

St. John's Maternity Center
Life's First Hellos
Start Here



Maternity Center



Welcome to St. John's Regional Medical Center

Perinatal Services at St. John's

- High risk obstetrical services
- Maternal fetal medicine specialists on staff
- In-house OB/GYN hospitalist 24/7
- Anesthesia providers available 24/7
- 11 labor and delivery, and recovery rooms with shower or tub.
- 2 Operating suites in Labor and Delivery unit
- 24 Private postpartum suites in Mother and Infant unit
- Level III NICU with 20 private family-centered suites
- Lactation support by board certified lactation consultants and lactation educators/counselors



Prenatal classes

We encourage you to take our childbirth preparation and prenatal classes. These fun and informative classes are a great way to prepare yourself and your birth partner for the labor experience. You can find a list of the classes offered at DignityHealth.org/StJohnsBaby under Classes and Events.





Maternity Center



New private entrance on Williams Drive

Pre-Admitting is Easy and Fast

When the baby lets you know it is time to make your way to the hospital, you will want to know that St. John's is ready for your arrival. How? By completing all of the paperwork in advance.

You may complete the pre-admission application by your seventh month, and return it to us for processing, or pre-register online at

DignityHealth.org/StJohnsBaby

(scroll down to *Online Patient Registration* and select an option).





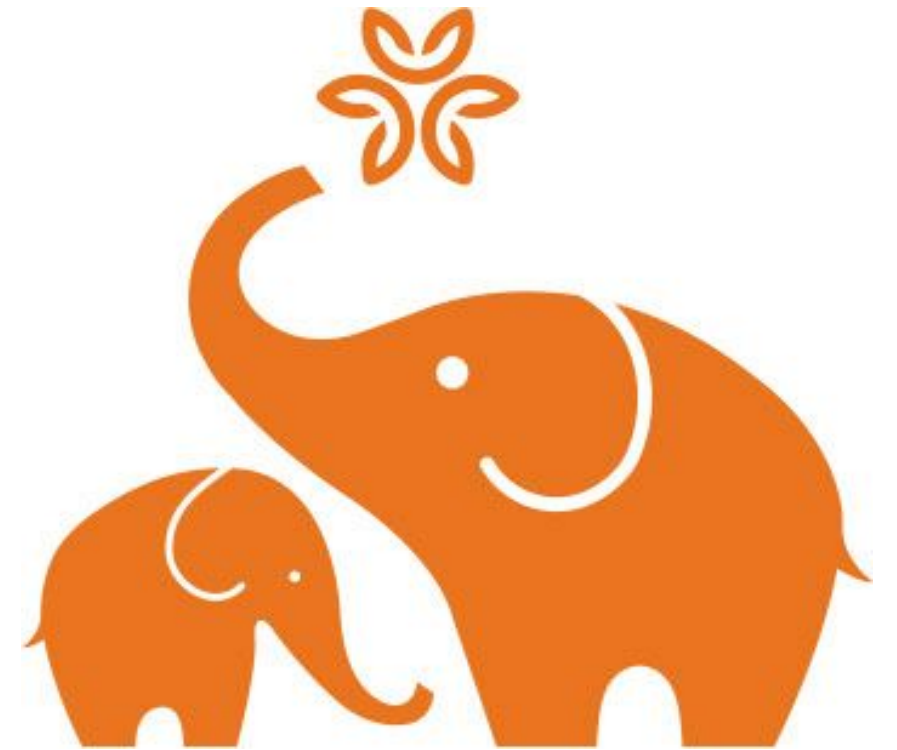
New lobby and waiting area



Registration and Waiting Area

Hospital amenities

- Gift Shop (Mall Level)
- The Café (Garden Level)
- Pantry vending area (Garden Level)
- Healing Garden (Garden Level)
- Nursing Mother's Lounge (Mall Level)
- Complimentary WiFi





Triage nurses station



Private triage room



New shared triage room

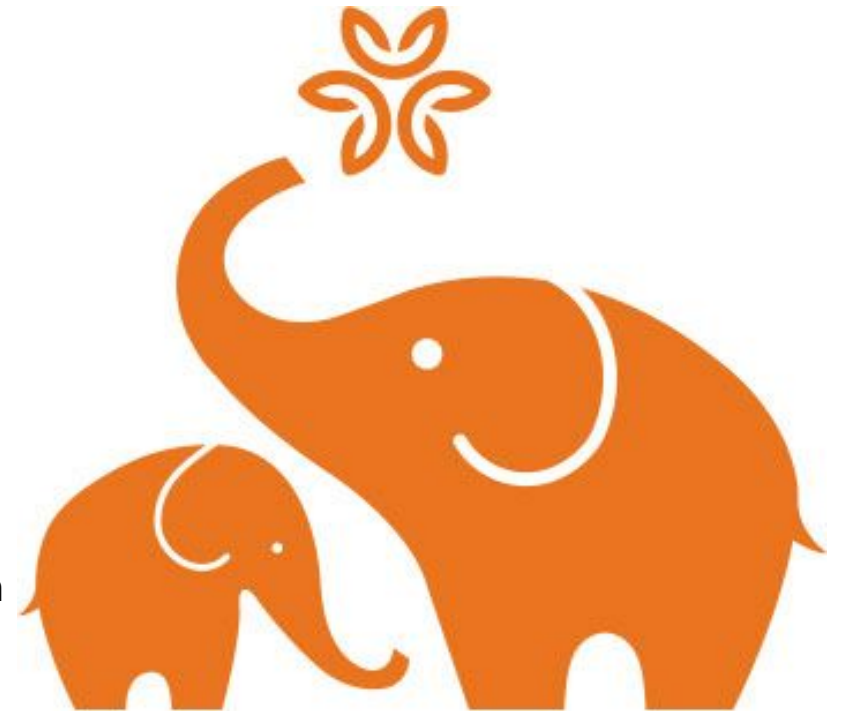


Labor and Delivery Unit

What to expect during delivery

Dedicated obstetrical services are available 24 hours a day, 7 days a week. During delivery, you will remain in your private labor and delivery suite where a nurse will closely monitor you. A support person may remain with you throughout the whole birthing experience.

- There are various lighting options in the labor suite and a television with cable, movies, music, and relaxation channels.
- Fully-adjustable birthing beds to ensure the most comfortable and most effective position for you.
- Aromatherapy is available to help with relaxation.
- Birthing and peanut balls are available for comfort.
- If you are considering medical pain management, epidurals and pain medication options are also available.
- Complimentary diaper bag that includes a gift for your newborn.





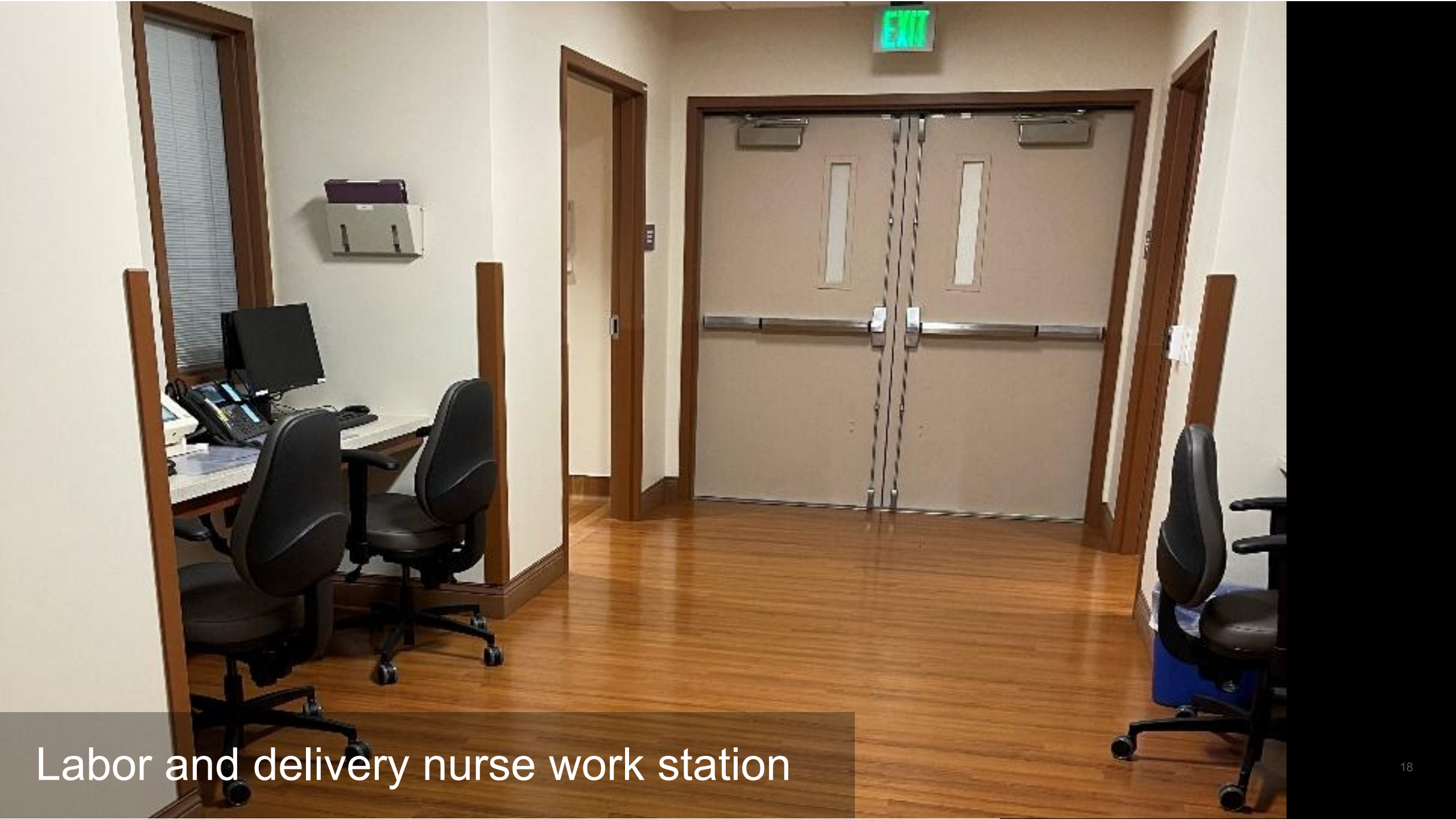
New labor and delivery suite



Labor and delivery suite bathroom



Bathroom with tub for labor comfort



Labor and delivery nurse work station

Individualized cesarean delivery

Your cesarean birth can be a joyful, family-centered experience. Our two surgical suites are located within the Labor and Delivery unit.

St. John's provides the following options to help customize your cesarean birth and recovery:

- Dimmed lights in the operating room.
- Music if you choose during the procedure.
- One support person in the operating room with you during the surgery.
- A drape with a clear window so that you can see your baby as he or she is delivered.
- Skin-to-skin with baby in the operating room.
- If mom can't provide skin-to-skin, the support person can do so in the recovery room.
- Breastfeeding as soon as mom and baby are able.



A baby is born with
a need to be loved
and never outgrows it.

Frank A. Clark

When a baby is born at St. John's, a lullaby is played throughout the hospital announcing the arrival of a newborn.





Mother and Infant Unit

Welcome newborn

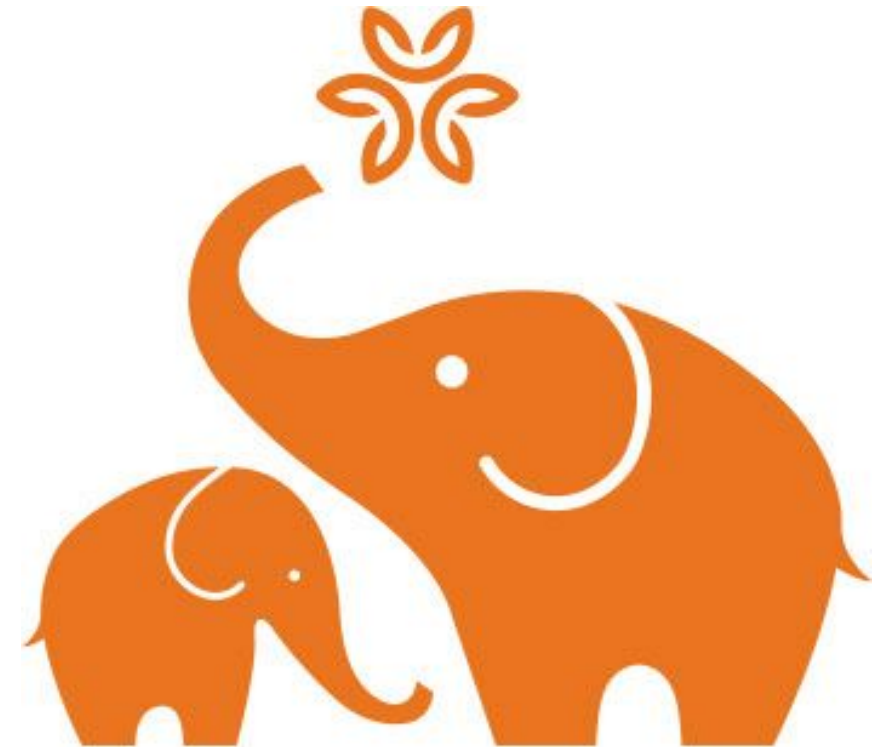
The first hour of your baby's life is sacred.

We will do our utmost to ensure that your baby gets the best start possible and help you enjoy skin-to-skin contact safely and for as long as you'd like.

At St. John's, we want to give you and your baby that first hour together (The Sacred Hour), uninterrupted, so that you can enjoy skin-to-skin contact safely while getting to know each other.

We know you want to introduce your family and friends to your baby, and we encourage you to welcome them after you have had this special time alone.

Visitors policy: Please confirm the current hospital visitation policy prior to delivery, and share it with your loved ones.



Mother and Infant Unit (MIU) accommodations

Our MIU is designed for the comfort and care of you and your baby. We provide a variety of accommodations and amenities, including:

- The most experienced team: compassionate doctors and nurses, in a state-of-the-art birthing facility, makes for an incredible experience.
- The support of board-certified lactation consultants and educators/counselors.
- Gourmet celebratory meal and dessert for parents.
- The private suites are equipped with a self-contained bed, partner seating/sleep furnishing, bathroom and shower.
- Flat-screen television





Private patient suite



Bathroom and shower

What to expect in the hospital for your newborn

It is our desire that you and your new baby have a safe and happy experience at St. John's. It is important that you familiarize yourself with the national standards for care of healthy newborns, these guidelines are upheld at our hospital:

- Eye care ointment
- Vitamin K
- Immunization against Hepatitis B
- Newborn metabolic screening
- Newborn Hearing screening

Our birth certificate clerk is also available to help you process your newborn's birth certificate.



Professional Newborn Photography

St. John's Regional Medical Center offers studio photography right in your hospital room. Once your baby is born, the photographer will visit your room to see if you'd like to schedule a time for your baby's photo session.

You're welcome to dress the baby or use a special blanket, so be sure to bring these items with you to the hospital. Your baby's portraits will remain available online for a year for you to view or purchase. If you choose to purchase your photos while in the hospital, we now have onsite printing. Your photos will be hand delivered to you before you leave – no waiting and no shipping!



Security measures for you and your baby.

At St. John's Regional Medical Center, the safety and welfare of your new baby is our top priority.

- **Newborn Bands:** Your baby will wear two identification bands and a security band that will identify your newborn as your child while here at the hospital. These bands will be placed on one wrist and one ankle. The identification number on each band will match the number on the identification band assigned to the mother and her support person.
- **Infant Security Band:** This band will be placed on your babies ankle. It will alarm should the baby be removed from our secure unit unexpectedly. This band will be removed before you and your baby leave the hospital. All exits from the mother-infant area are equipped with the alarm system and are video-monitored by our security staff.
- **Staff Name Badges:** All Maternity Center staff members wear unique ID badges with their picture, name and job title. The badge also includes the hospital name. As staff members introduce themselves to you, please make a point of noticing their unique ID badge.





Neonatal Intensive Care Unit Level III

Especially designed NICU

St. John's NICU has recently been expanded to 20 private family-centered rooms (with the ability to combine twins). Each room features sophisticated and specialized amenities including:

- Invasive monitoring
- Conventional ventilation
- High frequency oscillator ventilation
- Transport service
- Giraffe Omnibed Incubators – provides a supportive microenvironment for preemies.
- Designated area for the highest acuity NICU patients who require the latest specialized technology
- “Whole Body Cooling” to treat neonatal brain injury
- A quiet and dimly lit environment to help nurture these special babies
- The new private rooms are also equipped to allow a visitor to comfortably spend the night in the room with the baby. Additionally, a family lounge with kitchenette and shower are available to help make families with a little one in our care more comfortable.





Private suites with the ability to combine twins



Family lounge



70



Kitchenette and shower



Postpartum services for families

Additional Services

Post Delivery Services

- Lactation Consultations
- Breast Pump Rental
- Baby Weight Checks

For more information, please call **(805) 988-2796**.

Classes (Available Online)

- Understanding Birth
- Understanding Breastfeeding
- Understanding Fatherhood
- Understanding Grandparenting (English & Spanish)

Free Support Groups

- Baby Bistro
- Mom to Mom Peer Support Group (for Pregnant and Postpartum Women)
- Mommy and Me (birth to 6 months and 6 to 12 months)
- Sibling Class



To register or learn about these services, please visit **DignityHealth.org/StJohnsBaby** or call **(805) 988-2784**.

To schedule a tour,
call (805) 988-2784.