

Maternal Child Services
Postpartum
Resource Guide



Dear Patient,

The Maternity and Nursery staff welcomes you and your family to Maternal Child Services!

To meet your care needs, you can expect staff to check on you hourly in addition to when you call. We call this "rounding." During rounding, you will be asked about your pain and how well it is controlled. Staff will offer assistance with your positioning and toileting needs, as well as any other requests you may have. The night staff may need to wake you for ordered medications and treatments. They will do their best to combine all the things that need to be done at one time to maximize your hours of rest.

Rest is very important for patient recovery so we have implemented a Quiet Time Program. During Quiet Time, from 2pm to 4pm daily, we restrict visitors to our Maternity Department, including grandparents and siblings. Hallway and patient room lights are dimmed and a music channel is available on the television to promote relaxation.

Our staff is committed to making your hospital experience as pleasant as possible. Please feel free to ask questions and provide us with feedback during your time with us.

It is our privilege to care for you and your family. Thank you for choosing the Mohawk Valley Health System (MVHS) for your healthcare needs.

Sincerely,

 -
Laura Bailey BSN, RN-C MNN

Laura Bailey, BSN, RNC, MNN
Maternal Child Services Nurse Manager
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Labor and Delivery

Please read through the following information as the more informed you are about Maternal Child Services, the better your patient experience will be.

Labor and Delivery

For the safety and privacy of our patients, moms are allowed only two visitors in the Labor and Delivery Unit. These individuals will receive a purple band that they must keep on until mom has delivered and been transferred to the Postpartum Unit. The purple bands cannot be traded between people once they are in place; this is for the safety and security of all of our patients.

We are sorry but visitors under the age of 16 are not allowed in Labor and Delivery. Siblings will be allowed to visit the new baby when you are transferred to the Postpartum Unit. No food is allowed in the Labor Room.

Please select your baby's doctor (pediatrician or family practice physician) prior to labor.

At the discretion of your physician, pain relief options are available. There is a nurse anesthetist on the unit 24 hours a day. Due to possible emergencies, anesthesia may not always be immediately available, but we will work to make you as comfortable as possible. Your comfort is important to us and alternative pain management may be used.

A waiting room is available for additional family and friends. For the safety and security of your family, children should not be left unattended in the waiting room at any time. To respect the privacy of our other patients, visitors are asked to remain in the waiting room and not in the hallways.

To protect your privacy, our staff does not give patient information over the phone with regard to patient arrival or status in Labor and Delivery.

Postpartum Unit

Postpartum Unit

Rooming In

Fathers and significant others are welcome and encouraged to stay overnight and assist in the care of mom and baby throughout the night. Studies show that newborns cared for in the mother's room cry less, seldom startle and are more stable because their mothers are nearby to nurture them.

In order to stay overnight, the following guidelines must be followed:

- Mom must have a room without a roommate
- We are unable to provide visitors with shower facilities. Please make other arrangements to fulfill those needs
- Visitors are asked to not use the bathroom in the patient rooms. Public restrooms are available throughout the hospital
- While we are unable to provide a free meal to those who stay overnight, visitor meals may be purchased for a small fee
- Those who stay overnight must remain clothed at all times
- If there is a second bed in the room, please do not sit, sleep or set personal items on it. The additional bed is for other new moms as needed
- Only one visitor may stay overnight and that person must be at least 16 years of age.

ALL visitors are required to practice infection prevention and must wash their hands prior to handling the baby. Waterless soap is available in all rooms for your use. A new baby's immune system is not fully developed and they are very susceptible to germs. Anyone with signs of cold, flu, sneezing, coughing or cold sores will not be permitted to visit.

We ask that when you have visitors please be respectful of our other patients. Please do not sit on clean beds, wheelchairs or use the bathroom in patient rooms.

Secure Maternity Unit

For the safety and protection of our families, Labor and Delivery, the Postpartum Unit and the Nursery are all secured areas. Secured entrances may only be opened by our staff. It is for your safety and the safety of your newborn that we limit the access and number of visitors who are on the unit.

All newborns admitted to our Nursery wear a security band that will activate an alarm if the baby is removed from the Maternity Department; this band must remain on until the baby is discharged.

We have a state of the art security system with surveillance cameras to monitor the unit at all times. While we don't anticipate any problems, it is merely a precaution for you and your newborn.

Maternal Child Services has special security measures for newborns. Our staff routinely reviews our policies and conduct drills to ensure that these procedures are followed in the event of an emergency.

Postpartum Visiting Hours

Following your baby's birth, visitors are allowed according to the guidelines below:

The newborn's father or another designated support person may stay with mom at all times if she is in a private room or if she has no roommate; otherwise they may visit any time from 5:30am to 10pm.

Open visiting hours are from 10am to 2pm and from 4pm to 8pm.

Quiet Time is daily from 2pm to 4pm. Significant others are welcome to stay, but everyone else is asked to leave and honor this time as a few special hours for bonding as a new family, and for rest and recuperation for the new mom.

Room Amenities/Electronics and Internet Usage

Wi-Fi - Password is fslwirelesspw

Free wireless service is available for patients and families. Patients and visitors with laptops that are wireless enabled will see a pop-up notifying them of the availability of our wireless network. The pop-up will appear when you are within range of our wireless network located inside the hospital. To access the MVHS Wireless Network, choose "FSLH_Guest_Wireless" from the list of wireless networks and use the password: fslwirelesspw.

Telephones and Cell Phones

Telephones in the rooms are provided free of charge to our patients for local calls.

Long distance calls can be made by using a calling card, billing to your home phone or through collect calling. All can be arranged by dialing the operator at x6000 or 315.624.6000 via cell phone.

Cell phones are allowed but use is limited to your patient room and the Family Lounge.

When using the phone, please be respectful of the needs of your roommate. Calls are not accepted through the main switchboard from 9pm to 7am or during Quiet Time from 2pm to 4pm; please apply the same courtesy with your cell phone.

Televisions

Each bed has a television available at no charge.

Translation Services

The MVHS Language Assistance Program is for patients and family members who are not proficient in English. It provides help with approximately 30 languages.

Patients are welcome to bring their own interpreter with them. It is strongly encouraged to make arrangements for an interpreter prior to coming to the hospital. The initial admission phase will be much faster and smoother if arrangements for an interpreter are made ahead of time.

Dietary Offerings

Patient nourishment is provided on the unit. Visitors are welcome to visit our Cafeteria located on the ground floor. A refrigerator is available if you have food from home. Please put the patient's name and the date on the containers.

Your physician will prescribe a specific diet to meet your particular nutritional needs. A Nutrition Services ambassador will visit you and help you make selections which are in compliance with your prescribed diet.

Nutrition Services is dedicated to meeting the dietary needs of patients and families by overseeing all meal preparation. Any special requests or needs may be directed to Nutrition Services, operated by Sodexo, through the Service Response Center at x5700 via your room phone or 315.624.5700 via cell phone.

The Sodexo team includes executive chefs, food service professionals and registered dietitians, each with areas of expertise, who focus on all aspects of nutrition therapy and education.

Your physician will prescribe a specific diet to meet your particular nutritional needs. A Nutrition Services ambassador will visit you and help you make selections which are in compliance with your prescribed diet.

The Cafeteria is located on the ground floor of the main hospital. It is open from 6:30am to 7pm with additional meal selections from 6:30am to 10:30am for breakfast, 11am to 2pm for lunch and 4:30pm to 7pm for dinner. The Cafeteria is also open from 1am to 3am. Vending machines are available in the Family Lounge.

Non-Smoking Policy

We are committed to providing a healthy environment for our patients, employees and visitors. Smoking is **NOT** permitted anywhere in the hospital or on hospital grounds.

Birth Certificates/Social Security Cards

When you arrive on the Postpartum Unit, you will be given a packet with information and forms for you to fill out. Included in the packet are forms for your baby's birth certificate and social security card. Please try to fill these out as soon as possible and return them to your nurse on the Postpartum Unit. Each will take several weeks to be processed and it will take some time before you receive them in the mail. The birth certificate and social security card will be mailed separately. If you need help filling out the form, please do not hesitate to ask. If you are not married and you wish to have the father's name listed on the birth certificate, you will need to fill out an acknowledgement of paternity.

Baby Pictures

Baby pictures are taken by our newborn photographer, "Our365." You will receive a computerized print out of the three choices available. After you make your choice, all paperwork regarding the pictures should be returned to the photo specialist.

Preventing Infection in the Hospital

What you can do as a patient.

Infections can occur after many types of medical procedures. This is particularly true if you are having surgery. There are several things you can do to help prevent infections from developing while you are in the hospital:

- Wash your hands carefully after handling any type of soiled material. This is especially important after you have used the bathroom. There are alcohol-based hand sanitizing dispensers located throughout the facility that can be used for hygiene. If your hands are visibly soiled, please use soap and water.
- Since you are a part of your healthcare team, do not be afraid to remind doctors and nurses about washing their hands before working with you.
- If you have an intravenous catheter, keep the skin around the dressing clean and dry. Tell your nurse promptly if the dressing is loose or gets wet.
- Likewise, if you have a dressing on a wound, let your nurse know promptly if it is loose or gets wet.
- If you have any type of catheter or drainage tube, let your nurse know promptly if it becomes loose or dislodged.
- If you have diabetes, be sure that you and your doctor discuss the best way to control your blood sugar before, during and after your hospital stay. High blood sugar increases the risk of infection noticeably.
- If you are a smoker, you should consider participating in a smoking cessation program. This will reduce the chance of developing a lung infection while in the hospital and may also improve your healing abilities following surgery.
- Carefully follow your doctor's instructions regarding breathing treatments and getting out of bed. Always ask for help, advice or sufficient pain medications!
- If possible, ask your friends and relatives not to visit if they feel ill or have a cold.
- Be sure to ask questions about your care so that you fully understand your treatment plan and expected outcomes.

Preventing Infection in the Hospital

Whooping Cough

Protect yourself and your new baby!

Why Whooping Cough is Serious

Whooping cough (also known as pertussis) is a contagious disease that can be passed easily from person to person. It is very serious for babies and can cause them to cough so much that they cannot breathe. Hundreds of babies are hospitalized each year for whooping cough and some die from it. Whooping cough can cause adults or teens to have severe coughing that leads to vomiting or broken ribs. They can be hospitalized for pneumonia and miss weeks of work or school. Even worse, they can spread whooping cough to babies at home.

Ways to Protect Yourself and Your Family

Get a TDAP booster – If you did not receive your immunization during your pregnancy, then you should request to receive the vaccine on the Postpartum Unit prior to being discharged. Also, anyone that will be taking care of the new baby should be immunized against whooping cough. The TDAP booster includes a tetanus and diphtheria booster and also protects against whooping cough.

Cover Your Cough and Wash Your Hands

Whooping cough is spread by coughing. Remind everyone to cover their mouths when coughing and to wash their hands often.

Where “Caregivers” Can Get the Vaccine

- Your primary healthcare provider’s office
- Oneida County Health Department
 - ◊ 406 Elizabeth Street, Utica – 315.798.5747
 - ◊ 300 West Dominick Street, Rome – 315.336.9217
 - ◊ www.ocgov.net/oneida/health
- Herkimer County Health Department
 - ◊ 301 North Washington Street (3rd floor), Herkimer – 315.867.1176
 - ◊ www.herkimercounty.org
- OB Care Center
 - ◊ St. Luke’s Campus, 1656 Champlin Avenue, Utica – 315.624.6241
 - ◊ www.faxtonstlukes.com/obcc

Whooping Cough

Breastfeeding in the Hospital

Feeding Your Baby

We're glad you have decided to breastfeed your new baby. Your body was designed to feed your infant and your baby was born to nurse! As you and your baby learn to breastfeed, there are a few important things to keep in mind. The following information will help you tell if you and your baby are getting off to a good start. If you have any questions or concerns about feeding your baby, please ask one of our nurses. You may also ask to speak with a lactation consultant.

Each time you feed your baby, look for these six points of a good feeding.

- 1. Rooting:** When your baby is hungry, he/she will show signs such as sucking his/her hands or sticking his/her tongue out. This is the best time to nurse ... before he/she cries.
- 2. Positioning:** When you hold your baby, his/her body needs to be turned toward you with his/her head, shoulders and hips straight.
- 3. Open Mouth:** Use your nipple to tickle the baby's top lip. Wait until he/she opens very wide, like a yawn, before you allow him/her to suck. When he/she latches on, he/she should have one to one and a half inches of areola in his/her mouth. (The areola is the darker area surrounding your nipple.)
- 4. Jaw Movement:** As he/she sucks, your baby's whole jaw will move. His/her ears may even wiggle! If he/she only sucks with his/her lips, he/she needs to have more breast in his/her mouth.
- 5. Swallowing:** Your newborn's swallow sounds like a very quiet "hic" in his/her throat. In the first few days, it is normal to hear only a few swallows. Once your milk "comes in," swallows are heard much more often.
- 6. Pain-free:** Breastfeeding should not hurt! Commonly, a bit of tenderness is felt in the first 30 seconds of sucking. After that, the discomfort subsides. If you have pain that lasts longer, you may need some guidance to get your baby latched on better. Additionally, look at the shape of your nipple after the feeding. It should not appear pinched or flattened.

Breastfeeding in the Hospital

Scoring

Each time your baby nurses, look for the six signs of a good feeding described above. Give your baby one point for each area that is going well. Write down the time of his/her feeding and his/her score.

Example: Mary feeds her new baby at 2pm. Her baby is very sleepy and did not wake up on her own. Mary had to undress her to wake her. She is careful to position her correctly so that her body lines up and is facing Mary's chest. After a few minutes of tickling the baby's lip, she opened wide and latched on. Mary could see that about an inch of her areola was in the baby's mouth. As she sucked, her whole jaw moved. Mary listened for swallowing but didn't hear any. Breastfeeding pinched a bit and when the baby was finished, Mary's nipple looked flattened. Mary wrote down "3 at 2pm." (Points given for positioning, open mouth and jaw movement.)

Mary also told her nurse about this feeding and asked for help with the next feeding.

Increasing Iron Intake

feed your body of knowledge

INCREASING YOUR INTAKE OF IRON

Iron and Good Health. Iron helps carry oxygen throughout your body. If you are not eating enough iron-rich foods in your diet, you may feel tired and have no energy for your normal activities.

Ways to Increase Iron

- Iron from meat, fish, and poultry is better absorbed than irons from plants.
- Vitamin C can help your body absorb iron. Foods high in Vitamin C include citrus juice and fruits, melons, dark green leafy vegetables.
- Eat iron enriched or fortified grain products such as enriched cereals, pasta, and breads.
- Coffee and tea can decrease iron absorption. Limit your intake of coffee and tea at mealtimes.
- Use cast iron cookware.

If you have any questions or need any more information about dietary iron, contact a Registered Dietitian.

Food Sources of Iron

Good	Sample Meal Plan	Mg of Iron
Greater than 2mg	Breakfast	
Beef 3 oz.	1 serving citrus fruit	
* Beef Liver 3 oz.	¾ cup raisin bran cereal	4.5
Veal 3 oz.	1 egg	
Clams 3 oz.	1 slice whole wheat toast	1.0
Oysters 3 oz.	Margarine	
Sardines 3 oz.	1 cup milk	
Shrimp 3 oz.	Beverage	
Bran Flakes ¼ cup		5.5
Cream of Wheat ½ cup	Lunch	
Oatmeal (fortified) ¾ cup	2-3 oz. roast beef	4.0
Baked potato with skin 1	2 slices whole grain bread	2.0
Dried beans cooked ½ cup	½ cup carrots	.5
(kidney, lentils, lima, navy)	1 medium apple	.3
Soybeans ½ cup	Mayonnaise	
Tofu ½ cup	½ cup milk	
Brewers yeast 1 oz.	½ cup milk	
Spinach 1 cup	Beverage	
Blackstrap Molasses 1 Tbsp.		6.8
Dried prunes 4		

*limit this food if you are watching your cholesterol intake

feed your body of knowledge

Food Sources of Iron

Fair (1-2 mg)		Dinner	
Poultry 3 oz.		2-3 oz. chicken	1.0
Corned beef 3 oz.		Baked potato with skin	2.8
Cooked kale 1 cup		½ cup spinach	3.2
Dried apricots 7 halves		1 slice whole grain bread	1.0
Dried prunes 3		1 medium orange	
Raisins 5 Tbsp.		Margarine	
Whole Wheat Bread 1 slice		½ cup milk	
Nuts:		Beverage	
Cashews 1 oz.			8.0
Brazil 1 oz.			
Walnut 1 oz.			
		TOTAL	20.3
		<i>Females 19-50 years old need 18 mg iron.</i>	
		* This is a sample menu plan. Your dietitian may adjust your meal plan to meet your needs.	
		* Limit the intake of these items if you are following a low cholesterol diet	

How Much Iron Is Needed			
		RDA/AI* (mg/d)	UL* (mg/d)
Infants	0-6 mo	0.27*	40
	7-12	11	40
Children	1-3 y	7	40
	4-8	10	40
Males	9-13	8	40
	14-18	11	45
	19-30	8	45
	31-50	8	45
	50-70	8	45
	>70	8	45
Females	9-13	8	40
	14-18	15	45
	19-30	18	45
	31-50	18	45
	50-70	8	45
	>70	8	45
Pregnancy	≤ 18	27	45
	19-30	27	45
	31/50	27	45
Lactation	≤ 18	10	45
	19-30	9	45
	31-50	9	45

Maternal Child Services
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(315) 624-6040
www.faxtonstlukes.com