

NCH WOMEN'S CENTER VIRTUAL TOUR

Welcome to Northwest Community Healthcare's Women's Center. Congratulations on your new baby you are about to meet. We look forward to helping you have a wonderful birth experience. Below you will find information that is typically provided on hospital tours about what to expect when you come.

- **For any admission to Labor & Delivery, please come through the Emergency Department. You do not have to check in there, but someone will be there to help you and get you upstairs to Labor & Delivery.**
- **All of our units are locked to get in and out for infant safety.**
- **Labor & Delivery**
 - Please have your I.D. and insurance card available when you check in.
 - Once in a room, you will be placed on the monitors and the nurse will check your vital signs.
 - A report will be given to your doctor and a plan will be made.
 - For laboring patients we have:
 - Labor balls
 - Peanut balls
 - Squatting bar
 - Rocking chair
 - Telemetry monitoring (so you can walk around freely)
 - Please have a pediatrician picked out prior to delivery.
 - We have 24 hour anesthesia and neonatology (from Lurie's).
 - There is a couch for a support partner to sleep on.
 - Once your baby is born, he/she will go to your chest for skin-to-skin contact, after delayed cord clamping; unless it is medically necessary to evaluate the baby.
 - During recovery:
 - Skin to skin
 - Weight/length
 - Photos
 - Breastfeeding or bottle initiated
 - Vital sign monitoring of mom & baby
 - I.D. bands on baby, mom & support person
 - Vitamin K injection and erythromycin ointment given
 - Typically lasts two hours then transferred to Women & Infant's Unit
- **Women & Infant's Unit is one floor above Labor & Delivery**
 - Mom and baby are encouraged to stay together as much as possible to learn feeding cues and bond.
 - We practice delayed bathing and first bath is done typically after 8 hours.
 - Obstetrician and pediatrician will come and visit daily.
 - Lots of teaching happens here so you will be prepared to go home.
 - Hearing screening, photos and car seat test are all done before discharge.
 - You must have your own car seat to bring your baby home in.
 - Vaginal birth stay is 24 to 48 hours, C-section 48 to 96 hours.
- **Neonatal Intensive Care Unit**
 - We have a level III NICU, which is the highest level in the state.
 - We have a partnership with Lurie's.
 - All rooms are private.
 - We have twin rooms so they can be side by side.
 - Ideally your baby will not need to be here but if so he/she will receive great care.

**Thank you for choosing
NCH. We look forward
to caring for you.**

nch Northwest
Community
Healthcare