

UnityPoint Health® - Meriter

Delivering Our Future



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Dear Expectant Parent,

Congratulations on your pregnancy! We know this is a special time for you and your family. We are thrilled you chose UnityPoint Health® - Meriter for the birth of your baby. Our Birthing Center is exceptional in delivering the highest quality of care with a strong family centered focus.

We are confident you will find our facilities and staff committed to serving you and your family. We are proud of our birthing services and strive to make every experience as special and unique as your birth!

This booklet includes educational information about the services we provide for pregnancy, birth, newborn and neonatal services. We encourage you to partner with your health care provider to seek the information you need for the birth experience you desire. Ask questions, select options and let us know your preferences.

To learn more about our services please visit the UnityPoint Health - Meriter website at: <https://www.unitypoint.org/locations/unitypoint-health---meriter-hospital/birth-and-newborn-services>

- Take a virtual tour of our Birthing Center
- Review information about the Level III Newborn Intensive Care Unit (NICU) at UnityPoint Health Meriter and the American Family Children's Hospital Level IV Neonatal Intensive Care Unit (NICU)
- Explore our breastfeeding services
- Check out the wide selection of educational classes
- Review High Risk pregnancy services
- And much more!

Thank you again for choosing UnityPoint Health - Meriter during such an exciting event in your life. We will make every effort to exceed your expectations and partner with you and your family to create a most memorable birthing experience.

Sincerely,
Your Pregnancy Newborn Care Team
UnityPoint Health - Meriter and UW Health





Pregnancy Newborn Care Services



Our Center for Perinatal Care (CPC) Maternal Fetal Medicine Consultation

Prenatal Diagnosis Comprehensive fetal diagnostic (ultrasound imaging, testing, counseling and care coordination) Includes specialists for fetal echocardiograms and neurosonograms

Genetic counseling to discuss testing options available during pregnancy, review test results, as well as medical and family histories.

- Diabetes Education and Management by APNP/Certified Diabetes Educators (CDE) and dietitian (RD)
- Cardiac OB clinic for pregnant patients with cardiovascular conditions
- Primary prenatal care for high-risk pregnancies where all the prenatal care occurs in the High-Risk Clinic
- Shared prenatal care with the patients primary OB provider
- Fetal Care Coordinators provide collaborative care coordination to pregnant patients with complex fetal concerns

The CPC is a collaborative University of Wisconsin and UnityPoint Health - Meriter program for patients needing further prenatal testing and/or patients experiencing a high-risk pregnancy. Together, these two groups work closely as a team to bring coordinated and high-quality prenatal care to patients.

The Center for Perinatal Care provides multidisciplinary, specialized support for those with medical or fetal conditions that affect pregnancy. These programs include clinical surveillance of the high-risk pregnancy, the Diabetes in Pregnancy Program, specialized sonography and testing services, the Palliative Care Program, and fetal care coordination. The Prenatal Diagnosis Center is one of four centers in the Midwest to be accredited for fetal echocardiography and has been recognized by the American Diabetes Association for diabetic care in pregnancy.

Services provided include:

- Anesthesiology Consultation
- Care Coordination services including
- Referrals to specialties related to maternal or fetal conditions
- Follow-up ultrasound or other diagnostic imaging
- Neonatology consult if anticipated Newborn Intensive Care Unit (NICU) admission
- Social Work consult
- Spiritual Care consultation
- Antenatal testing
- Care conference and planning for delivery and inpatient stay
- Delivery and postpartum care follow-up
- Provide information and assist with coordinating prenatal classes

Our Birthing Center

At UnityPoint Health-Meriter, our experienced staff works closely with all providers to ensure the high-quality, safe, personalized care you and your family expect and deserve.

We believe in a family-centered approach to care and know the birth experience is important to all members of your family.

Of all the resources that the Birthing Center at UnityPoint Health-Meriter offers, new parents agree - our caring and knowledgeable nursing staff make your experience truly exceptional. When your baby arrives, one nurse will care for both you and your baby. Our nurses are specially trained to meet the needs of you and your baby. This way you have a chance to learn as much as possible from the experts about your baby's needs (as well as your own) before you go home.

At UnityPoint Health-Meriter, we believe childbirth is a personal experience. Writing out your birth plan, discussing preferences with your provider and bringing your plan to the hospital will help ensure your choices are known to the team. While

you're here you will experience labor, delivery and a period of recovery in one of our spacious birthing suites.

In addition to our spacious birthing rooms and outstanding staff, the Birthing Center has three state-of-the-art surgical suites. Your labor nurse will accompany you to the suite should a cesarean birth be needed. The nurses will work together to provide family-centered care to you, one support person and your baby while in the surgical suite. Each suite has a fully equipped newborn resuscitation area to support your baby's needs at birth. Our goal is to keep your family together. You and your baby will go to the recovery room together, and when stable, will move to your postpartum room together.

Once your baby arrives and you have enjoyed your first hours together, you will be moved to a private room for the rest of your hospital stay. This room has a private bathroom, flat screen television, and a sleeping area for your partner.



UnityPoint Health - Meriter • 202 S. Park Street Madison, WI 53715

Our Newborn Intensive Care Unit (NICU)

While we hope your baby will not need additional specialized care after delivery, should the need arise, our NICU is there for you.

Our NICU is a state-of-the-art Level III unit with a combination of comfortable private and semi-private rooms, offering the latest in technology for care and comfort for families. Our doctors, nurses and staff are dedicated to providing high-quality, family-centered care for patients and families. We offer support and care for baby's born premature or those requiring additional medical care for any reason.

UnityPoint Health - Meriter NICU features many amenities, including:

- A private or semi-private room
- A breast pump in each room
- A reclining rocker in each room
- A sofa that converts to a parent sleep bed in each room
- A family kitchen and lounge
- Showers
- A "milk lab" where milk technicians mix, store, and maintain milk to ensure optimal growth and sanitation
- NicView® camera to allow for viewing of your baby when you can't be present.
- Free wireless internet
- Infant CPR and discharge classes
- Supportive Parents in NICU (SPIN) weekly support group

Newborn Specialists

The NICU is led by neonatologists. They are pediatricians who specialize in caring for premature and critically ill newborns. Nurses, residents, advanced practitioners and other specialists are dedicated to providing the best care for your baby.

Take a virtual tour of our NICU.
Visit uph.link/meriternicu

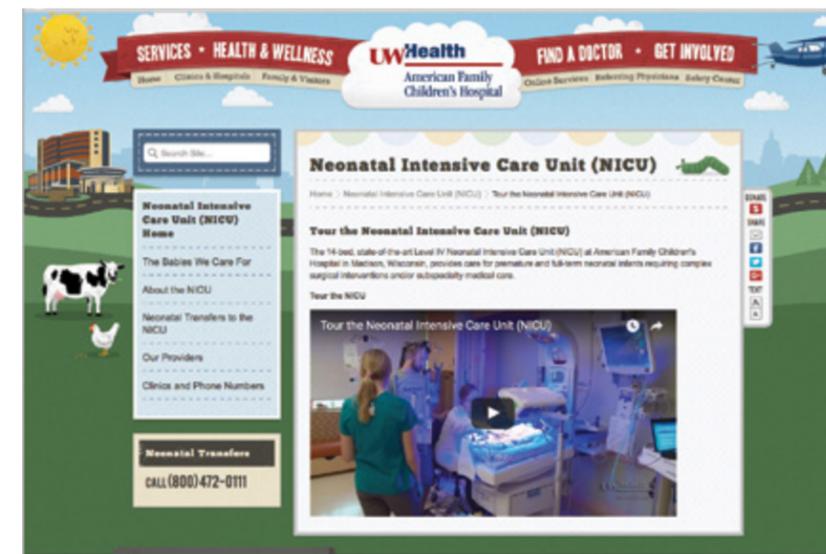
Our partnership with American Family Children's Hospital Neonatal Intensive Care Unit

While we hope your baby will not need additional specialized care after delivery, UW Health's American Family Children's Hospital is there for you just in case. Located about two miles from UnityPoint Health - Meriter Hospital, American Family Children's Hospital is home to a state-of-the-art Level 4 Neonatal Intensive Care Unit (NICU) and provides care for babies requiring critical medical and surgical treatment.

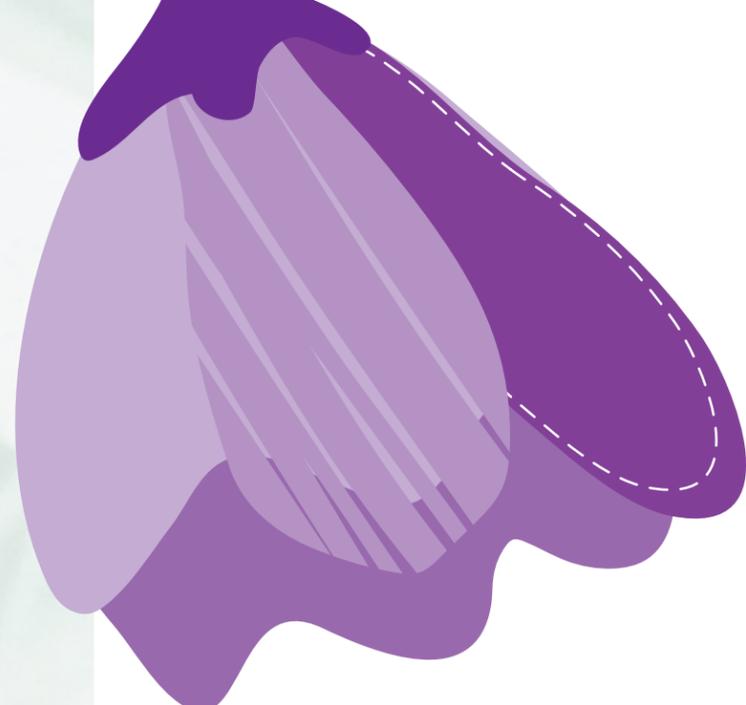
The NICU features the latest technology combined with on-site access to expertly trained teams in neonatology, pediatric surgery and every pediatric specialty.

American Family Children's Hospital's NICU features many amenities, including:

- A private room with a bath and shower for parents
- A breast pump in each room
- A reclining rocker in each room
- A sofa that converts into a parent sleep bed in each room
- 24-hour access to a family kitchen and lounge, just steps from your room
- A "milk lab" where milk technicians mix, store and maintain milk for each baby to ensure optimal growth
- Virtual visits with your baby via a camera while you are away from the hospital
- Free wireless internet



Visit our website and tour the NICU: uwhealthkids.org/nicutour



Your Hospital Stay



We hope the following information will help you feel more comfortable in preparing for your delivery and during your hospital stay. This is a time to get to know your baby and learn about your new or expanding role as a parent.

During your short stay, we'll do everything we can to help you feel confident and comfortable caring for yourself and your baby.

At UnityPoint Health - Meriter, we want to do more than help you welcome a new baby. We want to make your entire childbirth experience personal and memorable. We look forward to caring for you!

Insurance Guidelines

It is always a good idea to check with your insurance company to find out what benefits apply to childbirth. Some insurance companies require notification before hospital admission.

Call your insurance company to determine if an authorization is needed. You may need to contact your physician to get the codes for your delivery. If you do not have insurance or if your insurance does not cover the cost of childbirth, please call one of our financial counselors who can assist you or help answer your insurance coverage questions.

- Financial Counselors are available Monday - Friday, 8:00 am - 5:00 pm
Call (608) 417-5035 during the hours listed to speak to one of the counselors

When to Call Your Provider

Am I in labor? Should I go to the hospital?

Every expecting parent has these questions! Here are some tips to help you determine the answer. Call your provider if you think you are in labor or need to come to the hospital.

If you have time before you come, please call OB Triage at (608) 417-6228 so we can get ready for your arrival.

In an emergency come to the hospital right away. An emergency can be:

- Constant, severe abdominal pain
- Bright red vaginal bleeding, like a period
- Baby is not moving at all or moving less frequently than usual
- Fainting or loss of consciousness

OB Pre-Registration Form

To prepare for your birth at UnityPoint Health - Meriter, we ask you to pre-register.

There are two ways you can pre-register for your hospital stay:

- Visit unitypoint.org/registration to securely register online. This is the best method for pre-registration if you have not been a patient at UnityPoint Health - Meriter in the last year.
- Call (608) 417-6020 or between the hours of 7:00 am and 8:00 pm to pre-register. If you have been a patient at UnityPoint Health - Meriter in the past year, calling us is best. We will verify and update your existing information. You may also call if you do not have internet access.

Valet Parking or Self-Park

Valet service operates at the hospital front entrance from 6:00 am - 6:00 pm Monday through Friday. Valet parking is free for patients and qualifying visitors (e.g. immediate family or person driving with patient) otherwise it costs \$2. Valets will retrieve vehicles until 6:30 pm.

Patients and qualifying visitors can validate their parking stub (valet or self-park) at the Information Desk. The self-park entrance to the parking ramp is on Level 2 (Lobby Level).

Tobacco-Free Policy

(City Ordinance #23.05)

UnityPoint Health - Meriter is committed to providing a smoke-free environment. Smoking or tobacco use of any kind is prohibited on all UnityPoint Health - Meriter property

Guest Wireless Internet Access

Patients and visitors can gain access to wireless network using their electronic devices in patient rooms and various areas of the hospital.

Hand Hygiene

Washing your hands is the single most important practice for preventing the spread of infection. All staff will wash their hands or use hand sanitizer as they enter and leave your room. If you are not sure they have done this, please ask them.

You should also practice good hand hygiene. Wash or sanitize your hands before and after eating using the bathroom, touching anything that is soiled. Doing this before holding your baby can help prevent the transfer of germs.

Teach your family and visitors to wash their hands when coming into and before leaving your room.



Visiting Guidelines



At UnityPoint Health - Meriter, we believe a strong support system is essential to the health and well-being of families. Please use this as a guideline for family and friends who wish to visit while you are in the hospital.

- A two or three-hour recovery period occurs for you and baby following the delivery. We strongly encourage you to spend the first few precious hours of your baby's life with just you, your partner and your baby. Doing this allows you time for skin-to-skin contact which is so very important for early breastfeeding and bonding. Your extended family will be just as excited to meet baby a little later, after you have had this precious time alone together.
- If anyone planning to visit is not feeling well or has been exposed to any illness, they should not visit.
- Visitors are asked to wash their hands when entering the room and before touching the baby.
- Rest while you can. If you wish to have more private time with your baby or want to sleep, your telephone can be unplugged and a "Please check with Nurse before entering" sign can be placed on your door.

Visitor Dining Options

Dr. Joe Cafe

Located on Level 2 (in the main lobby area).

Hours:

Monday - Friday 6:30am-2pm

Dr. Joe's serves a wide array of espresso drinks, brewed coffee, teas and cider, pastries, grab-and-go sandwiches, soups and salads.

Hospital Cafeteria

Located on Level 1 of the Tower Wing.

Open daily (Sunday-Saturday).

Holiday hours may vary.

Breakfast 6:30 am - 9:30 am

Lunch 11:15 am - 1:30 pm

Dinner 5:00 pm - 7:00 pm

Grab-n-go food is available between meals.





Preparing for Your Birth



Talking with your OB Provider

Call your OB provider or OB Triage for any of the following:

- Headache that won't go away
- Changes in your vision (spots or blurry vision)
- Chest pain or fast-beating heart
- Baby's movement stopping or slowing
- Swelling, redness or pain of your leg
- Dizziness or fainting
- Fever or chills
- Severe belly pain that doesn't go away
- Vaginal bleeding or fluid leaking
- Extreme swelling of your face or hands
- Trouble breathing
- Severe nausea or vomiting
- Contractions that are getting stronger and closer together and are as close as 5 minutes apart
- Contractions strong enough that you have trouble talking through them
- Period like cramps, back pain or pelvic pressure and you are less than 37 weeks

Your OB provider is the best person to help you decide if it's time to come to the hospital.

If you are instructed to come to the hospital, come to OB Triage located on the main floor at Meriter. If you have time before you come, call OB Triage at (608) 417-6228 so we can get ready for your arrival.

* If you need immediate help for an obstetrical or medical emergency, call 911.

If you think you are in labor, tell your provider about your contractions

- The time they started to be regular and how strong they are.
- How often they happen.
- Count the time in minutes from the start of one contraction to the start of the next contraction.
- How long they last.
- Count how long the contraction lasts from start to finish.

If you think your water has broken, tell your provider

- The time your water broke
- The color of the fluid that came out
- How much fluid came out

OB Triage

After you check in at the hospital, you will be welcomed by our Triage staff. Your birthing journey begins in our private Triage rooms. In Triage, you will be able to talk about your birthing options with our experienced staff.



Your Birthing Experience

Labor and Delivery

Labor and Delivery is where you will experience a celebration of new life in your own private suite. After being assessed in our Triage area, you will be transferred to a comfortable Birthing Suite. Our spacious Birthing Suites are equipped with private bathrooms and homelike furnishings. You can soak in your own tub or enjoy a soothing shower massage. You can watch movies with your partner on your room's TV/DVD. There's also a pullout couch where you or your partner can nap.

Labor Partner(s) for Labor & Delivery

A labor partner is your support person who will be with you throughout your labor and delivery. Research has shown several benefits of a labor partner(s). Having supportive people during your labor and delivery can help you stay focused and confident.

Identify someone you are comfortable with and can commit to being with you during the entire labor process.

Recovery

During recovery you will be able to hold your baby skin-to-skin. You can begin breastfeeding as soon as both you and your baby are able. After 2-3 hours of closely monitoring both of you, you and your baby will be transferred to your postpartum room.

Options for a More Comfortable Childbirth

To help make childbirth as comfortable as possible, we offer a range of pain management options.

- Epidural anesthesia (In-hospital MD anesthesiologists available 24 hours a day)
- Narcotic medications
- Non-medicine approaches
- Soaking tubs
- Birthing balls
- Guided breathing techniques

State-of-the art equipment is in every room, but it's hidden away until needed. Special equipment is immediately available if the unexpected occurs. If needed, Cesarean surgical Suites are located within the Birthing Center for immediate access.

Types of Births

Water Birth – Is Water Birth for You?

UnityPoint Health – Meriter is excited to offer birthing parents the option of water birth for labor and delivery. Water birth can provide an excellent birth option for healthy birthing parents who are expecting an uncomplicated birth. Warm water can provide a soothing and relaxing environment during labor. Many birthing parents report a sense of reduced pain with contractions while laboring in the water. During birth, your baby will experience a gentle transition.

Many studies have described the advantages of being in the water for the delivering mother. To be eligible for a water birth, you must meet specific requirements and have a provider who participates. Not all providers currently provide water birth deliveries. If you are interested in a waterbirth, talk to your provider.

If your provider offers water birth, you will meet to review the eligibility requirements. Once it is determined that you meet the requirements, you can attend a water birth class. A water birth delivery will require you sign a separate consent form. Class dates and times can be found on unitypoint.org.

Who should I contact if I would like more information?

Please contact your obstetric provider to determine if your provider is willing to offer a water birth delivery and if you are a candidate for water birth. If you need more information about water births at UnityPoint Health – Meriter, please contact Perinatal Services Administration at (608) 417-6990.

Cesarean Birth

Parents who know they will be having a Cesarean birth will receive complete instructions from their provider to help plan for a safe and memorable experience. Our state-of-the art surgical suites include a viewing screen so parents can watch the delivery of the baby if desired. We offer options such as lowering the lights, playing music of your choosing (bring with you please), and skin-to-skin contact soon after birth. You should discuss what options you would like with your provider during your prenatal visits.

After your baby is born and your surgery is done, you leave the surgical suite and go to the recovery room together, unless special care in the NICU is needed for your baby. Vital signs and other assessments for both you and your baby will be done often. You can hold your baby skin-to-skin and begin breastfeeding if that is your chosen feeding method. You will receive medication for pain if it is needed. Your support person can stay with you in the recovery room. We encourage you to spend these first few precious hours alone as a new family. You and baby will be moved to your postpartum room in the Family Care Center together when you are both stable, usually up to two hours after surgery.

When the decision for a Cesarean is made during labor, the process is the same for delivery and recovery. In the case of an urgent need, there will be additional help in the surgical suite to provide the care needed for you and your baby. Our priority is always the safety of you and baby, whether the need is urgent for a Cesarean or it is planned in advance, your desired birth experience will be balanced with the need to provide safe care to both of you.

The Importance of Skin-to-Skin Contact

Skin-to-Skin means that your baby is held chest-to-chest on your bare skin while your baby is wearing only a diaper. Both of you are covered with a blanket.

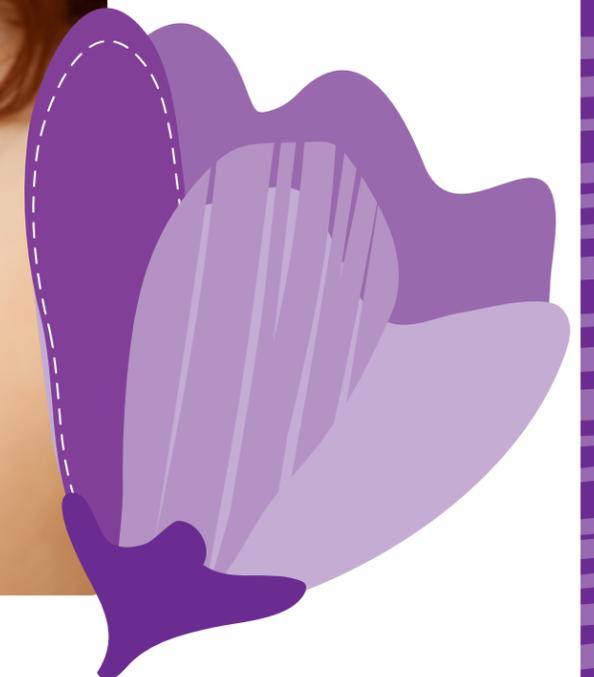
Doing this has the following benefits for you and your baby:

- Promotes exclusive breastfeeding
- Promotes baby-led latching
- Keeps your baby warm
- Helps them maintain normal heart rate, respiratory rate, blood pressure and blood sugar levels

Skin-to-skin contact immediately after birth also allows your baby to be colonized with your bacteria. This, plus breastfeeding, are thought to be important in the prevention of allergic diseases.

Hospital routines, like getting the baby's weight, are done later so you and your baby can simply be together.

Skin-to-skin contact should continue as often as possible throughout the day and night (while awake) for the first few weeks.



Breastfeeding



The Benefits of Breastfeeding

Breastfeeding is a special experience for many families and offers benefits that can last a lifetime. Some of the reasons parents choose to breastfeed include:

- Building a close bond with your baby
- Health benefits for both baby and parent
- Cost savings and convenience

Every family's journey is unique. One of the first choices new parents make is how to feed their baby. The information below is provided to help you make an informed decision.

What Health Experts Recommend

- The American Academy of Pediatrics (AAP) recommends breastfeeding for at least 12 months, and longer if both parent and baby wish. For the first six months, most babies need only breast milk.
- The World Health Organization (WHO) recommends starting breastfeeding within the first hour after birth, feeding based on baby's cues day and night, and avoiding bottles or pacifiers in the early weeks when possible.

Why Breast Milk Is Ideal for Babies

Breast milk is uniquely designed to meet your baby's needs and changes as your baby grows. It:

- Provides all the nutrients babies need for healthy development
- Is easy for babies to digest
- Contains antibodies, hormones, and protective cells that help fight germs and illness
- Helps protect babies from common childhood illnesses

This protection is unique to breast milk and cannot be fully replicated.

Benefits for the Birthing Parent

Breastfeeding also supports the health of the birthing parent. Exclusive breastfeeding is associated with:

- A natural (though not fail-safe) method of birth control during the first six months after birth
- Lower risk of breast and ovarian cancer
- Reduced risk of Type 2 diabetes
- Lower rates of postpartum depression

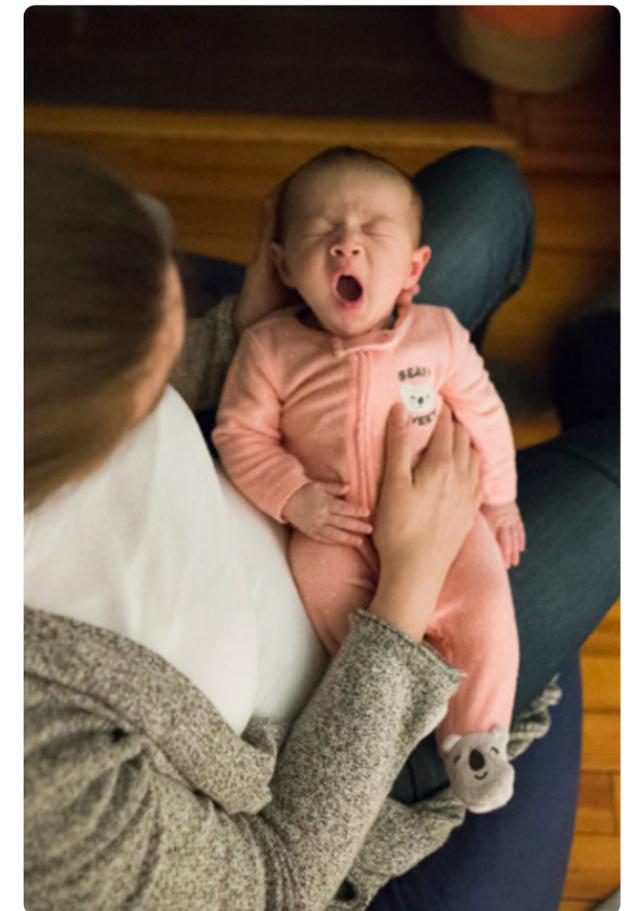
Lifelong Health Benefits

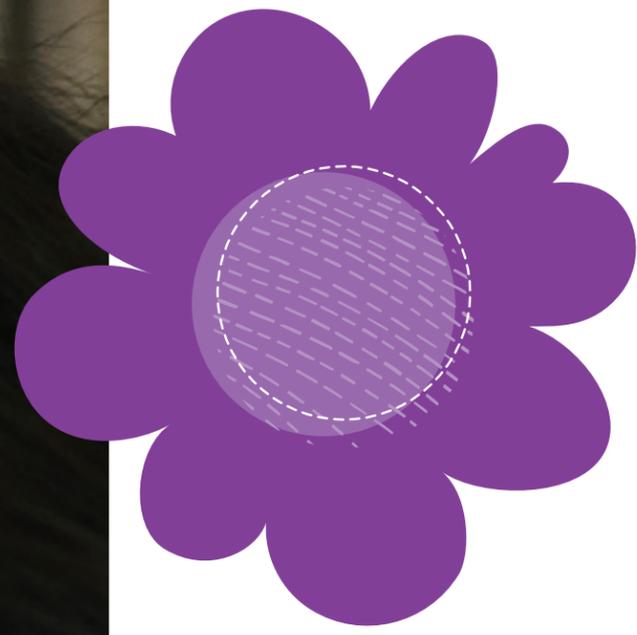
Breastfeeding supports long-term health beyond infancy. Children and adults who were breastfed are less likely to:

- Be overweight or obese
- Develop Type 2 diabetes
- Studies also show benefits related to learning and cognitive development.

Formula Facts

Breast milk provides natural antibodies that help protect babies from illness and supports long-term health for both baby and parent. Frequent breastfeeding helps maintain a healthy milk supply. When infant formula is used, preparing it safely is important. Using clean water, properly sterilized bottles and nipples, and following mixing instructions helps ensure your baby receives the nutrition they need. Correct preparation also reduces the risk of illness. Having a consistent feeding plan is important for your baby's growth. If breastfeeding is paused for an extended time, milk supply may decrease, which can make returning to breastfeeding more difficult.





Your Postpartum Stay



At the Birthing Center, we want to do more than help you welcome a healthy new baby. We want to make your entire childbirth experience personal, relaxed and memorable.

- The wellness of you and your family is our goal. Our staff of experts includes registered nurses who are specially trained to care for new families. The nurses monitor and care for you and your baby during the post delivery period. Our nurses offer their expertise in breastfeeding support around the clock.
- By spending time together, you will discover the uniqueness of your new baby. One of the advantages of family-centered care in the Birthing Center is that your baby stays with you (rooming-in) from the moment of birth. This allows you to begin bonding, learn your baby's cues, and begin a feeding relationship.
- It's important to keep your safety in mind after you deliver. The first few times you have to use the bathroom, ask your nurse for help. You may feel fine while lying or sitting in bed, but some new parents become dizzy or may faint when standing.
- Your nurse will tell you about the various meal options during your stay. Our hospital offers convenient room service and provides a wide variety of menu selections. A variety of juices, coffee, teas and light snacks are available in the nourishment room. Your nurse can bring items to you.

Education and Support

- A large part of the post-delivery care is to ensure you are well educated about key aspects of your health and how to care for your baby. Our staff will provide emotional support and offer explanations about childbirth. This can be a highly emotional and psychologically overwhelming time. We will provide education on adequate rest, proper diet, muscle-strengthening exercises and preparing for going home.

- If you received our education book "Understanding Postpartum Health and Baby Care" prior to your delivery, please bring it with you. It will be used by you and your nurse as you learn about caring for yourself and your baby. If you do not have a book, we'll have one here for you.
- Your and your baby's health care provider will discuss going home instructions, and your nurse will review these with you.

Caring for your Baby

- Your nurse will check your baby's skin color, temperature, heart rate, breathing and alertness frequently for the first few hours after birth, then periodically throughout your baby's stay.
- We will assist you with feeding your baby. We recommended you feed your baby within one to two hours after birth. If you are breastfeeding, your nurse will help you position your baby to achieve a good latch. Your nurse will help you identify when your baby is hungry and cues when baby is full.
- Research supports delaying the use of a pacifier for at least the first 3-4 weeks for breastfed babies. Delaying a pacifier allows for much-needed breast stimulation to help build a good milk supply. This gives baby time to learn how to latch correctly on the breast and get enough milk. Once your baby is breastfeeding well, you may use the pacifier when putting your baby to bed. Research suggests this may reduce the risk of sudden infant death syndrome (SIDS). If breast feeding, a pacifier may be used briefly during therapeutic medical procedures to calm and soothe your baby. This therapeutic use does not have a negative effect on breastfeeding.
- Your baby will receive the first bath in your room. The first bath is done any time after the baby is 12 hours old. The nurse will offer you the option to do the bath and provide instruction as needed. Since this is a family event, feel free to help, take pictures or video record.

- Please tell us if you want your baby to be circumcised. Please discuss your questions and concerns with your baby's health care provider. You will sign a consent prior to the procedure.
 - Circumcision information from the American Academy of Pediatrics The American Academy of Pediatrics states circumcision has potential medical benefits and advantages, as well as risks. However, existing scientific evidence is not sufficient to recommend routine circumcision. Therefore, because the procedure is not essential to a baby's well-being, we recommend the decision to circumcise is the best made by you in consultation with your healthcare provider. This decision takes into account what is in the best interests of the baby, including medical, religious, cultural, and ethnic traditions. Your baby's healthcare provider should discuss the benefits and risks of circumcision with you and the forms of analgesia available.
 - You will need to complete your baby's birth certificate worksheet before going home. We will send your baby's birth certificate information to the state. Your baby's birth certificate and social security card will be mailed to you in approximately 12 weeks.
- For birth certificate questions, contact the Wisconsin Department of Public Health - Vital Records Department at (608) 266-1373. For social security questions, contact the US Social Security
- Wisconsin law requires every baby must have a safe car seat when leaving the hospital. Make sure you have your baby's car seat installed correctly for the ride home from the hospital. Take time before you come to the hospital to familiarize yourself with how your car seat works.

Did you know 4 out of 5 car seats are used incorrectly? Be sure yours isn't one of them! Have your car seat checked by a certified child passenger safety technician. Call to schedule a FREE appointment: (608) 333-6087. Parents are responsible for securing the car seat in their car. UnityPoint Health - Meriter staff are not certified car seat technicians.



Car Seat Tolerance Testing

It is important that some babies are evaluated to make sure they can tolerate a ride in a car seat. Babies who are at risk for having breathing and heart rate problems will be evaluated by monitoring heart rate, breathing, and oxygen levels while they are in a car seat. This monitoring can take 1 ½ - 2 hours. It is important that you bring the car seat your baby will be using to the hospital so it can be used for this testing. Babies who pass this test can go home using their car seat. If the test is not passed, an alternative device for safe car travel will be discussed with you.

Going Home

Taking your new baby home is exciting. We want to help make leaving the hospital a smooth process.

Both you and your baby will see your health care provider(s) on the day you go home, and your nurse will review home care instructions with you.

Unless you or your baby needs observation or special care, you will stay together in your room. This is called 'rooming-in.' Rooming-in gives you the opportunity to learn about your baby in a supportive environment. Staff will help you care for your baby and will be available to answer your questions and address your concerns any time day or night.

When you room-in:

- You can more easily hold, cuddle, look at and learn your baby's cues
- Your baby can get to know you more easily
- Your baby can learn to breastfeed faster and gain weight sooner
- You may feel more able to take care of your baby when you go home
- Research shows rooming-in has these benefits:
 - Being close to you makes it easier for babies to get used to life outside the womb
 - Babies feel safe when they feel your warmth and hear your heartbeat.
 - Babies get to know you by using their senses. They are able to tell the difference between your scent and that of other people by the time they are one to two days old.
 - Baby's attachment instinct is highest during the first days of life. Early attachment has a positive effect on baby's brain development
 - Frequent breastfeeding will help to produce milk and keep up milk supply
 - Rooming-in helps babies regulate their body rhythms. This includes heart rate, body temperature and sleep cycle.
- **What you can expect:**
 - You and our staff will work together on bonding with your baby, providing care for your baby, keeping your baby warm, and, if you choose, assist with breastfeeding

- Most tests your baby needs (like hearing screen and lab work) can be done right in your room
- Most of the exams your baby's doctor will do can be done in your room so you can watch and ask questions. You can go with your baby for exams needing special equipment that may need to be done in a different room
- If your baby will be circumcised, it will be done in a procedure room.
- **A nurse is available to care for your baby outside of your room when necessary, such as if either of you experience health complications.**
- **What else you need to know about rooming-in:**
 - You might think you will get less sleep if your baby is with you. Studies actually show parents get more sleep with their baby in the room. We encourage you to cuddle with your baby skin to skin, keeping your diapered baby directly against your skin while you are awake
 - When you are sleeping, put your baby in the crib next to your bed to decrease the chance of a fall and assure the safest sleep for you and your baby

We want this to be the best possible experience for you. If you have any questions, please ask the nurse who is caring for you. Rooming-in is just a small way to get to know your baby in the very precious first days of life. It will promote bonding, help you learn about your baby's behaviors, let you begin to understand what your baby's noises mean, and see the many things your amazing baby can do.

Tdap (tetanus, diphtheria, pertussis/whooping cough) vaccination in pregnancy

MMR (measles/mumps/rubella) vaccine after delivery

Tdap Vaccine

Talk to your provider about getting this important vaccination during your pregnancy. Here is information you need to know about the importance of this for you and your baby.

The American College of Obstetricians and the American College of Nurse Midwives support the Advisory Committee on Immunization Practices (ACIP) decision to recommend that pregnant individuals should receive a dose of Tdap during each pregnancy. This strategy helps protect you from getting and passing pertussis (whooping cough) on to your baby. It also provides passive immunity to your baby. It's expected that vaccinating patients with Tdap during pregnancy rather than postpartum will prevent more baby hospitalizations and deaths from pertussis. To maximize your antibody response and passive antibody transfer to your baby, optimal timing for Tdap administration is between 27 and 36 weeks gestation. The level of pertussis antibodies decreases over time, so Tdap should be administered during every pregnancy in order to transfer the greatest number of protective antibodies to your baby.

Postpartum Tdap administration only provides protection to you - it does not provide immunity to your baby. It takes about 2 weeks after Tdap has been given for you to have protection against pertussis. Therefore you are at risk for

contracting and spreading the disease to your vulnerable baby during this time. Once you have protection, you are less likely to transmit pertussis to your baby; however, your baby remains at risk of contracting pertussis from others, including siblings, grandparents, and other caregivers.

The only time you should get the vaccine postpartum is if you have never received Tdap before. If you have received this vaccine any time in your past, but not during your current pregnancy, there is no benefit to you or your baby by receiving it after you deliver.

You can also provide indirect protection to your baby by making sure everyone who is around him/her is up-to-date with their Tdap vaccine. When family members and caregivers get vaccinated with a whooping cough vaccine they are not only protecting their own health, but also helping form a "cocoon" of disease protection around the baby during the first few months of life.

Anyone who is around babies should be up-to-date with their whooping cough vaccine.

Measles/Mumps/Rubella (MMR) Vaccine

You will have a blood test done as part of your prenatal care to determine if you are immune to rubella (German measles). If your results show you are not immune you will be given the MMR vaccine during your postpartum stay. This vaccine cannot be given during pregnancy. It is safe to give to you after you have delivered. Receiving this vaccine if you are non-immune will prevent you from getting and passing on the disease to your baby.

Breastfeeding Your Baby

Like many parents, you may be considering breastfeeding your baby. Getting off to a good start can make a big difference. UnityPoint Health-Meriter is proud to be designated a Baby-Friendly Hospital, recognized for providing the highest level of care for breastfeeding parents and their babies. Our nurses receive specialized training in breastfeeding support and are available to guide you every step of the way. They will share their knowledge, answer your questions, and offer reassurance so you can breastfeed with confidence and comfort. Expert support is available around the clock. If you need additional assistance, your care team can arrange a referral to a lactation specialist for one-on-one consultation and continued support.

Lactation Services

Our board-certified lactation consultants are here to provide breastfeeding and education support if you have needs beyond what our expertly trained RN staff can provide. Consultants are also available to schedule an outpatient visit with you if follow-up is needed once you are home.

Breast Pump Information

Many parents have questions about how to obtain a breast pump through their insurance. Under the Affordable Care Act (ACA), most insurance plans include coverage for a breast pump. Each insurance company has specific guidelines about which type or brand of pump is covered. Because insurance companies can only discuss benefits with the policy holder, it's important for you to contact your insurance company directly with any questions.

Plan Ahead Before Delivery

Preparing in advance can help ensure you receive your breast pump on time.

1. Call your insurance company

Ask the following questions:

- Do I have a breast pump benefit?
- What type of pump is covered?
- Where do I obtain the pump?
- What steps are required to receive it?

2. Ask about a prescription

Most insurance plans require a written prescription from your attending provider (not your baby's provider). Ask if there are any specific requirements to prevent delays.

3. Choose an approved supplier

There are multiple locations in Madison where breast pumps are available. Make sure the supplier is approved by your insurance company. Some insurers mail pumps directly to your home, which may take a few weeks, so early planning is recommended.

4. Special note for BadgerCare members

If you are insured through BadgerCare, your healthcare provider must complete a special form. Checking with your insurance company ahead of time can help ensure timely access to your pump.

If you have questions or need guidance, your healthcare team is happy to support you.

We follow strict precautions to protect you and your baby:

- As soon as your baby is born, the nurse will place identification bands around baby's wrist and ankle. We will also place a band on your wrist and your support person's wrist. The numbers on your baby's bands match yours.
- Anytime you and your baby are separated and then reunited, we will check your baby's identification band with yours to be sure they match.
- All hospital employees wear unique photo ID badges that show their name and title. The photo badge of Birthing Center staff are pink. This identifies them as Birthing Center staff and they are authorized to take your baby out of the room for care and treatment.
- If you are not sure about someone who wants to take your baby, call your nurse. You can always accompany your baby.
- All floors on the Birthing Center are locked. Only parents, authorized visitors and staff are allowed to enter. Everyone arriving at the department entrance will be required to provide the first and last name and the room number of the patient they are here to see before being allowed on the unit.
- Never leave your baby alone.
- If you go to the bathroom, take your baby with you in the bassinet or leave your baby with someone you trust.
- Place your baby's bassinet by your bedside.

- Please make sure if you have taken medication for pain, are sleepy, or if you plan to nap or sleep, that your baby is in their bassinet on their back.
- A SAFE sleep environment is important for the prevention of SIDS. This can be done easily by remembering to do this:
 - S Sleep alone in a crib or bassinet
 - A Always on their back
 - F Face visible
 - E Empty crib (no toys, bumper pads or heavy, loose blankets)

Your nurse will help make sure your baby remains safe whether you are holding your baby or baby is in a crib, so you know how to continue to do this at home.

- Your support person is able to be with you whenever you wish. This time together helps with family bonding and also gives everyone more time to learn about caring for your baby.
- For safety and security reasons, please keep your baby in the bassinet when transporting your baby outside of your room.
- Experts in baby safety understand families want to share the news of their baby's birth. However, they suggest careful consideration be given before listing the birth in the local newspaper, social media or displaying birth announcements in the yard or on the front door.
- Once you are home, please be careful and cautious about who you invite into your home.

The state and federal government, with the strong support of the health care community, require every baby be screened for certain conditions that need early intervention.

Early screening ensures babies who test positive for any of the disorders can receive immediate treatment. There are also some important medications given to your baby following birth.

- Wisconsin Department of Health Newborn Screening - Between 24 hours of age and the day your baby goes home, a blood sample will be drawn from your baby's heel and sent to the laboratory to check for metabolic and inherited disorders. You will be given an informational sheet about these tests. Your baby's health care provider will notify you regarding the screening results. This usually happens at the baby's two-week checkup. If there are any questions or concerns, they will contact you sooner.
- Universal Newborn Hearing Screening - All newborns have a hearing screen before they go home. It is important for parents and the baby's health care provider to know if there is possible hearing loss. This is done when a baby is sleeping or awake, and it takes just a few minutes in each ear. It will not cause your baby any discomfort. If your baby does not pass the initial screening, your baby will be scheduled to have a repeat hearing test at a later date.
- CCHD (Critical Congenital Heart Defect) Screening - This screen is required for every baby born in Wisconsin. It is done by using a sensor with a light (pulse oximetry) to look for low levels of oxygen in the blood. The sensor is placed on your baby's right hand and one foot. This painless, quick screen can help identify babies with severe heart problems who look normal in the first

days after birth but need early intervention. Although these conditions are rare, this helps identify babies who may need additional testing to determine if a heart problem exists.

- Antibiotic eye ointment is applied in the first hour after birth to prevent infection. The ointment is safe and does not cause your baby any pain or harm. Use of this ointment has been shown to be the single best way of preventing blindness of newborns in the United States. If you have any questions about this, talk to your baby's health care provider.
- Vitamin K is a shot given to your baby in the first hour after birth. Vitamin K is important in helping your baby's blood to form clots. Babies do not make Vitamin K in the first few weeks of life. Giving Vitamin K to your baby will help prevent unsafe bleeding. You can learn more about this important medication by searching Vitamin K on <https://www.cdc.gov/vitamin-k-deficiency/fact-sheet/>.

If you have any questions about Vitamin K you should talk to your baby's health care provider before you deliver.

- Hepatitis B vaccine will be given to your baby in the first 24 hours to help protect against hepatitis. This shot is the first of your baby's vaccines. Additional Hepatitis B vaccines will be given during your baby's well child visits, and before starting school to assure full immunity. It is important you understand the purpose of each test and procedure we do for either you or your baby. We are here to help, so please ask questions.

Staying Healthy After Childbirth (STAC) Program

UnityPoint Health-Meriter offers a unique home monitoring program for birthing parents with chronic and postpartum hypertension. In Wisconsin, more than 20% of birthing parents have chronic hypertension or develop hypertension in pregnancy or postpartum. In the postpartum period, high blood pressure is one of the most common causes for returning to the hospital after discharge.

If you have chronic hypertension, elevated blood pressure in your pregnancy, or develop postpartum hypertension while in the hospital, your provider will refer you to the Staying Healthy After Childbirth (STAC) Program for telehealth monitoring upon discharge. You will be provided with a Bluetooth enabled blood pressure device so our team of nurses will be able to monitor your blood pressure remotely from the comfort of your home. STAC Program nurses are available by phone or text to provide support for you in the first several weeks after delivery with information, monitoring for signs of illness, and screening for postpartum depression. For more information, please ask your nurse while in the hospital or contact (608) 417-6346.

Perinatal Mental Health

Many parents, during pregnancy and after childbirth, experience sadness, fear, anxiety and difficulty making decisions. Your provider can help you determine if you are experiencing perinatal mental health concerns and the appropriate steps to take.

Newborn Photography

We understand how important it is for you to capture those first few days of your new baby's life. We partner with Serendipity Photo Studio to help you capture those moments in the hospital (fees apply). Participation is voluntary.

Serendipity photographers will visit you during your stay and if you choose, find a time that works for you and your family to take photos of your new baby. The photographer will talk to you about different photo ideas, which can involve siblings and parents if you so wish.

Feel free to bring a special outfit, hat or accessory with you to the hospital for use in these photos. Our online nursery allows families to share these beautiful photos of their newborn with family and friends around the world. Visit the Baby Billboard on our website to see some sample photos: <https://www.unitypoint.org/madison/baby-gallery.aspx> With your consent, your baby may also be featured on UPH-Meriter social media outlets.

Childbirth and Parenting Classes & Groups

To help you prepare for childbirth and parenting, we offer a variety of classes and new parent groups to educate and support all families. Our programs are offered in a variety of formats for your convenience; live-virtual, in-person and online. Whether you are expecting a baby for the first time, need a refresher, or seeking support as a new parent, we have something for you.

Current classes and events can be found on our website <https://uph.link/MeriterBirthingClasses>

Do you have questions or need help registering?

Contact Family Health Education at: MSN_FamilyHealth@Unitypoint.org (608) 417-8446



Our programs have been helping families in Dane County for more than 20 years.



Choosing a Provider for Your Baby



