooms
- Dads/Partners upon request
- Food Services will pick up meal trays. Please do not leave them in the hallway; trays in hallway are dangerous

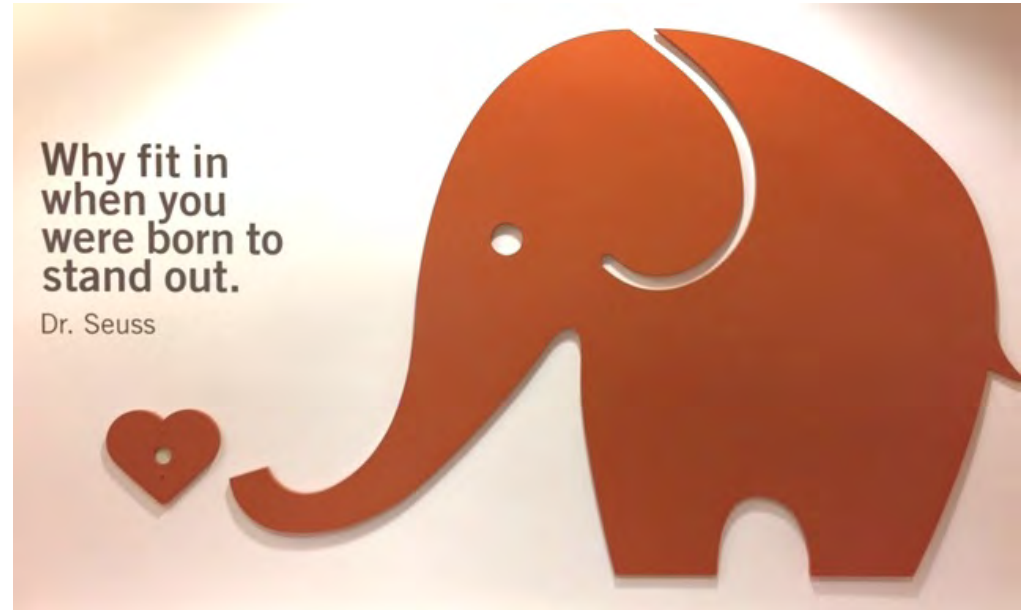


# Birth Center (Labor & Delivery)

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- On call OB doctors
- 24/7 pediatricians and anesthesia if necessary
- Onsite Lucile Packard Children's Hospital Stanford Level II neonatal intensive care unit (NICU), within our Birth Center
- Our lactation support helps new moms during hospital stay and through the crucial early weeks in the life of a new baby



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

- Moms deliver in an LDRP suite
- Each LDRP suite is equipped with state-of-the-art equipment
- All LDRP rooms have either a built-in guest bed, sleeper chair, or fold-out bed
- Suites have private bathrooms, except for two that share a large bathroom



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

- One adult may stay overnight with mom and baby
- Healthy babies are cared for in the room and stay with their new families, this is called Rooming in
- Vaginal deliveries stay approximately two (2) days



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

- Though the ideal scenario is for mom and baby to spend 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 women in labor
- Therefore a patient who has had her baby may be moved to a postpartum room in order to make a LDRP suite available for a mom in labor



# Fetal Monitor Telemetry

- Expectant moms who need their vital signs monitored during delivery shouldn't lose mobility during labor
- Our fetal monitoring equipment allows women to walk around the Birth Center or shower while never compromising their safety or medical treatment





# Couplet Care

- Sequoia Hospital has a policy of non-separation
- Moms and adult partners will be encouraged to keep baby in the room, this is called “rooming in”
- Moms may be encouraged to breast feed within the first two hours after birth
- Nurse, IBCLC (International Board Certified Lactation Consultant) will be available for breastfeeding assistance



# C-Section and Postpartum Rooms

# C-section

- Planned C-sections are admitted into a pre-op room for assessment before going to the OR
- Post-op, mom will stay in C-section recovery room for the two-hour recovery period



# Postpartum Rooms

- Should an LDRP room not be available after C-Section, family would be moved to a postpartum room
- One adult may stay overnight with mom and baby
- Approximate hospital stay after C-Section delivery, four (4) days



# Level II NICU

## Lucile Packard Children's Hospital Stanford

## 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 Lucile Packard Children's Hospital Stanford who specialized in neonatal care
- Our Level II designation means Sequoia has the expertise and equipment to care for and stabilized high-risk newborns



# 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 hour of birth
- While skin-to-skin care is especially beneficial in facilitating breast feeding, non-breast feeding parents are also encouraged to participate in this special time



## Skin to Skin Care – Vaginal Deliveries

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



# Skin to Skin Care – Cesarean Deliveries

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- After birth, baby is examined and then placed on mom's chest for skin-to-skin care. This takes place in the OR under the care of a nurse
- Baby soon rejoins mom in recovery room and continues skin-to-skin care and feeding



# Lactation Services

# Lactation Inpatient Services

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Lactation consultants, who are RNs and IBCLC certified, will work with you every day during your hospital stay

- Feeding goals
- Assess
- Hands on
- Care plan



# In Hospital Safety

## In Hospital Safety

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- If you bring your own birthing ball, be sure to ask your nurse for the labor ball stand
- This will prevent you from slipping off the ball and falling on the floor



# 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 not sleep in bed with mom, dad or partner
- Babies can roll out of mom's/dad's/partner's arms and fall onto the floor

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

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



# Taking your baby home



## Taking your Baby Home

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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 approved 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.
- 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" flyer,  
[dignityhealth.org/bayarea/locations/sequoia/services/birth-center/additional-resources](https://dignityhealth.org/bayarea/locations/sequoia/services/birth-center/additional-resources), or visit [seatcheck.org](https://seatcheck.org)  
([www.nhtsa.gov/equipment/car-seats-and-booster-seats](https://www.nhtsa.gov/equipment/car-seats-and-booster-seats))

# 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
  - 10 Things to Know video
  - Additional Resource  
([dignityhealth.org/bayarea/locations/sequoia/services/birth-center/additional-resources](https://dignityhealth.org/bayarea/locations/sequoia/services/birth-center/additional-resources))
    - 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!





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