

Footprints for the Future

Prenatal Guide





Dear Expectant Parent,

We would like to take an opportunity to thank you for choosing Advocate Condell Medical Center in helping you safely welcome your newest addition into the world! Our team will support you in creating timeless memories during this very important time. We will strive to meet all of your health care needs and provide you and your baby the highest quality care.

The New Life Maternity Center pledge to you is:

1. Our staff is committed to always treating our patients with courtesy and respect by listening to their concerns, maintaining privacy and involving them in their healthcare decisions.
2. Our healthcare team is dedicated to assuring that your concerns are addressed promptly through open communication with your nurse, the charge nurse or the unit manager at any time.
3. Your comfort is our priority. We will strive to partner with you to help manage and control your pain based upon your desired plan of care.
4. Our staff is committed to explaining the plan, medications, and interventions that take place at all times.
5. Our healthcare team is committed to ensuring that your room is clean and quiet to help with the bonding and healing process.
6. The dietary team is dedicated to providing excellent meals.
7. Our goal when you leave the hospital is to have a good understanding of how to care for yourself and your baby. We will provide many educational opportunities to ensure a smooth transition to your new life together.

Your satisfaction is our goal. We look forward to your visit!

Congratulations and best wishes,

The New Life Center Team

Thank you for choosing Advocate Condell Medical Center and allowing us to be part of this exciting and important time of your life. Our team is committed to providing you and your baby with the highest quality care.

We encourage you to pre-register for your maternity care at Advocate Condell Medical Center early in your pregnancy. Once we have your current information on file, we will be able to quickly register you for any obstetrical related service you have prior to your delivery date, and through the birth of your baby. You may register online 24/7 by visiting: advocatehealth.com/condell/obpreregistration. If you prefer to mail or fax your registration, please do so by completing the Maternity Pre-Admission form that is included on the next page. It can be mailed or faxed to:

Advocate Condell Medical Center
801 S. Milwaukee Avenue
Libertyville, IL 60048
Attention: Patient Access Department

Confidential Fax Number:
847.573.4234

Please be aware that many insurance companies have pre-approval requirements for maternity care. We advise that you speak with your physician about required insurance authorizations and be sure to let both your physician and Advocate Condell Medical Center know if you change insurance coverage during your pregnancy. Please keep in mind that your physician bills separately from the hospital and they may have different contracts with your insurance plan. Below is some useful information for your consideration as you prepare for your visit.

BEFORE DELIVERY

1. Is Advocate Condell Medical Center In-Network with your insurance plan?
 - An **In-Network** provider or health care facility that is part of a health insurance plan's network. In general, insured individuals pay less money out-of-pocket when they see in-network providers.
 - An **Out-Of-Network** provider or health care facility is *not* part of a health plan's network. In general, insured individuals usually pay more money out-of-pocket when they see out-of-network providers.
2. How do I find out if Advocate Condell is In/Out of network with my insurance plan?
 - Contact customer service or member services phone number listed on your insurance card.
 - Advocate Online provides a list of accepted insurance plans. The website for this is: <https://www.advocatehealth.com/about-us/insurance-accepted/>.
 - Contact Patient Access department for assistance at 847-990-5220. We will verify your insurance information and can let you know if your plan is in network.

AFTER DELIVERY

1. Adding your baby to an insurance plan:

- Will baby be on mom's insurance or dad's insurance plan?

It is important that you contact your insurance company as soon as possible to inform them of your new arrival. Insurance companies typically allow up to 30 days to add a baby to the policy, but we recommend not to wait that long to add a baby because many insurance plans have requirements that need to be met in order to ensure that your baby is covered for his/her hospital stay.

2. While payment requirements and plan benefits are determined by your insurance, we want you to know that you may qualify for financial assistance through Advocate Condell Medical Center or another financial assistance program if you have no insurance or limited insurance coverage.

- To determine if you will qualify for a discount on your estimated patient balance, or to discuss other types of financial assistance for which you may qualify, please contact a Financial Advocate at 847.990.6358.
- Financial Counselors are available by phone, email, or onsite to answer questions. Please see information below:

Location	Hours of Operation
Cashier Office	Monday - Friday: 8am - 4:30pm
ED Arrival	Monday - Friday: 10am - 6:30pm Saturday/Sunday: 9am - 5:30pm
Phone: 847-990-6358 Fax: 847-573-4215 E-mail: cond-financialcounselor@advocatehealth.com	

Please contact our Patient Access department if you have questions or concerns related to pre-registering for service or understanding your insurance benefits. Patient Access can be reached at 847.990.5220.

Thank you for choosing Advocate Condell Medical Center for your needs.

Sincerely,
Patient Access and Patient Financial Services Departments

Have you ever been a patient at Advocate Condell Medical Center Before? _____

Registered under what name? _____

Due Date: ____/____/____ Doctor _____

Patient Last, First Name: _____

Maiden or Alternate Name: _____

Current Address: _____ City: _____

State: _____ Zip Code: _____ DOB and Birthplace: _____

Telephone: _____ Email: _____ SS# _____

Marital Status: _____ Religion: _____ Place of Worship: _____

Primary Language: _____ Ethnicity: _____ Race: _____

Patient Employer: _____ Full/Part-Time: _____

Patient Employer Address: _____ City: _____ State: _____

Zip Code: _____ Telephone: _____

Spouse/Father Name: _____ Spouse/Father Date of Birth: _____

Spouse/Father Employer: _____ Full/Part-Time: _____

Spouse/Father Employer Address: _____ City: _____ State: _____

Zip Code: _____ Telephone: _____

Emergency Contact #1: _____ Relationship: _____ Telephone: _____

Emergency Contact #2: _____ Relationship: _____ Telephone: _____

Insurance: Name of Primary Insurance: _____

ID# / Policy#: _____ Group: _____

Name of Policyholder: _____ SS# _____

Employer of Policyholder: _____ Date of Birth: _____

Name of Secondary Insurance: _____

ID# / Policy#: _____ Group: _____

Name of Policyholder: _____ SS#: _____

Employer of Policyholder: _____ Date of Birth: _____

Does your insurance company require pre-certification? Y _____ N _____

If yes, please provide certification phone number on back of your card: _____

Attach copy of both sides of insurance card and photo ID.

Please provide the best time to reach you if we have any questions concerning your information.

Best time to contact: _____ AM _____ PM

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The information contained in this booklet is general information and not intended to serve as medical advice. Individual questions should be addressed to your health care provider.

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Introduction

Congratulations from the Advocate Condell Medical Center team! As your family is growing, we will work together to meet your needs. Be assured that during your hospital stay you will be cared for by highly professional physicians, nurses and other hospital team members in our state-of-the-art family based department.

Expanding your family takes a lot of preparation before, during and after birth. We have compiled this information to help you through this busy time.

The New Life Maternity Center is a Level II with extended capabilities Special Care Nursery and Obstetric Department affiliated with the Northwestern Perinatal Network as well as other Advocate hospitals. Our modern LDR (Labor, Delivery and Recovery) suites are designed to accommodate you and up to three support persons who can support you during the birthing process. Maternal Fetal Medicine Physicians (specialists in high-risk pregnancies) are available to consult with your physicians should the need arise. Our Special Care Nursery is dedicated to keeping your family close if your baby requires the attention of our neonatologists (specialists in sick/premature infants). These specialists are available 24 hours a day. Both in-house obstetricians and pediatric hospitalists also provide coverage for any maternal or newborn emergency 24/7. Aligning ourselves with the World Health Organization/UNICEF's 10 Steps to Successful Breastfeeding, board certified lactation consultants are available to support breastfeeding. In the Mother-Baby Unit, your nurse will coordinate care for you and your baby to ensure that all your needs are met.



What You Need to Do Before Admission

- Complete your pre-admission online, by fax, or by mail.
- Check with your insurance company regarding pre-admission requirements, length of stay and other concerns. It is your responsibility to know your insurance requirements and maternity benefits. If you need assistance with this process or have questions regarding payment, please call Advocate Condell Medical Center's Patient Financial Services department at 847.990.6358.
- Bring your insurance identification card or forms with you at the time of admission. We will need to make a copy of your insurance card during your hospital stay, as well as a copy of your photo ID.
- Choose a health care provider for your baby. The most current listing of physicians on staff at Advocate Condell Medical Center is available at www.advocatehealth.com. If you would like assistance choosing a physician, contact Physician Referral at 1.800.3.ADVOCATE.
- Make a decision regarding cord blood banking. You should receive information on banking cord blood from your health care provider. Should you choose to bank, it is imperative that you let your nurse know immediately upon admission.
- Register for Prenatal Classes. Please see list of available classes on the next page.

Services of Interest for Expectant Parents

Tours

You may schedule a tour of the New Life Maternity Center by calling 1.800.323.8622 or register online at www.advocatehealth.com/condell. If you have questions, special requests or needs, please contact the Perinatal Education Coordinator at 847.990.5407.

Childbirth Classes

Childbirth classes will enhance and complement your doctor's advice. Taught by certified childbirth instructors, these classes provide understanding, support and information that will take you from pregnancy through the postpartum period, and help you to adjust to changes that having a baby brings. Healthcare literature supports the need for prenatal education as a mean to reduce risks and enhance a couple's positive experience during pregnancy and the parenting cycle. Interventions aimed at preventing risks and promoting healthy lifestyles during pregnancy are well known determinants of children's positive health and growth during their first years.

Classes offered at Advocate Condell Medical Center:

- **New Life Maternity Center Tour/Welcome Orientation** – This free class features information regarding services available to expectant parents planning a birth at Advocate Condell Medical Center. A tour of the New Life Center is included.
- **Prepared Childbirth Class** – The Prepared Childbirth Class offers a common sense, thorough approach to a knowledgeable, relaxed childbirth. Team-taught by New Life Center nurses, the class is offered as a three-week session or as a one-day Saturday class. The class stresses sensitivity to inner body changes, abdominal breathing and relaxation methods. Also covered: the labor process, Cesarean section, infant feeding, characteristics of the newborn, and postpartum. This Class is offered in both English and Spanish.
- **Prepared Childbirth Refresher** – Intended for parents with children at home already. This class offers a review of inner body changes, abdominal breathing, and relaxation methods. Team taught by certified instructors, this class will be tailored to the unique needs of the participants.
- **Breastfeeding 101** – This class offers basic breastfeeding information, as well as its advantages for both mother and infant. Helpful hints regarding nutrition, milk storage, returning to work and much more.
- **Breastfeeding and Returning to Work** – Taught by Certified Lactation Consultants, this program will focus on continuing to breastfeed while returning to work.
- **Infant and Child CPR for Family and Friends** – This class is suggested for anyone responsible for the care of infants and children-from parents to babysitters, including grandparents. All instructors are certified by the American Heart Association.
- **Becoming a Dad** – Since there are few opportunities for new dads to obtain insight of other men on the challenges of becoming a father, the highly successful workshop offers the chance for expectant fathers to learn what to expect with their first baby.
- **Caring For Your Newborn** – This one session class will teach expectant parents diapering, bathing, feeding, when to call the doctor, safety tips, temperature taking and much more.

Special Services/Classes

- **Sibling class** – Youngsters ages 2½ – 8 look at the arrival of a new baby in the family with anticipation and questions. This special class will ease the transition to "Big Brother" or "Big Sister." They will learn where and how babies grow, how to hold a baby, how to diaper a baby and much more. They will visit the New Life Center to see newborn babies. One parent must attend with child.
- **Grandparents class** – Expectant and new grandparents who have not been around infants for a while can learn all the latest techniques as well as the most current information on prenatal and infant care, breastfeeding, bottle feeding, safety, and more.
- **Lactation Warm Line** – For questions about breastfeeding, call the Lactation Warm Line at 847.990.5403.

Register online at www.advocatehealth.com/condell or by calling HealthAdvisor at 1.800.3.ADVOCATE (1.800.323.8622).

Prenatal Care

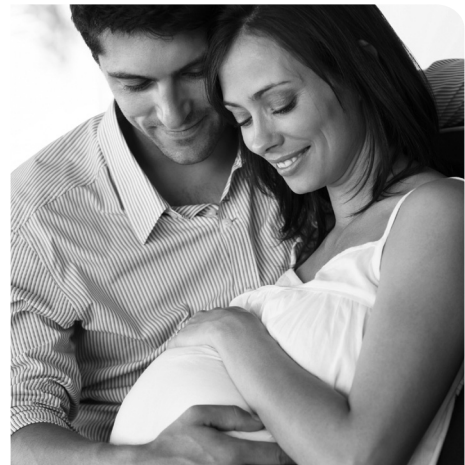
Be sure to take care of yourself during pregnancy so that you and your baby will stay healthy. Doctor visits during this time are known as Prenatal Care. Even if you are feeling well, it is very important that you go to each and every appointment.

Vaccinations

The CDC recommends the Tdap vaccine for anyone-both adults and children- who will have close contact with a newborn to protect the baby against pertussis. It is also recommended that mothers get the flu shot during pregnancy. Consult your health care provider for more information.

Your Changing Body

- **Weight Gain** – Recommended weight gain for most women is 15-25 pounds. Ask your doctor if you should gain more or less weight.
- **Breast Changes** – Your body is planning on breastfeeding this baby. Your breasts may be larger, firmer, and tender. Halfway through your pregnancy, your breasts may start to leak early or “first milk,” known as colostrum. This is normal. Be sure to keep your nipples clean and dry and wear a good supportive bra.
- **Urination** – Your baby needs you to drink at least 8 glasses of fluid a day, mostly water. As your uterus grows, it pushes on the bladder and you will need to go to the bathroom more often. Be sure to contact your doctor if you notice any pain or burning upon urination.
- **Heartburn** – As your uterus grows it makes your stomach capacity smaller and acid from your stomach rises up the esophagus and causes a burning sensation. Try eating smaller more frequent meals and avoid eating right before you go to bed. Do not take over the counter medications without first talking with your doctor.
- **Shortness of Breath** – As the uterus grow it puts a lot of pressure on the internal organs and the diaphragm and the lungs are not able to expand as they did before pregnancy, thus you may experience shortness of breath.
- **Nasal Congestion** – Pregnancy causes your blood volume to increase by nearly 45%. This affects the membranes inside your nose causing them to swell and even bleed. Try increasing your fluids and using a cool mist humidifier to help increase the moisture in your home
- **Swelling** – Many women experience normal swelling of the feet and legs toward the end of the pregnancy, especially in the hot summer months. If you have excessive leg swelling and swelling in your face and hands it is important than you let your doctor know, this could be a sign of pregnancy induced hypertension (PIH).
- **Sciatica** – Some women experience this tingling, numbness and pain affecting the buttocks, hips and thighs. The heavy uterus puts pressure on the sciatic nerves. Sometimes simply a change in baby’s position can alleviate the discomfort. Talk to your doctor if this pain continues.
- **Hemorrhoid/Constipation** – Hormone changes can affect the digestive system and vitamin supplements containing iron can make the problem even worse. Eating a diet high in fiber and drinking plenty of fluids will decrease your symptoms. Do not give yourself an enema or take over-the-counter laxatives. Consult your doctor if problems persist.



Warning Signs That Require Immediate Physician Attention

- Preterm labor (before 37 weeks):
 - Contractions – more than 6 in an hour
 - Lower backache
 - Pelvic pressure
 - Change in vaginal discharge
- Vaginal bleeding
- Abdominal pain
- Decreased fetal movement
- Fever of 100°F or higher/chills
- Severe headache
- Blurred vision or seeing spots/flashing lights
- Swelling of hands, feet and face that has not happened before
- Urinary discomfort

Early Labor at Home

If you think you may be in labor and your baby is full term, the first thing to do is relax. Begin to time your contractions. If your water breaks, whether you have contractions or not, call your doctor.

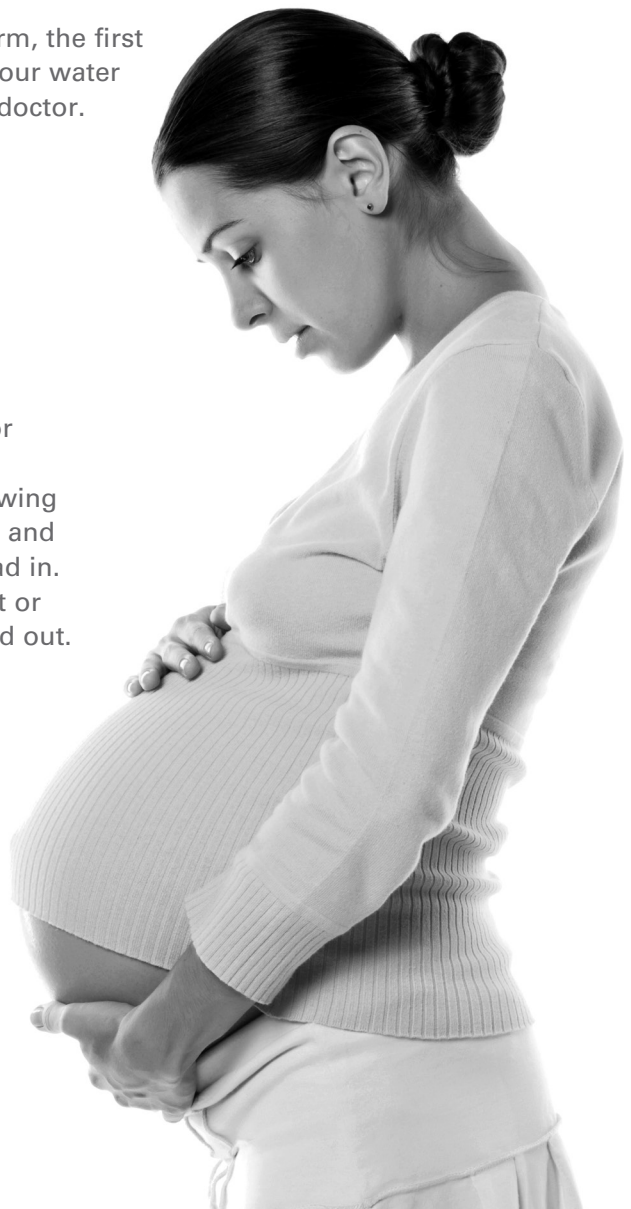
You will need to report COAT:

- **C**olor of fluid
- **O**dor of fluid
- **A**mount of fluid
- **T**ime water broke

When to Head to the Hospital

It is important to have this conversation with your doctor dependent upon your medical history and pelvic exam.

Remember, no 2 labors are alike. If contractions are growing more intense, following a regular pattern, lasting longer and coming closer together it is probably a good time to head in. Listen to your body. If you think you are feeling different or something is not right go to the hospital and get checked out.



Every birth is unique, every baby a miracle.

My Advocate Condell Medical Center Birth Experience

Communication between you and your health care provider is the most important step in developing your plan of care. When you arrive at Advocate Condell Medical Center, please share with the labor and delivery team, what is most important to you during your baby's birth and hospital stay. Each birth is unique and can be unpredictable. Expect that you may need to alter your plan if the health of you or your baby becomes a concern. Please take time to carefully review the following information about labor and birth practices at Advocate Condell Medical Center.

Your Labor Support Team

A support team is important. We strongly encourage our patients to bring a loved one, friend, or a doula with you for continuous support. Plan for a supportive birthing environment, carefully considering who you would like to help you through labor and birth. Up to three people can remain with you during labor and delivery at Advocate Condell Medical Center.

Comfort Measures

Listen to your body, it will give you signals that help guide you into positions of comfort and help to speed up the labor process. Our Labor and Delivery suites are designed to help create a peaceful and relaxing labor environment. Be sure to adjust the room lighting and temperature to make yourself comfortable. All rooms have a TV and DVD player. We have several birth balls as well as hydrotherapy available upon request.

Monitoring Your Contractions and Baby's Heart Rate

We follow the American College of Obstetrician and Gynecologist (ACOG) recommendations for monitoring your contractions and baby's heart rate, helping to give us a good indication of how well your baby is tolerating the labor process. Continuous monitoring is indicated if your baby's heart rate is unstable, if you are receiving medications to stimulate labor, or if you have pregnancy complications.

Nutrition

Sips of clear liquids are often allowed during the uncomplicated labor, including ice chips, water and broth. Women who have a planned cesarean birth will be instructed to not eat or drink for several hours prior to surgery. Be sure to follow your doctor's recommendations regarding food and fluid intake prior to labor induction.



IV Fluids

For the safety of you and your baby, most health care providers prefer IV access to provide fluids or medications. An IV will not limit your mobility during labor.

Pain Management

Having a baby is hard work. There are several ways to manage the pain during labor and birth. Some women prefer to go without or delay receiving pain medicine by trying natural comfort measures first. Taking a prepared childbirth class can help you learn the risks and benefits of your choices.

Breaking of Your Bag of Water

For some women the bag of water breaks on its own as labor begins. If it doesn't, your health care provider may recommend artificially breaking your bag of water to help labor progress.

Induction of Labor

The last few weeks of pregnancy can be physically and emotionally overwhelming for some pregnant women. It is important to remember that during the last weeks of your pregnancy your baby's lungs and brain continue to mature. Unless medically necessary, it is not recommended that labor be induced until you have completed at least 39 weeks of pregnancy.

Pushing Preferences

Your labor nurse will assist you with a variety of pushing positions. An upright position takes advantage of gravity to help your baby move down into the pelvis.

Episiotomy

Although the practice of routine episiotomy is no longer common it may be medically necessary in some cases. Please discuss this intervention with your medical care provider prior to labor.

Cutting the Umbilical Cord

Many labor partners enjoy being involved in cutting the baby's umbilical cord following birth. The physician will provide guidance when the cord is cut.

Cord Blood Banking

Cord blood can be used to treat many life threatening illnesses including leukemia, metabolic disorders or immune deficiencies. Some parents choose to pay a fee to a private company to have the cord blood stored for their own personal use. This is a decision that needs to be made before labor and will require some research on the expectant parent's part. Please consult with your medical care provider if you have any questions regarding this option.

Immediate Care of My Baby Following Birth

In alignment with the 10 Steps to Successful Breastfeeding, and to assist in your baby's transition, your baby will be placed skin-to-skin immediately following birth. Your nurse will stay close and monitor your baby's breathing, heart rate, color, and temperature.



Feeding My Baby

Babies are very awake and alert the first hour following birth, so this is a great time to start breastfeeding. According to the American Academy of Pediatrics (AAP) infants should breastfeed a minimum of 8 times in a 24 hour period. Frequent feeding will help to establish a good milk supply. All of the New Life Center nurses are prepared to help you begin this process. The best way to learn your baby's breastfeeding cues is to have her or him room in with you during your hospital stay. If you have chosen to formula feed your baby all feeding supplies will be provided by the hospital.

Administration of Antibiotic Eye Ointment/Vitamin K

The state of Illinois requires that all babies receive erythromycin eye ointment shortly after birth to prevent the chance of eye infection in the newborn period. Vitamin K is strongly recommended in the prevention of brain bleeding in the newborn.

Circumcision

Circumcision is a common surgical procedure involving the removal of the foreskin covering the tip of a baby boy's penis. Your obstetrician can help prepare you for what to expect and answer any questions you may have about circumcision.

Rooming in

At Advocate Condell Medical Center we strive to keep families together as much as possible. We encourage rooming in so parents can feel comfortable with feeding, newborn care, and normal newborn behavior patterns. Rooming in improves breastfeeding by providing opportunity to watch infant for early feeding cues and feed when baby is ready. Feeding on demand helps decrease infant weight loss, lowers jaundice rates, increases maternal attachment and increases early breast milk production. Our nurses are there to assist you and facilitate your discharge teaching.



Entering the Hospital

Main Entrance

The hospital's main entrance is open from 5:30 am – 8:30 pm during the week and 7:30 am – 8:30 pm on the weekends. Valet parking is available. Please use the main entrance when visiting or for scheduled appointments in the laboratory or radiology. The Emergency Room entrance needs to be used before and after hours.

Emergency Department

Please use the Emergency Department if you are in labor or if your physician sends you to the hospital for a problem or complication during your pregnancy. A nurse will assess your status and prioritize your transfer to the New Life Maternity Center.

New Life Maternity Center

At the entrance to the New Life Maternity Center is a doorbell. Please ring the doorbell. You will be buzzed in. Proceed through the doors and check in at the desk. You will be directed to the appropriate area. Three visitors are allowed in the labor and delivery room. Other visitors will be directed to the Family Waiting Room. For safety reasons, visitors may not wait in the hallways outside of the labor rooms or in the postpartum area. All visitors to the New Life Center will be asked to show photo ID upon entry to the department.

What to Bring

What Mom should bring to the hospital:

- Personal hygiene items – toothbrush/paste, shampoo, brush, etc.
- Items that will help you to be more comfortable (lotions, lip balm, etc.)
- Your favorite music
- Insurance card and photo ID
- Socks, slippers, support/nursing bras
- Hair tie
- Robe
- Loose, comfortable clothes for going home
- Nursing bra
- Relaxation tools (lotion, hot rice sock, aromatherapy)
- Focal point item (ultrasound photo or photo of other children)

The New Life Maternity Center provides gowns, sanitary pads, and hair dryer.

What your support person/coach should remember to bring:

- Comfortable clothes
- Personal care items—toothbrush/paste, shampoo, brush, etc.
- Any medications necessary for a 24-hour period
- Camera
- Cell phone and charger
- List of family and friends phone numbers

Remember to bring for baby:

- T-shirt and sleeper/outfit for going home
- Hat and blankets for going home
- The New Life Maternity Center provides everything your baby will need while at the hospital (diapers, T-shirts, blankets). At discharge you are welcome to take your baby's comb, crib cards, bulb syringe and any remaining diapers. If you are in need of infant clothing, please tell your nurse.
- Installed infant car seat—please remember to have the car seat inspected at your local fire or police department.

During Your Stay

Snacks

The New Life Maternity Center has a refreshment center located near the LDR suites. You or your labor coach may help yourselves. After your delivery a hospital meal will be ordered.

Snacks and beverages also are provided for labor support people. A refrigerator is located at the Mother-Baby nurse's station. Please ask for assistance if you would like a snack item.

Labor and Delivery Support

Support people are welcome in the labor and delivery area. Two to three people at a time may be in your room during your labor; your nurse will use her discretion to maintain your privacy and respect your wishes. The family waiting room and library are available for additional family members who are waiting to welcome your new arrival.

Phone Use

- For local calls: Dial 9 + 1 + area code + number (no charge).
- All incoming, personal phone calls will be directed to your room. If you do not wish to receive phone calls for any reason, simply unplug the phone or alert the nurse. Your phone calls will come to the nurse's station and the callers will be told to call back at a later time. No information is given out over the phone regarding you or your baby.
- Cellular phones may be used in identified areas of the hospital.
- Your nurse will carry a wireless phone and will give you her extension at the beginning of her shift. You may call her directly at any time from your room phone if you need assistance.

Room Comfort

The thermostat is individually controlled in each room so you may adjust it as needed. Please check with your nurse if you need assistance locating the thermostat.

Siblings at Birth

If you are considering having the baby's siblings attend the labor or birth, preparation is necessary. Please discuss this option with your physician well in advance of the birth. At the birth, a support person for the child is required. Seeing their sibling born can be a wonderful experience for children who are emotionally ready, well-prepared and well-supported. Please contact the Perinatal Education Department at 847.990.5407 to make these arrangements. Following the class, students will receive a signed consent form from the instructor which must be presented before the child is allowed to participate in the labor or birth process.

Visiting Hours in the Mother Baby Unit

The birth of your newborn is an exciting time to share with close family members. All visitors to the New Life Center will be asked to show photo ID upon entry to the department. Liberal visiting hours of 10 am – 8 pm offers the family time to bond and get to know the newest family member. However, too many visitors can overwhelm many new parents. One support person over 12 is allowed to stay overnight on the mother baby unit with you. Pillows and blankets will be provided. Always ask visitors to wash their hands before having contact with your newborn. Visitors who are sick should not visit to avoid exposure of illness to newborns and mothers. Special Care Nursery visitation is arranged with the baby's primary nurse.

Infant Safety and Security

The safety and security of you and your infant is very important to us. Several security measures are in place. You will notice all staff members will be wearing an Advocate Condell Medical Center photo identification badge.

Your nurse will introduce herself at the beginning of every shift. Take note of her name. She will coordinate your care with your baby's care and will be aware of all testing ordered by your physicians. The following are suggestions to foster safety.

- When the nurse brings your baby to you, mom and baby bands will be matched to confirm identification.
- You may go to the nursery to get your baby, and the same band checking procedure will be done. Only Mom or the significant other may get the baby from the nursery.
- Do not leave baby alone in your room. If you plan on walking in the hallway, place your baby in the crib and take him/her with you
- When showering, close the outer door, push the baby's crib near the bathroom and leave the bathroom door open.
- Never leave the baby alone on the bed. Newborns move around a bit so always keep a hand on your baby when he/she is out of the crib.
- Question unfamiliar people entering your room or inquiring about your infant even if they appear to belong there. Contact your nurse immediately if you have any question or doubt about someone.
- No one should carry your baby out of the room in their arms. Anyone trying to do so should be stopped and reported to your nurse immediately.

Birth Certificate

Your baby's birth certificate will be completed during your hospital stay. Your baby's Social Security card will be applied for at the same time. Social Security cards will be mailed to you approximately two to five months following application. You will receive paperwork regarding obtaining copies of the legal birth certificate, once all information is verified.

If you are a single parent, a form, "Voluntary Establishment of Paternity," will be available for your consideration. If you have questions regarding your birth certificate or Social Security card application, please let your nurse know.

Advocate Condell Medical Center provides evidence based maternity care with the goal of achieving optimal infant feeding outcomes and maternal infant bonding. All nurses are trained to educate, support and assist families in feeding their newborn.

Immediately Following Delivery

Congratulations! These first few moments after birth are unbelievable and sometimes a bit of a blur. As you bond with your baby, the nurse will place the infant skin to skin on your chest. There are several advantages to this time including maintenance of infant body temperature, induced infant calmness and relaxation, attachment/bonding as well as optimal blood glucose levels. You will remain in your Labor and Delivery suite approximately two hours. Your nurse will be monitoring your vital signs (temperature, pulse, blood pressure and respiration) as well as your uterine bleeding.



It is our goal for breastfeeding to be initiated within one hour of birth. Your baby will be closely assessed and monitored during this time and will receive two medications: erythromycin eye ointment and Vitamin K. After the initial skin-to-skin time and first feeding, the infant will receive his/her first bath.

Mom will be offered a meal or snack at this time and oral fluids are encouraged. Take this time to bond with your baby and rest. This recovery time lasts approximately two hours.

Any IV fluids you received will be discontinued when it is safe to do so. You may experience afterbirth pains or cramping. Pain medication is available if you feel discomfort.

Your nurse will assist you to the bathroom to urinate. Urine output is measured as long as necessary following a delivery. While up in the bathroom you will receive instructions on perineal care. All supplies are provided for this care during your stay. If you had an episiotomy, your physician has closed this incision with sutures that will dissolve in 2 – 6 weeks and do not need to be removed. If your perineal area causes you discomfort, let your nurse know. Your physician will provide orders for oral and topical pain medication.

Transfer to Mother-Baby Unit

Once your recovery time is complete, your nurse will transfer you and your baby by wheelchair to your room in the Mother-Baby Unit. You will be oriented to your room. For your safety, call your nurse for assistance to the bathroom your first few times up. All of your personal items will be transferred with you. You will meet your mother-baby nurse who will provide her phone extension so you can call her directly with any needs or requests. Please share any questions or concerns with your nurse. A menu will be delivered to your room so you can select your meal.

Babies Who Require Special Care

Sometimes babies require special care and Advocate Condell Medical Center's New Life Center's Special Care Nursery (SCN) is ready to provide that special care. Our SCN is designated as a Level 2 with Extended Capabilities Perinatal Center by the State of Illinois. This allows us to care for infants as small as 2 lbs 12 oz (1250 grams) and as young as 30 weeks gestation. The SCN is staffed with board certified Neonatologists and specially trained nursing staff to meet the needs of our sickest, tiniest patients. This dedicated staff cares for families as they go through the unexpected journey of having a sick newborn. It begins by helping families understand their child's illness and treatments while in the hospital. Next, the staff is there to teach family members how to care for infant while he/she is hospitalized. Finally, our staff is there to help families prepare to take their baby home from the hospital.



Mother-Baby Care

Your nurse will coordinate the care you receive in the Mother-Baby Unit. She will introduce herself as each shift begins and write her name and wireless phone extension on a small white board visible from your bed. She will assist you as needed with your care and your baby's care. First-time parents may wish to have the nurse help with caring for the infant, while experienced families may prefer asking questions only as necessary. Whatever your comfort level, your nurse is there to help you. Rooming in with your baby is strongly encouraged.

During Your Stay

- **Breastfeeding:** Exclusive breastfeeding is recommended and achieved when an infant receives only breast milk. Exclusive breastfeeding provides health benefits for infants including: protection against respiratory illness, ear infections, eczema, less gastrointestinal illness, and childhood obesity. For mother benefits include: faster loss of pregnancy weight, delayed menstruation, less missed work related to childhood illnesses. Internationally Board Certified Lactation Consultants are available and all New Life Center nurses have special training to support all of your breastfeeding needs.
- **Bottle feeding:** If you are bottle feeding your baby, nurses will educate and assist with feedings as necessary. All bottle feeding supplies will be provided by the hospital.
- **Birth Certificate:** A birth certificate worksheet will be given to you upon arrival to the mother- baby unit. A dedicated Birth Certificate Registrar is available to answer any questions that may arise.
- **Diet/Menu Selection:** It is important for you to follow the same well-balanced diet after delivery as you followed prior to the birth of your baby. Choose 3 – 4 servings of calcium-rich foods, 3 servings of protein-rich foods, 3 servings of fruit, 3 – 4 servings of vegetables, and 9 servings of bread. Continue to take your prenatal vitamins daily. Room service is available for inpatients from 6:30 am – 6:30 pm daily.

- **Discharge:** Both your physician and your baby’s physician must write an order for discharge and then discharge will take place in a timely manner, usually around 11 am. Please have clothing for you and your baby that is appropriate for the season. You will also need a car seat for the baby’s ride home. Your nurse will review infant care as well as postpartum care with you and you will receive written discharge instructions in the form of a booklet similar to this one. Identification will be confirmed. The cord clamp will be removed as appropriate. You will then be taken via wheelchair to your car.
- **Pain Management for Mom:** Let your nurse know of any discomfort or pain you are experiencing. You will be asked to rate your pain on a scale of 0–10. While some pain or discomfort is to be expected following the birth process, several things can be done to keep you as comfortable as possible. Please use the following table to help you describe your level of pain:

0–1	pain free
2–4	fair
5–6	moderate
7–8	hurts a lot
9–10	intolerable

Your physician has prescribed medication for use as needed. Topical medications, ice and other comfort measures also may be used. Discuss your options for pain relief with your nurse and let her know if they are working.

- **Pain Management for Baby:** Your newborn’s pain will be assessed as well throughout his/her hospital stay. Physical characteristics, facial expression and cry are evaluated before, during and after procedures such as IV placement, blood draws and circumcision. Interventions such as swaddling, breastfeeding and sucrose pacifier use as well as medications such as acetaminophen and EMLA Cream are common treatments for treating pain in the newborn.
- **Pediatrician:** Upon admission, you will need to specify a pediatrician or family practitioner to provide care for your newborn. If you have not chosen a pediatrician or family practitioner, your obstetrician may recommend one, or the physician on call will be notified to care for your baby. These physicians are notified following your delivery and make rounds daily.
- **Rest:** Rest is extremely important following the birth of your new baby. Try to rest when the baby is sleeping. A hospital is a busy place with numerous people involved in the care of you and your baby. Visitors and phone calls can be overwhelming.
- **Safety:** The safety of you and your baby is extremely important to us. During your stay, always transport your baby in his/her crib. Never walk in the hallways carrying your baby. Please wear shoes or slippers on your feet. Use your side rail and a pillow as a barrier to prevent your baby from falling from your bed. Please do not sleep with your baby in your bed or propped on you. Your baby should sleep on his or her back in the crib. Never leave your baby alone in your room. When showering, bring the crib into the bathroom or in the bathroom doorway and close your outer door. If bottle feeding, never prop the bottle when feeding. Always hold your baby when feeding him/her.

Cesarean Section

When your physician determines the safest delivery method will be a Cesarean section, you will require additional information and preparation. If the surgery is planned and scheduled, you will arrive a few hours before the scheduled time. The admission process will begin from the front lobby of the hospital. The admission clerk will escort you up to the New Life Maternity Center to meet your nurse. You will be asked to change into a patient gown and the fetal monitor will be applied.

IV fluids will be started, a urinary catheter will be inserted, lab work will be completed, and your abdomen will be prepped for surgery. You will review and sign a consent form for the surgery. Your nurse will explain your procedure and answer any additional questions. Foods and oral fluids will be restricted several hours before the surgery. If your surgery is done on an emergency basis, several of these preparations and procedures may be done simultaneously.

Immediately Following Cesarean Section

You will spend the first two hours following a Cesarean section in the recovery room. During this time, a nurse will monitor you very closely. Your baby will have been taken directly to the nursery and placed on an infant warmer. Your support person will follow baby to the nursery. While the baby is being examined and measured in the nursery, you will begin your recovery period. Vital signs and sensation will be observed and pain medication will be given, and you will be asked to cough and take deep breaths. Your support person and baby will rejoin you in the recovery room as soon as possible. Once your condition is stable, you and your baby will be transferred into your postpartum room on the Mother-Baby Unit.

Mother-Baby Care Following Cesarean

You will meet your mother-baby nurse and she will assume your care, paying close attention to your vital signs, condition and pain level. You will be asked to rate your pain on a scale of 0–10. The anesthesiologist may have given you pain medicine right through the epidural catheter during surgery that will provide pain relief for the next 12-24 hours. If not, you may be given a PCA (patient-controlled analgesia) pump, which will give you the ability to administer your own pain medication. The use of oral pain medication, such as Tylenol with codeine or Motrin, usually begins on the first post-operative day. The first few hours after birth you will be on bedrest, after that time you will be able to sit on the side of the bed or up in a chair as tolerated. You will be allowed to eat as soon as you are feeling hungry and show no signs of nausea and vomiting. Your physician has prescribed medication for use if necessary for nausea and vomiting. Topical medications, ice and other comfort measures also may be used. Discuss your options for pain relief with your nurse and let her know if they are working. A urinary catheter will remain in place for 12 hours, while the IV and abdominal dressing will remain for up to 24 hours. You will be able to shower and walk about your room and hallway as early as 6 to 8 hours. Your hospital stay usually is extended a day for recovery following a Cesarean section.

Your incision was closed with staples, sutures, or surgical adhesive. Physicians remove the staples in their office approximately one week post-operative. Once the staples have been removed, strips of tape called steri strips will be applied across the incision to give it support as it heals. As they loosen, you may remove them.

Your nurse or your support person will assist with baby care. If you are breastfeeding, you may need assistance finding a comfortable position to nurse.

Newborn Metabolic Blood Screening

Why Your Baby Should Be Tested

Some babies who seem healthy at birth may have a rare hidden disease. If a disease is found and treated early, serious health problems may be prevented. To make sure at-risk infants are identified, the State of Illinois requires testing of all newborns for certain genetic/metabolic disorders before they leave the hospital. The screening procedure begins with a simple blood test.

If you are going home from the hospital before 24 hours, the blood test will need to be repeated. The nurse will inform you about the arrangements for repeat testing. Your doctor will inform you if these tests or your baby's health indicate a need for further testing.



Breastfeeding

The American Academy of Pediatrics recognizes the benefits of breastfeeding and recommends exclusive breastfeeding for the first 6 months, followed by continued breastfeeding as complimentary foods are introduced for one year of life or longer as mutually desired by both the mother and infant. If you decide to breastfeed, the New Life Maternity Center will assist and support your decision. Your nurse will assist you with getting started in your Labor and Delivery Room (LDR) suite during your recovery period. All staff nurses have received breastfeeding continuing education and are ready to support your breastfeeding

journey. Along with help from your nurse, the services of the Lactation Consultants are available to all patients. These consultants will see you during your stay at the New Life Center, maintain a "Lactation Warmline" 847.990.5403 for breastfeeding questions and problems, and are available for out-patient consultations as needed by appointment. If you have questions about breastfeeding or need assistance after discharge from the New Life Center, please call the Advocate Condell Medical Center Lactation Office at 847.990.5403. During your hospital stay, alert your nurse if you have any questions or problems.

For infant:

- Increased bonding/attachment
- Decreased risk of diarrhea, ear infections, respiratory illness, allergies, botulism
- Decreased risk of childhood obesity, leukemia, asthma, diabetes and eczema
- Decreased risk of SIDS
- Better oral development

For Mother:

- Special bonding
- Decreased risk of breast and ovarian cancer
- Decreased risk of osteoporosis
- Decreased risk of Postpartum Depression
- Lose pregnancy weight more quickly
- Less maternal blood loss
- Saves time and money
- Environmentally friendly

Benefits of Breastfeeding

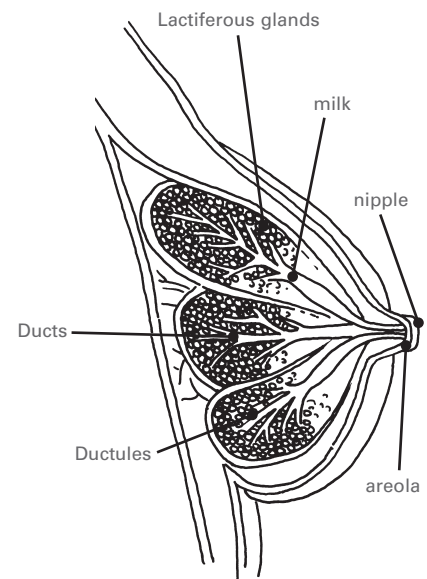
Milk Production

The breast is a gland consisting of fatty and connective tissues that support milk production. The milk is produced in the alveoli and travels down the milk ducts to the nipple pores on the surface of the areola. Milk production is based on supply and demand. The baby's sucking stimulates the milk production. After the first few days of breastfeeding, the supply can exceed the demand, causing engorgement, or an over-filling of the breast. Over a period of time, this supply and demand will balance.

Anatomy of the Breast

The nipple and areola (the dark area around the nipple) enlarge and darken during pregnancy. This may assist the baby in latching onto the breast. The small bumps on the areola are called **Montgomery Glands**. They secrete oil, which cleans, lubricates and protects the nipple during pregnancy and breastfeeding. The oil contains a bacteria-killing enzyme, which helps prevent infection. The nipple has 15–20 small openings through which the milk flows. As the baby begins to suck on the nipple and areola the milk flows through these openings. This stimulates the **let-down** or **milk ejection reflex**.

The let-down reflex activates the release of milk from the breasts. It is experienced in different ways; as your infant actively sucks and swallows, milk may also drip from the opposite breast, or you may feel a tingling or a full sensation.



Anatomy of the Breast

This reflex can occur several times during a feeding. Other times, let-down can occur when you think about your baby, when you hear any baby cry, when it is about feeding time, when you are sexually stimulated or during orgasm. Fatigue, inadequate sucking, emotions and fear of pain all can interfere with the let-down reflex. It is helpful to create a supportive nursing environment to ensure that let-down occurs. Here are some suggestions:

- Find a peaceful environment
- Insist on your privacy if necessary
- Position your baby properly and comfortably
- Use a warm shower or warm packs prior to nursing to encourage the flow of milk
- Unplug the phone, play relaxing music, abdominal breathe before beginning to feed
- Establish a routine; get a beverage, a book to read or position your pillows prior to nursing
- If you experience difficulty, consult the Lactation Office.

Your Breast Milk

Colostrum is the early or first milk produced by your breasts and is usually present by the fifth or sixth month of pregnancy. Colostrum is yellow, thick, high in protein and low in fat and sugar.

The protein content is three times higher than mature milk due to the immunities passed on from the mother. Colostrum not only contains enzymes and immunities to protect your baby, but also acts as a laxative, which helps in eliminating the baby's first stool, called meconium.

Your milk will change from colostrum to mature milk during the first 72 hours after birth. Foremilk is the name for the milk that comes out at the beginning of a breastfeeding session. It looks thin and watery with a light blue tint. Hind-milk, which follows the foremilk, is higher in fat and is released after several minutes of nursing. It is similar in consistency to cream. This milk makes your baby feel full and has a sleepy effect.

Breast Care

Cleanse your breasts when you shower, it is best to avoid using soap on the nipple or areola area because it can have a drying effect. Also, wash your hands before each nursing session. Wear a nursing bra to provide support, even at night. The increased size and weight of the breasts can strain the Cooper's ligaments, which support the breast tissue. The bra must fit well and should not be tight in the cup area or around your ribs.

Breast creams usually are not needed. If nipples become sore during nursing, it is most often caused by improper positioning. A helpful treatment for sore nipples is to express and apply breast milk to the affected area and allow it to air dry. (Leave the flaps of the nursing bra open until dry.) If breast cream is desired, a purified lanolin cream, such as Lansinoh or Pur-Lan can be used following a feeding by applying a thin coating on the areola and nipple. These creams are available at your pharmacy. Once nursing is established, breast pads or breast shells may be worn to keep outer clothing dry. Breast pads should be changed when damp. Do not pull off a breast pad if it is sticking. Wet it first with warm water to help remove it from the breast. If you are wearing breast shells milk may collect in the base of the breast shell. This milk may contain bacteria and should be discarded. Wash shells with warm, soapy water in between usage.

Positioning and Latch

There are many positions which may be used to breastfeed. A few of the most commonly used positions are: football, cradle, cross cradle, side lying and laid back positioning.

Getting your baby to latch correctly is one of the most important steps to successful breastfeeding. The baby should latch on to more than just the nipple. When the baby opens his or her mouth wide and latches on to the breast tissue surrounding the nipple the latch is more comfortable for mom and the infant will drink more easily.

Glossary of Terms

- **500 ml:** Approximate blood loss during a delivery
- **Amniotic Fluid:** Bag of waters, approximately 2 quarts, clear and odorless
- **Amniotomy:** Breaking of the bag of waters by the physician with an amnihook
- **Blood Show:** Bloody mucous, presents as cervix dilates
- **BPP:** Biophysical Profile. An ultrasound test to measure fetal well-being
- **Braxton-Hicks:** False contractions, not regular, erratic
- **Broad Ligaments:** The five pairs of ligaments that hold up the uterus
- **Cervix, OS:** Mouth of uterus, opens or dilates
- **Contraction:** Tightening of the uterus
- **Dilatation:** Process of opening the cervix, 0 –10 cm, “closed to complete”
- **Effacement:** Thinning process of the uterus 0 –100%
- **Episiotomy:** Surgical incision to enlarge the perineum
- **Fundus:** Top portion of the uterus
- **Induction:** Contractions stimulated by either amniotomy or IV pitocin
- **Mucous Plug:** Mucous substance that lies in the cervix during pregnancy and sheds late in pregnancy
- **NST:** Non-Stress Test. Monitoring of fetal heart tones to establish fetal well-being
- **Perineum:** Musculature around the vaginal opening
- **Placenta:** Organ that grows with the baby, to allow for nutrient uptake, waste elimination and gas exchange via the mother’s blood supply. The umbilical cord is attached to this.
- **Station:** Location of baby’s head in relation to maternal pelvis
- **Uterus:** Womb
- **Vena Cava:** Major blood vessel that takes blood back to the heart for oxygenation

Websites for New Parents

www.advocatechildrenshospital.com/support-services/childrens-health-resource-centers/

www.aap.org

www.babycenter.com

www.cspc.gov

www.dadsadventure.com

www.mypyramid.gov

www.ParentsPlace.com

www.parentsoup.com

www.unicef.org

www.safekids.org

References

American Academy of Pediatrics (AAP)

American College of Obstetrics and Gynecologists (ACOG)

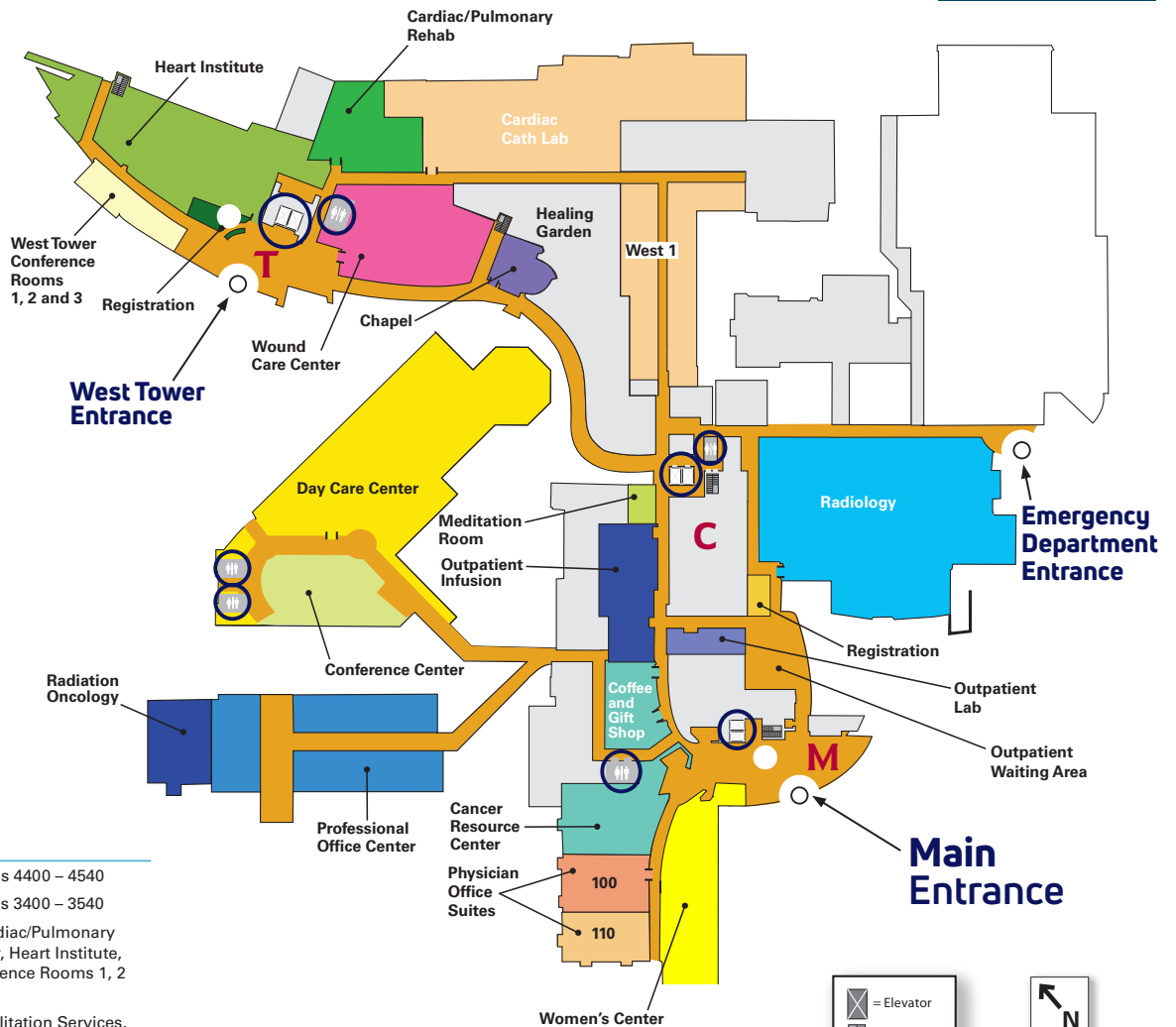
Association of Women’s Health, Obstetric and Neonatal Nurses (AWHONN)

International Lactation Consultant Association (ILCA)

US Department of Health and Human Services

Advocate Condell Medical Center – Campus Map

Outpatient Center
Milwaukee Avenue
Libertyville



T Elevators (West Tower)

- 4th floor: Tower 4, Patient Rooms 4400 – 4540
- 3rd floor: Tower 3, Patient Rooms 3400 – 3540
- 1st floor: Cardiac Cath Lab, Cardiac/Pulmonary Rehab, Chapel, Day Care Center, Heart Institute, Registration, West Tower Conference Rooms 1, 2 and 3, Wound Care Center
- Lower Level: EEG, EMG, Rehabilitation Services, West Tower Conference Room 4

C Elevators (Central Elevators)

- 4th floor: West 4, Patient Rooms 4300 – 4350
- 3rd floor: Clinical Education, GI, ICU, Patient Rooms 3206 – 3223, Surgical Services, West 3 Patient Rooms 3300 – 3350
- 2nd floor: East 2, Patient Rooms 2200 – 2294, Medical Library, Medical Records, Medical Staff Services, Nursing Administration, Obstetrics, Patient Rooms 2103 – 2145, and 2176, Pediatrics, Patient Rooms 2327 – 2340, Risk Management, West 2, Patient Rooms 2300 – 2325, 2348 and 2350
- 1st floor: Chapel, Coffee Shop, EMERGENCY, Gift Shop, Main Lobby, Meditation Room, Mission & Spiritual Care, Outpatient Infusion, Outpatient Lab, Radiology, Registration, West 1, Patient Rooms 1301 – 1315, Women's Center
- Lower Level: Cafeteria, Patient Representatives, Public Affairs and Marketing, Respiratory Therapy, Volunteer Services

M Elevators (Main Elevators)

- 3rd floor: GI, ICU, Patient Rooms 3206 – 3223, Surgical Services
- 2nd floor: Medical Records, Obstetrics, Patient Rooms 2103 – 2145 and 2176
- 1st floor: Cancer Resource Center, Coffee Shop, Gift Shop, Main Lobby, Outpatient Infusion, Outpatient Lab, Radiation Oncology, Radiology, Registration, Women's Center
- Lower Level: Cafeteria, Patient Representatives, Public Affairs and Marketing

 **Advocate**
Condell Medical Center
Tomorrow starts today.

CALL SECURITY AT EXT. 5240 FOR ASSISTANCE

Advocate Condell Medical Center's beautiful 75-acre campus in Libertyville is centrally located in Lake County near major roadways. It is accessible from Milwaukee Avenue (Rt. 21) via Condell Drive, which leads to the Emergency Department and the main hospital entrance. All maternity admissions enter through the Emergency Department. Complimentary valet parking is available at the main entrance from 6 am to 9 pm daily.