

# Oh baby

We've been expecting you



SAINT AGNES MEDICAL CENTER  
*A Baby-Friendly Hospital*





*Saint Agnes Medical Center has been preparing for your special delivery long before you expected. Whether you're a couple months along or your due date is near, read on to learn more about all that we have planned for you!*

## *Before baby arrives*

From the colors of the nursery to your labor and delivery experience, you want your baby to have the very best. Our registered nurses want the same for you and your growing family. To help you prepare, we offer our ParentCare e-newsletter, and Bundle of Joy childbirth and breastfeeding education classes.

### **Free ParentCare e-newsletter**

Saint Agnes wants to stay connected with you before and long after you deliver. Our ParentCare e-newsletter allows us to do just that. Delivered weekly and personalized to your due date, it includes details about your baby's week-by-week development, wellness tips, reviews on the latest pregnancy research, and more. After your baby is born, messages focus on child development, caring for your baby, and health and safety. Subscribe for your **free** ParentCare e-newsletter at **[samc.com/parentcare](http://samc.com/parentcare)**.

### **Bundle of Joy Classes**

Planning for your new baby takes precious time, of which there never seems to be enough. So we've combined our childbirth and breastfeeding education into one class. It's the perfect bundle for your bundle of joy.

Classes are interactive and cover normal birthing processes, and such topics as:

- Comfort techniques
- Understanding medical procedures
- Understanding a cesarean birth
- Understanding your newborn
- Understanding postpartum
- Breastfeeding preparation, benefits, positions/latching

For class dates and to register, visit [samc.com/bundle-of-joy](http://samc.com/bundle-of-joy).

## Online Patient Registration

Rather than spend precious minutes standing in line to complete paperwork, you can preregister for your hospital stay in the comfort of your own home. Simply visit [samc.com/pre-register](http://samc.com/pre-register) or call **(559) 450-3157** to speak with a registrar. You may register up to three months before your expected delivery date. When the big day arrives, you will go directly to the OB ED on the 4th floor of the Main Wing to check in.

## *Expect the best – meeting special needs*

The months leading up to the birth of a child are filled with great anticipation and excitement, and lots of questions. Will my baby be healthy? Will she look like me? Should we find out the sex or let it be a surprise? While we may not be able to answer all of your questions, we can say with certainty that you and your baby are in the best hands possible. Together with Valley Children's Hospital – our partner for nearly 35 years – we offer the region's most comprehensive maternity program, so you and your baby can expect the highest standard of care before, during and after delivery.

## Maternal Fetal Care

A happy healthy baby is the goal of every pregnancy. But certain maternal-fetal conditions call for an extra measure of care. The specialists at Valley Children's Maternal Fetal Center will work closely with you, your doctor and other caregivers, to minimize medical complications during pregnancy – from conducting routine tests to managing the most complex cases. In the event you should need hospitalization prior to your due date, the maternal-fetal medicine specialists at Valley Children's will admit you to the Antepartum Unit at Saint Agnes where they will continue to monitor you and baby.

To learn more about the wide range of services provided by the Maternal Fetal Center, visit [www.maternalfetalcenter.org](http://www.maternalfetalcenter.org).

## Valley Children's Neonatal Intensive Care Unit (NICU)

In the event your baby requires critical care immediately after birth, you'll be glad to know that the pediatric team from Valley Children's Hospital operates both a Level II and Level III NICU onsite at Saint Agnes. Even the sickest babies won't have to travel any farther than a few steps from their delivery room to receive the optimum level of care. Best of all, mom and baby are able to stay together in one convenient location. The NICUs are fully staffed with trained specialists who are able to care for premature and other special-needs babies.

## Obstetrical Emergency Department (OB ED)

As part of our vision to elevate the level of care and service we provide to expectant moms, Saint Agnes is proud to provide the area's only Obstetrical Emergency Department, which is staffed 24/7, 365 days a year, with board-certified OB/GYN hospitalists. If you are greater than 20 weeks and have an urgent or emergent pregnancy-related need, take comfort in knowing that you will be seen by one of our OB/GYN hospitalists or by your personal OB/GYN – regardless of time, complication or circumstances.



# *When the big day arrives ...*

## **Parking and Registration**

Whether you arrive at the hospital to have your baby in the middle of the day or the wee hours of the night, please report to the Hospital Entrance and Patient Registration area, which is located on the east side of the campus (*see map on last page*). You may self-park in this area. Once inside, take an immediate left and continue down the hall until you see directional signage for the OB ED, located on the 4th floor of the Main Wing. The OB ED is where you check in and your journey begins.

## **Labor and Delivery**

Your baby will be delivered into a world that feels a little more like home in one of our beautifully decorated private labor, delivery and recovery suites. To ensure you and baby are progressing smoothly, your care team will monitor contraction patterns hourly during early labor and continuously into active labor. To alleviate much of the discomfort from contractions, medication can be given hourly up until delivery. You may also request an epidural during active labor. *Epidural anesthesia is authorized by your physician and given by an anesthesiologist.*

Once you have welcomed your new baby into the world, you will stay in your labor room for about two hours and then transfer to one of our beautifully decorated private postpartum rooms. You and your family will be able to bond even more fully in our private rooms, which feature extra amenities like sleeper sofas, flat screen TVs, extra guest seating and ample storage.

You can expect to stay with us 1-2 days if you deliver vaginally, and 2-3 days if you have a C-section.

## **Brahm's Lullaby**

After your delivery, Brahm's Lullaby will be played over the hospital's public address system to celebrate your baby's arrival.

# *After baby is born*

Having a baby is a monumental experience that marks the beginning of a lifelong bond between you and your child. To get this new chapter off to the best start, your nurses and care team will encourage you to practice the magic of skin-to-skin and exclusive breastfeeding. We also promote delayed newborn bathing to give your little one time to adjust to this brand new world.

## **A Baby-Friendly Hospital**

Recognized for offering an optimal level of care for breastfeeding mothers and their babies, we are proud to be Fresno County's only Baby-Friendly Hospital. Being Baby-Friendly is a global symbol of excellence in maternity care. It means that all of our nurses are specially trained to provide you with the important information you need to make an informed choice about how to feed your baby.

## **The Magic of Skin-to-Skin**

Holding your baby skin-to-skin as much as possible during your hospital stay maximizes your bonding experience and is critical to your child's growth and development. This is especially important immediately after delivery, when you, your partner and baby are together as a family for the first time.

Skin-to-skin contact allows you to exchange sensory information with your baby, causing him to search for the breast. It also helps baby stay warm, maintain blood sugar, stay relaxed and calm, and breathe more naturally. Baby will begin to demonstrate feeding behaviors that will allow him to latch on and learn how to feed from your breast. Practicing skin-to-skin contact as much as possible during the first few weeks fulfills your baby's natural need to be in close contact with you. When baby does not sense closeness, he may become stressed. Skin-to-skin contact also promotes breast milk production, so having physical contact is important to establishing an abundant supply.



## Delayed Newborn Bathing

Research shows that waiting to bathe babies until they are 12 or more hours old keeps their temperature warmer and allows their blood sugars to stabilize. Delayed bathing also helps babies develop a stronger immune system because they are colonized with bacteria from birth, which plays a part in the development of their immune system. Babies are born with a coating of vernix, a white fatty substance that absorbs quickly and moisturizes the skin. Allowing the vernix to absorb into the skin, rather than washing it off, decreases the incidence of eczema. Delayed bathing also gives us an opportunity to educate you about proper bathing techniques and answer any questions you may have.

## Feeding Baby

What you choose to feed your baby is one of the first important decisions you will make as a parent. Exclusive breastfeeding, the practice of avoiding the addition of formula or water to your baby's diet and only feeding her breastmilk, is encouraged during your hospital stay and beyond. Breastmilk gives your baby antibodies and immunities to help fight off infection and supplies essential nutrients not found in formula. It is also better on baby's stomach – she will have fewer problems with spitting up and constipation. There are also benefits to you. In addition to enjoying a special closeness to your baby, women who breastfeed have less bleeding, reduced risk of infections after birth and a decreased risk of developing chronic diseases later in life. Our nurses will teach you proper positioning, latching techniques and feeding cues.

## Lactation Support

To support you and baby with breastfeeding, our International Board Certified Lactation Specialists are available for follow-up appointments even after you return home. For assistance, visit [samc.com/breastfeeding](http://samc.com/breastfeeding) or call (559) 450-5210.

## Visitors

For the most up-to-date information regarding our Visitor Policy, visit [samc.com/maternity](http://samc.com/maternity).

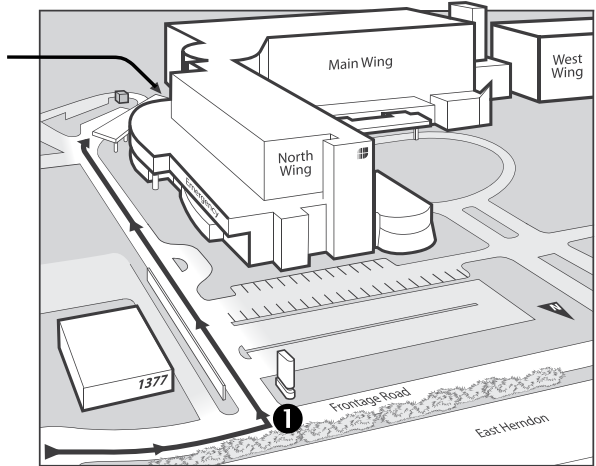


*Thank you for choosing Saint Agnes Medical Center to be part of this exciting time in your life. We look forward to caring for you and your family for generations to come.*

## Directional Map

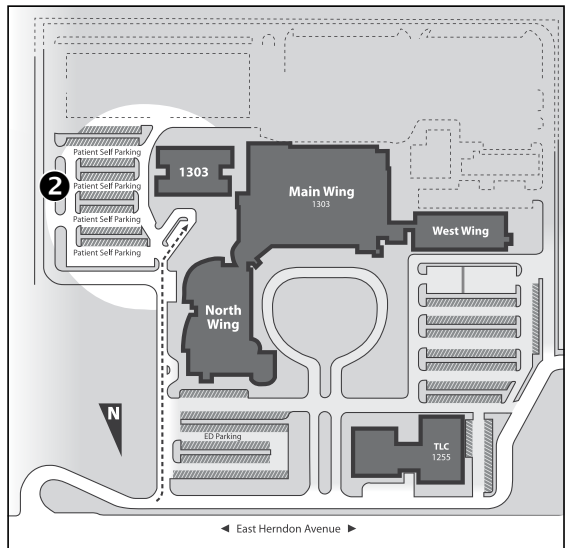
### Hospital Entrance/ Patient Registration

Immediately after turning south on Millbrook Ave., off of Herndon Ave., merge into the left lane and prepare to turn left at the sign (1) labeled Emergency/Hospital Entrance. The nearest parking (2) to this entrance is located east of the hospital.



### Registration/Check-in

Once inside, take an immediate left and continue down the hall until you see directional signage for the OB ED, located on the 4th floor of the Main Wing.



For more information, visit [samc.com/maternity](http://samc.com/maternity) or email [saintagnes@samc.com](mailto:saintagnes@samc.com)



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A Member of Trinity Health

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