PENNSTATE HERSHEY
Obstetrics & Gynecology

OBSTETRICS

WELCOME TO THE PENN STATE WOMEN'S HEALTH UNIT

Our goal is to provide you and your family with excellent care and service. Below are listed some helpful hints in the effort to make your stay more comfortable.

ADDED COMFORT FOR YOU AND YOUR SUPPORT

- A thermostat is located in each room so you can regulate the temperature for your comfort.
- Your support person may use the bathroom and shower.
- Additional linens/towels are available, please ask your nurse for them.
- Additional bathrooms are at the far end of the north hall.

MEAL OPTIONS

If NO DIET RESTRICTIONS – you can order from the following four different menus:

1. Regular 2. Diabetic 3. All American 4. DAILY CAFETERIA MENU: *(whatever is offered in the cafeteria that day)*

- The "regular patient" menu is placed on your tray, but please feel free to ask your nurse if you have any special meal requests.
- Write in anything you do not see on the menu and our food services staff will do their best to accommodate you.

ONE 'FREE' SUPPORT PERSON MEAL IS PROVIDED

- You may request additional meals for your support person for a fee, or see your nurse for help.

VISITING

- For all of our patient's safety and security, the Women's Health unit is a locked unit. To gain access to any of the wings (east, west, and labor & delivery); all visitors must sign in at the nurse's station in the rotunda to receive a **VISTOR'S BADGE.** If no one is available at the desk, please use the phones located next to east and west wing doors.
- According to your needs or the needs of the attending medical staff and/or your condition, the number of visitors may be limited in your labor and delivery.
- On **EAST & WEST WINGS** visitors other than family are welcome from **9a-9p.** FAMILY (your main support people) are welcome anytime.
- Labor & Delivery visiting hours are 24-hours a day.
- To **AVOID THE SPREAD OF GERMS-** Visitors who are ill are discouraged from visiting.

QUIET TIME

- Observed daily from 2 p.m. to 4 p.m.
- The lights will be dimmed on each wing and in the rotunda in order to promote quiet time.
- We are encouraging our patients to rest at this time with **MINIMAL DISTURBANCES.**

PHOTOGRAPHY

- Per Hershey Medical Center policy, **photography and/or video is NOT PERMITTED** at any time during procedures or the delivery of the infant.

COMMUNICATION AND PRIVACY

- When in **LABOR & DELIVERY**, we will do our best to keep you informed of what is happening with your care. We work with you and your family to keep you informed while protecting your privacy.

NEWBORN NURSERY

- We practice family-centered care, so we encourage you to keep your baby in your room. This will assist you in becoming more confident in your parenting skills, and help develop a closer relationship between you and your baby. For your convenience we do have nursery hours from 10pm-6am. *If you have further questions, please ask your nurse.*
- Newborn Nursery Phone #8429 or 8718

FOR SECURITY PURPOSES

- Please ask ALL employees to show their ID badge before removing your baby from your presence.
- Penn State Children's Hospital employees have blue ***with pink*** **employee badges**. ***Please question employees to show this PINK BADGE before removing the baby from your presence.***
- Your baby will have 2 identification bands imprinted with a number. You and the person you designate will also be given identification bands with the same imprinted number as your baby.
- ID Bands will be checked each time the baby comes to your room; when you pick up the baby from the newborn nursery; and also at discharge. Do not remove the ID bands until you are discharged and at home.
- We ask that you or the other adult that is wearing the ID bands be with the baby at all times when the baby is in your room.
- **NEVER CARRY THE BABY while walking in the hallway: PLEASE USE THE BASSINETT.**

EDUCATION

- We will provide you with the education you need to be able to care for yourself and/or your baby once you go home.
- **CAMP BABY -** is a one-hour group education session that we strongly encourage you to attend, even if this is not your first baby. Please see your nurse for more information.
- We also provide a video called **"SHAKEN BABY."** This video is an initiative that was started in the state of Pennsylvania and we are required to offer you to view this video. The state of Pennsylvania hopes that this video will decrease the number of infant deaths due to shaking.
  If you have questions, please ask your nurse.

DISCHARGE

- **INFANT CAR SEATS** are required to take your baby home. Please bring your car seat in as soon as your baby is born. If you delivered your baby prematurely (before 37 weeks gestation), we are required to perform a car seat test with your baby to make sure the car seat you provided is adequate (not too big). *Please ask your nurse for more information.*
- If you have a **VAGINAL BIRTH,** discharge usually occurs within two days. If you have a **CESAREAN BIRTH**, discharge typically occurs, within three days, depending on how you feel and the how the baby is doing.
- As long as both you and your baby are healthy, our goal is to discharge you together when cleared by both obstetrics and pediatrics.

YOU may receive a survey in the mail following your discharge from the Medical Center.
WE STRIVE TO PROVIDE YOU WITH VERY GOOD CARE. Please be open and honest with your comments.
THANK YOU!