Having Your Baby
at Ohio State’s Maternity Center
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Please bring this book with you when you go on a Maternity Tour of Ohio State’s Maternity Center (Labor and Delivery Unit).

Talk to your doctor or health care team if you have any questions about your care.
For more health information, contact the Library for Health Information at 614-293-3707 or e-mail health-info@osu.edu.
Welcome to Ohio State’s Maternity Center

Pregnancy and childbirth bring special meaning to a family. Ohio State’s team of doctors, nurses, nurse-midwives and staff are ready to give you the care you need for your special Buckeye Baby.

To help you plan for your baby’s birth, this book has general education about labor and delivery and information about our maternity services. We hope that you and your health care provider plan a birth experience that is meaningful to you.

We invite you to:

• Tell us how we can meet your personal, cultural and spiritual needs. We are here to care for you and your baby.

• Ask questions and share your concerns with your health care provider and your hospital care team.

• Tell us how we can make your stay pleasant and comfortable.

• Visit our website at wexnermedical.osu.edu/maternity.

We are excited to meet your Buckeye Baby!
Packing for the Hospital

For mom
Have your hospital bag ready 3 weeks before your due date. You may want these items:

- Cash, credit card or debit card
- Camera or mobile device to take photos of baby
- Phone and charger
- List of medicines
- Eyeglasses, hearing aids, inhalers or other medical devices
- Toothbrush, toothpaste, deodorant, hair brush, shampoo and conditioner
- Hair clips or headbands
- Relaxation materials, such as books, magazines, music and photos
- Soft nightgown with buttons or easy access for breastfeeding
- Comfortable clothes for going home
- A breastfeeding, sport or well-fitted bra

For baby
Get a small bag ready for baby when you pack your own. You may want these items:

- Going home outfit for baby, such as a t-shirt or onesie and a hat
- Socks or booties
- Receiving blanket
- Extra blanket if cold weather
- Name, address and phone number of the doctor who will care for your baby’s health after going home from the hospital
- Baby book for footprint stamps

Also, install a rear-facing car seat and have it inspected for safety.

For the labor support person
Have your labor support person get ready for the hospital stay by packing these items:

- Change of clothing
- Money for parking and meals
- Medicines or medical devices
- Toothbrush, toothpaste, deodorant, hair brush, shampoo and conditioner
- Snacks, breath mints and gum
- Reading materials
- Camera or mobile device to take photos of baby
- Phone and charger
- Phone numbers to call after the birth
- ______________________
- ______________________
- ______________________
- ______________________

Please pre-register for your delivery.
Call us at 614-293-8200 between the hours of 8:00 AM and 5:00 PM, Monday - Friday. You will be asked to share an emergency contact, the names of your primary care, obstetric and referring doctors, and your insurance and billing information.
When You Arrive at the Hospital

When you get to the hospital, go to Labor and Delivery on the 6th floor of Doan Hall.

Turn left when getting off of the elevator to enter the unit. Sign in at Registration. You will need your photo ID and medical insurance card.

If arriving between 10 PM and 5 AM, please enter through the Emergency Department hospital entrance.

Registration

At the Registration desk, tell staff your name and show your photo ID. State the reason for your arrival. Be ready to share your medical insurance card.

- If you are pre-registered, we will clarify some information. This is for your safety and to check for changes in your health.
- We will ask for the name of the doctor who will care for your baby’s health after going home from the hospital. Your baby will need to have a health visit with this doctor a few days after leaving the hospital.

How we care for you

Ohio State’s Wexner Medical Center is a teaching hospital. After registration, you will be checked by your health care provider (OB doctor or certified nurse-midwife) or a nurse or resident doctor if your provider is not available. Your care is managed and coordinated by your provider. Medical and nursing students may be present as part of your care team, but they are always supervised by a doctor or nurse.

- If you are in active labor, staff will admit you to the Labor and Delivery Unit.
- If you are scheduled to be induced, staff will admit you to the Labor and Delivery Unit. Birth is an often unpredictable event, leading to changes in rooms available. Call 614-293-8497 before coming to the hospital to check for delays. If there is a delay in schedule, you may be given the option of waiting in the comfort of your own home.
- If you are scheduled for a Cesarean section, arrive 2½ hours before your surgery. You will be taken to the pre-surgery area on the Labor and Delivery Unit. Only one visitor (your labor support person) may be in the pre-surgery or surgery areas. Other family members need to stay in the waiting area on the 6th floor of Doan Hall.
- If you are not in labor, you will be sent home.

When you are admitted to the hospital, our staff will:

- Ask you more questions about your health history and lifestyle.
- Continue to check your health and your baby’s health.
- Work with you to make your birth experience pleasant.
- Place an intravenous (IV) line, if needed, to give you fluids and medicines during your hospital stay.
About the Wexner Medical Center

Having a baby is a very special time in your life. We want to help you plan for this special moment in a way that is meaningful to you. Use these pages to talk with your health care provider about your ideas for labor and delivery.

Patient rooms

Labor and Delivery rooms are on the 6th floor of Doan Hall. Each birthing suite is a private room. Rooms in the Maternal Special Care Unit are semi-private.

Patient meals

Nutrition Services staff will help you to select meals. Snack and beverage choices are available on your floor. You are also welcome to bring your own food. We can provide storage on the unit to meet your dietary needs.

Labor and delivery visitor policy

For the comfort of our patients:

- Visitors need to check in at the entrance to Labor and Delivery.
- We invite two visitors plus your labor support person. All visitors, including children, siblings, family and friends, need to be free from illness. A child is considered one of the two visitors.
- Children less than 12 years of age are not permitted within Labor and Delivery unless they are a child of the patient. Children need to be supervised by a non-patient adult at all times as the labor support person will be focused on mom and baby.
- Only one visitor is permitted with the patient in the pre-surgery and triage areas.
- Visitors are not permitted to wait in the hallways within Labor and Delivery.
- Children, who are not siblings, need to stay in the waiting area of Labor and Delivery or wait until mom and baby are settled in the Post-Partum Unit. Please check with staff before bringing children for visits.

Flowers and balloons

Flowers and balloons are delivered by a hospital volunteer Monday through Friday before 4 PM. Direct delivery by the vendor occurs on evenings and weekends. Only Mylar foil balloons are allowed to protect people with latex allergies.

Please keep a respectful noise level throughout the hospital. Patients heal better in a quiet environment.
Phone calls

Cell phones, smart phones and other wireless communication use:

- Mobile devices may be used in many areas of the hospital. Keep phones at least 3 feet from medical equipment.

Hospital phone use:

- **For free local calls**, dial 9 and then the seven-digit phone number you are calling. You do not need to listen for a dial tone. For example, 9-555-1212.
- **For long distance calls with an operator**, dial 777 + 0 + area code + phone number. The call can be charged collect, to a home phone or to a credit card.
- **For long distance calls with a prepaid phone card**, dial 9 then follow the instructions on the card.

Dining choices

**Au Bon Pain** – Located on the conference level of The James. Open daily 6 AM to 2 AM.

**BistrOH!** – Located on the first floor of Rhodes Hall (University Hospital). Open daily 6 AM to 8 PM.

**BistrOH! To Go** – Located on the first floor concourse. Open Mondays through Fridays 10:30 PM to 1:30 PM.

**Bloch Café** – Located on the 14th floor of The James. Outdoor seating is available in the terrace garden, weather permitting. Open daily 7 AM to 7 PM and holidays 7:30 AM to 1 PM.

**Brenen’s Café** – Located in the lobby of the Biomedical Research Tower, 460 West 12th Ave, Suite 120. Open weekdays 6:30 AM to 6 PM.

**The Caffeine Element** – Located on the first floor of the Prior Health Sciences Library. Open weekdays 7:30 AM to 5 PM.

**Espress Oasis** – Serving from two locations on the ground floor of The James and in the first floor corridor between the 12th Avenue parking garage and Doan Hall (University Hospital). Open weekdays 6 AM to 7 PM and weekends 6 AM to 6 PM.

**Panera Bread** - Located in the SAFEAUTO Hospitals Garage. Open weekdays 6 AM to 10 PM and weekends 7 AM to 7 PM.

**Wendy’s** – Located on the ground floor between the 12th Avenue parking garage and Doan Hall (University Hospital). Open daily 10 AM to 3 AM. Holiday hours vary.

**Cheryl’s Cookies** – Located in the first floor corridor between the 12th Avenue parking garage and Doan Hall (University Hospital). Open weekdays 7 AM to 7 PM and weekends 11 AM to 5 PM.

**Vending Machines** – Located throughout the Medical Center. Vending machines are available 24 hours a day, seven days a week. Change machines are also provided.

For other restaurants or food carts that are within a short driving distance, please visit the information desk.

Wi-Fi access

To access free Wi-Fi:

- Make sure your device is configured for a wireless connection.
- Go to your device’s Settings. Select OSUMC Guest Internet as your Wi-Fi network.
- A usage disclaimer will open in your web browser. If you agree to the terms and conditions, click “Connect”.

If you have any problems with connecting, please call Patient Experience at 614-293-8944, Monday through Friday, 8 AM to 5 PM.
Your Health Care Team

Many people work together to provide your care. Here are some of the key members of your team.

Doctors or midwives

Doctors (MDs) or certified nurse-midwives (CNMs) plan your care while you are in the hospital. You may also have residents or interns who are doctors continuing their medical training.

We need to know who you have chosen to be your baby’s doctor (pediatrician). This doctor checks your baby’s health in the hospital and sees your baby at well child visits after leaving the hospital.

My baby’s doctor is:  __________________________________________________________.

Nursing staff

Nurses manage your care, give comfort, give medicines and ensure a safe environment. They teach you and your family about your care and your baby’s care before going home. Nursing staff includes registered nurses (RNs) and patient care associates (PCAs). The nurse manager manages the nursing staff and their duties on the unit.

Other staff

Here are some other staff you may see on the unit:

- Lactation Consultants (RNs) help nursing staff to support you in breastfeeding your baby.
- Chaplains or Pastoral Care help with spiritual needs.
- Nutrition Services help with the selection of daily meals.
- Environmental Services help to keep your room clean during your hospital stay.
For Your Health and Safety

Keeping you and your baby safe and healthy is our biggest priority. Please let us know if there is anything we can do to ensure your and your baby’s well being.

We ask that you be an active partner in your care. **Tell us about your medicines and allergies.** Tell us if your ID band becomes loose or falls off.

For more safety information, please read the Patient and Visitor Guide at wexnermedical.osu.edu/guide.

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Be an active partner in your care

During your stay, we will teach you about your care and your baby’s care, answer your questions and help you to achieve your personal health goals. Take an active role in your care:

- **Ask questions.** We will answer any questions you have. Ask us about procedures, treatments and medicines that are a part of your care and your baby’s care.
- **Tell your nurse if you have pain or discomfort.** We will help you with pain control and take action if new symptoms occur.
- **Remind staff and visitors to clean their hands.** Everyone should wash their hands when entering the room, before handling baby, after touching objects or surfaces, before and after eating, and after using the bathroom.
- **Talk about your care and your baby’s care** with doctors, nurses and other staff. We are here to help you.
- **Partner with us as we teach you how to care for yourself and your baby.**
- **Call, don’t fall.** Please use your call button before you get out of bed or if you need anything.

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Hand washing prevents the spread of infection

1. Wet your hands and apply soap.
2. Scrub well for at least 20 seconds.
3. Rinse well.
4. Dry with a clean towel.

**Make sure you, all of your visitors and anyone giving you care practice good hand washing.** Do not be afraid to ask your team members if they have washed their hands.
Safety on the Women and Infant Unit

We want all moms and babies to feel safe and comfortable. Please let us know if you have any questions or concerns about your baby’s safety during your hospital stay.

Secure women and infant unit

For your safety and your baby’s safety, both the Labor and Delivery Unit and Mother-Baby Unit entrances are secured with alarms. Visitors must be “buzzed” in and out of these locations so that we know who is on the unit at all times.

Identification bracelets

Identification (ID) bracelets are placed on the:
- Baby’s mother
- Baby
- Labor support person

Keep these bracelets on at all times. Do not remove the bracelet until baby goes home. Bracelets are checked by staff any time you and your baby are separated.

Infant safety

We ask that everyone follow the ABC’s to keep baby safe:
- Always place baby ALONE,
- On his or her BACK, and
- In a CRIB when sleeping.

Your baby needs to be in a crib when:
- You walk the halls with baby.
- You shower or use the bathroom.
- You travel to and from the nursery.
- Baby has a newborn screening test or procedure.
Ohio State’s Maternity Center is ready to welcome your family and baby. Here are some of the services you can expect during pregnancy and when coming to our center for your birth experience.

**Family centered maternity care**

The care you receive focuses on your needs as a family unit.

- Your baby stays in the room with you. Baby may leave the room for health screens, procedures or observation as needed.
- Your labor support person stays in the room with you. Each room has a pull out couch or chair. We recommend bringing a pillow or other items from home for comfort.
- Each family will find a gift bag of prepackaged snacks.
- A complimentary continental breakfast is offered every morning to you and your labor support person.
- Your labor support person can buy lunch and dinner for $5 per meal. When you order your meals, your labor support person may order as well. Other dining options for your labor support person can be found on page 7 of this book.

**Buckeye Baby photos**

We offer baby photos during your hospital stay. There is no cost to have the photo taken. There is a fee to purchase a photo package. You may buy a photo package at the hospital or later at home through a website. You are welcome to take photos of your baby with your own camera or mobile device.

**Birth certificate and social security number for baby**

We can help you with the paperwork for your baby’s birth certificate and social security number. One of our staff members will visit you during your hospital stay to tell you more about the process.

- **For an Ohio birth record**, visit the Ohio Department of Health at [www.odh.ohio.gov/vs](http://www.odh.ohio.gov/vs).
- **For a U.S. Social Security number**, visit the Social Security website at [www.ssa.gov](http://www.ssa.gov).
Your Care in the Hospital

As you prepare for your baby’s birth, we want to share some important information about your hospital stay.

We will:

• **Provide you a tablet computer during your hospital stay called MyChart Bedside.** You may use the tablet to look at your medicines, lab test results, vital signs and daily schedule, order your meals, and review education materials about your condition and care. There is no charge to use the tablet.

• **Keep you and your baby together as much as possible** in our mother-baby rooms. One nurse will care for you both.

• **Have rooms with a pull-out couch or chair so your labor support person may stay overnight.** Ask about our free breakfast and discounted meals for your labor support person.

• **Use ink to take baby’s footprints for the birth record.** You may want to bring a baby book to capture this ink imprint for yourself.

• **Talk with you about newborn screening tests and what the results of these mean for your baby’s health.**

• **Personalize meals for mom.** We also have snacks available day and night on the unit. If you would like to bring special foods for the birth, please let us know and we can help store these items.

• **Teach you about baby care,** from dressing and bathing, to feeding and diapering. We will also **talk with you about care for mom in the first days and weeks after pregnancy.**

• **Respect your need for rest and privacy.** We will do our best to care for you and baby quickly and quietly.

• **Answer all of your questions and work to make your stay pleasant and comfortable.**
Before You Go Home

As you recover from childbirth, we are here to help you and your baby with:

- **Baby care basics**: We will teach you how to change diapers and what to expect of your baby’s first behaviors at home.

- **Skin to skin and kangaroo care**: Holding your baby close on your chest helps baby to keep a regular heart rate and body temperature, and it reduces baby’s stress. Called skin to skin care, we will teach you how to hold your baby. We will also help you with kangaroo care and explain how both of these methods help with family bonding.

- **Breastfeeding and breast care**: The American Academy of Pediatrics (AAP) recommends breastfeeding for all babies in the first year of life. Your nurse will teach you about the different holding positions, how to get baby to latch on and how to watch for breast changes as your milk comes in. A Lactation Consultant will also visit you during your stay for breastfeeding support. Talk to a staff member if you are interested in pumping and storing breast milk. They can answer your questions, including how to choose the right pump for you, whether to buy or rent, how to use the pump and feed your baby, and how to keep the pump clean. You may also call the Breastfeeding Helpline at 614-293-8910 for questions about breast pump rental or help with breastfeeding.

- **After pregnancy care**: We will teach you how to care for yourself in the first days and weeks after pregnancy, including your physical and emotional health.

- **Health and safety**: We will help you to recognize what is safe and what is not for you and baby. This includes signs of infection, so you know when to call a health care provider for follow-up care.

We are here to help this be a wonderful birth experience for you and your family. We hope our many educational materials help you to care for your health and your baby’s health. We are excited to meet you and your Buckeye Baby!

Welcome to our Buckeye Baby family!
Driving Directions
University Hospital

From the north (Sandusky, Delaware and Cleveland)
Take any major highway to Interstate 270
Take Interstate 270 to state Route 315 south
Take state Route 315 south to the King/Kinnear exit
Turn left onto Kinnear Road (Kinnear turns into Olentangy River Road)
Take Olentangy River Road to King Avenue (third traffic light)
Turn left onto King Avenue
Turn left onto Cannon Drive
Turn right onto Medical Center Drive
See “Parking Directions - Continued”

From the south (Circleville, Chillicothe and Cincinnati)
Take any major highway to Interstate 71 north
Take Interstate 71 north to state Route 315 north
Take state Route 315 north to the Medical Center Drive/King Avenue exit
Continue straight onto Medical Center Drive
See “Parking Directions - Continued”

From the east (Newark, Zanesville and Pittsburgh)
Take any major highway to Interstate 70 west
Take Interstate 70 west to state Route 315 north
Take state Route 315 north to the Medical Center Drive/King Avenue exit
Continue straight onto Medical Center Drive
See “Parking Directions - Continued”

From the west (Springfield, Dayton and Indianapolis)
Take any major highway to Interstate 70 east
Take Interstate 70 east to state Route 315 north
Take state Route 315 north to the Medical Center Drive/King Avenue exit
Continue straight onto Medical Center Drive
See “Parking Directions - Continued”

For assistance with directions call
614-293-8000
wexnermedical.osu.edu

There are construction projects occurring at and around Ohio State Wexner Medical Center. Please go to wexnermedical.osu.edu for traffic updates.

The Ohio State University Wexner Medical Center is committed to improving people’s lives. That’s why all medical center locations inside and outside are tobacco-free. This includes all tobacco products, including cigarettes, cigars, chewing tobacco and pipe tobacco.

University Hospital
410 W. 10th Ave.
Columbus, OH 43210

July 2017
Parking Directions
University Hospital

**Patient Valet**
*Continued:* Take Medical Center Drive past the intersection of Medical Center Drive and 9th Avenue. Continue straight to the front of University Hospital (Rhodes Hall). Pull into Patient Valet on your right.

**SAFEAUTO Garage**
1585 Westpark St. | Columbus, OH 43210
*Continued:* From Medical Center Drive, turn left onto Westpark Street. The SAFEAUTO Garage is located on the left and is connected to the medical center by a walkway bridge on the second floor.

**Special instructions for Labor and Delivery:**
Please use the 12th Avenue Garage during normal hours. If arriving between 10 p.m. and 5 a.m., please go to the Emergency Department.

**12th Avenue Garage**
340 W. 12th Ave. | Columbus, OH 43210
*Continued:* Take Medical Center Drive to 9th Avenue. Turn right onto 9th Avenue. Turn left onto Neil Avenue. Turn left onto 12th Avenue. The 12th Avenue Garage is located on the right and is connected to the medical center by a walkway bridge on the third floor.