

MYRTUE'S BIRTHING CENTER WELCOMES YOU AND YOUR FAMILY

You are almost there, welcome to your third trimester! Myrtue's Birthing Center is honored you have chosen us to be a part of your pregnancy journey and we are excited to see you very soon. We love being there for that special moment when your baby's life begins and they take their first breath of air and you hear their first cry. The birth of a baby is a life-changing event; therefore, we make it our mission to ensure your experience is as special and enjoyable for you and your family as possible.

Where Life's Story Begins...

When the special day comes, you and your support person are welcomed into a comfortable and spacious room designed for delivering your baby, fostering an early bond with the newest family member, and to promote healing for mom after delivery. You will more than likely remain in this room from the moment you arrive in labor until you are ready to go home with your precious little one. A dedicated team of nurses offer 1:1 support and are prepared to offer family-centered care, ensuring they are available to assist you with anything you need. They will remember your name and work hard to create a truly personalized birthing experience to help you achieve your birthing goals.

Our team understand that this is a life-changing event for you and your family, so we strive to meet your goals through your birth plan, giving you the best experience possible. Each labor is unique and not without pain; therefore, we provide multiple pain management options (see pain management document located in your folder).

Our postpartum care ensures that you and your family feel comfortable going home with your new baby. We provide one-on-one teaching daily while promoting family interaction during your stay. We can also provide a postpartum spa experience for moms in our whirlpool room to help relax sore muscles used during labor and delivery.

Below are a few additional key features we would like you to keep in mind to make the most of your stay with us:

Security: Our birthing center is a closed unit. This means that all doors leading into the unit are locked at all times. The only way into the mother/baby unit is by being let in by staff. All birthing center staff wear plum colored hospital grade scrubs while on the unit as well as a visible ID badge with photo. After baby is born, four matching ID bracelets will be used to identify your baby to you. Your baby will have a bracelet attached to one wrist and one ankle, while the other two bracelets will be given to mother and her main support person. Before releasing your infant into the care of a staff member the bracelets must be verified as well as a detailed report of where they will be going, what procedure is going to be done and an estimated time frame for baby's return. All babies must remain in an approved crib when traveling through the hallway.

Quiet Time: We are introducing a very special experience for our mothers and babies. During the hours from 2 PM to 4 PM, we carryout quiet time. This allows mothers, fathers, and babies to have private bonding time to become familiar with each other, work on breastfeeding and rest. Visitors are asked to refrain from visiting during this time so that our patients may enjoy this very special time.

Waiting Area: Families and friends are welcome to visit our waiting room located at the north end of the Birthing Center unit just off the elevators. It is equipped with a television and children's toys.

Snacks and vending: Just outside of the waiting room is a snack station. Our dietary staff ensure this is kept stocked daily for our guests. Available items include a small selection of soda, water, coffee, popcorn and granola bars to name a few. There is also a microwave and toaster for your use. Fresh, baked cookies are made every afternoon in the Birthing Center kitchen in our Otis Spunkmeyer oven. Inside the cafeteria are food and snack machines as well. Our cafeteria is open from 8 AM through 6 PM.

Pictures: Photos are offered for all newborns during their stay at Myrtue. Parents have the option to have these pictures posted on the Myrtue website, Facebook page, and Harlan/Audubon/Avoca newspapers. You can see the pictures by visiting our website at myrtuemedical.org and clicking on New Arrivals at the top of the page. Pictures are shown with newborns first and middle name, birth date, time, weight, length, parents' first names, and hometown. We encourage parents to bring in an outfit they would like baby to wear as well as a blanket they would like them placed on.

Photos are sent via email to parents soon after Myrtue's marketing department takes photos.

Safe Sleep: Our facility promotes safe sleep for baby by providing a swaddle sleep sack to each newborn. During your stay, your infant will be placed in a sleep sack following their initial bath. While you can still dress your infant in their own clothing, we ask that you place them in the sleep sack while at rest. Following safe sleep guidelines, we also do not allow stuffed animals or bulky blankets in baby's crib.

Visitation Guidelines:

1. Mother's preference takes precedence over any other requests.
2. We prefer no visitors during the "Quiet Time" hours of 2 PM to 4 PM
3. During the immediate recovery phase, "the golden hour", only the support person is encouraged to visit. Close monitoring of mother and baby are being done at this time and the family is beginning their bonding.
4. All visitors must check in at the nurse's station to allow access to patient room.
5. Visitors, including siblings, with diarrhea, fever, respiratory infection, communicable disease, and cold sores should not visit the unit due to the risk of exposure to the newborn.
6. Visitors must wash hands or use hand sanitizer provided in every patient room prior to holding the baby.
7. Visitors are advised not to kiss the baby due to the risk of sharing an illness to the newborn.
8. Children must be accompanied and supervised by a responsible adult whose only responsibility is the children. Children should not be left under the care of the OB patient.

For more information on Myrtue's Birthing Center, visit myrtuemedical.org and click Birthing Center under the services tab. We thank you for choosing us to help welcome your precious little one into the world and giving us the opportunity to care for you and your family during your stay.

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