

NEW PARENT HANDBOOK

Love Delivered — *Daily* —





At Andrews Women's Hospital on the campus of Baylor Scott & White All Saints Medical Center – Fort Worth, every mother and baby are special. This brochure is designed to give you valuable information about our services, including what to consider before, during and after delivery. We are proud to share this special event in your life.

Before Your Delivery

As an expectant parent, you already know there's much to be done before the arrival of your baby. We're pleased and honored to offer a variety of services to help make these coming months as stress-free and productive as possible. Take a look at what you can expect from us, as well as some tips on how to prepare for your special day.

We have a philosophy of family-focused care. We strive to be a woman's health partner for life, often beginning with one of the most exciting events in a lifetime: Having a baby.

We Offer:

- Antepartum unit for high-risk pregnancies
- Antepartum testing center
- OB emergency department
- Labor-delivery-recovery rooms (LDRs)
- New family center
- Level III neonatal intensive care unit (NICU)



Enroll in Parent Education Classes

Whether you are expecting your first child or are already a parent, we offer a variety of classes to fit every family. The classes cover such topics as childbirth, breastfeeding, newborn care, and infant CPR and safety, and are offered both online and in a classroom setting. Please refer to the Parent Education class schedule for details on available classes or visit BSWHealth.com/FortWorthWomen.

Tour Women's Services

Before you deliver, you and your family are invited to take a tour of Women's Services, a complete healthcare destination designed just for you. A tour is included with childbirth and childbirth hybrid classes, so no separate registration appointment is needed. To schedule a time, visit BSWHealth.com/FortWorthWomen.

Make Admission Arrangements

To complete your admission online, visit BSWHealth.com and look for Patient Tools at the top of the page. We would like to receive this information by your fourth month of pregnancy, so we may begin processing your admission paperwork before your delivery. You will receive an email confirmation of your submission. If you have an out-of-pocket responsibility, you will receive a letter confirming your benefits and an estimate of what you will owe. If there is a change in your pre-admission information, or you do not wish to register online, please contact our Maternity Financial Service Representative at [1.877.810.0372](tel:1.877.810.0372).

Select a Pediatrician

Prior to delivery, it is important that you select a pediatrician or family medicine doctor to see your baby. Your baby will need to be seen by his or her physician 48 hours after being sent home from the hospital. Speak with your obstetrician, call [1.844.BSW.DOCS](tel:1.844.BSW.DOCS) or visit our website at BSWHealth.com/FortWorthWomen for information regarding your choice of physician.

PACKING YOUR BAG FOR THE HOSPITAL

What to Bring for Mom

Items that you may want to bring include:

- Your driver's license, insurance card and list of medications
- Loose-fitting casual wear, nursing gown, bras and other breastfeeding-related clothing
- Underwear
- Your toiletries
- Robe
- Slippers or loose-fitting shoes
- Camera
- Cell phone charger
- Breastfeeding pillow

Note: Hair dryers are provided in each room

What to Bring for Baby

While your baby is in the hospital, we will provide diapers, a T-shirt and a receiving blanket. Items that you may want to bring include:

- Special clothing for baby's first picture
- Socks or booties
- Car seat that is weight and age appropriate for baby and not expired
- Receiving blanket or cover blanket for your trip home
- Clothing to wear home
- Pediatrician's name and contact information

We recommend that you have a certified car seat technician help you install your car seat before you deliver. Call 682.885.2634 to make an appointment.



Dedicated Antepartum Testing Center

A healthy and safe pregnancy is every mother's desire. To evaluate mom's and baby's well-being, we have a dedicated center for antepartum (during pregnancy) testing, offering specialized procedures such as amniocentesis, ultrasound, non-stress testing and biophysical profiles.

Dedicated Antepartum Unit

The antepartum unit is for expectant women with high-risk pregnancies. Women who are admitted to the unit are considered at risk for pregnancy-related complications and require hospitalization prior to delivery. The unit also houses a celebration room where long-term patients may hold baby showers and/or family dinners.



Labor and Delivery Suites

You will enjoy the family-focused atmosphere provided in our beautifully decorated, private suites. You can plan on laboring, delivering and recovering all in the same room. If you have a planned or unplanned cesarean section, the operating suites and recovery are located conveniently on the first floor. There is plenty of room for dad or another family member to spend the night.

Labor and Delivery

The birth of your child is truly a miracle, and it is our privilege to be a part of that miracle. From advanced technology and comfortable labor and delivery rooms to understanding the needs of family and friends, we're focused on making sure your delivery is as smooth and comfortable as possible.

When It's Time, Where Do You Go?

No matter what time of day or night, you may access our labor and delivery services through the entrance of Andrews Women's Hospital, on the campus of Baylor Scott & White - Fort Worth on Magnolia Street. Valet parking is available during normal business hours.

Visitors During Labor

Family members are welcome. For the safety and privacy of our patients, we ask that you keep the hallways clear.

Photography and Videotaping

Video and still photography will be limited to pre-delivery and will be allowed after your baby's birth at the discretion of the hospital staff.



After Delivery

The first few days after the birth of your baby, known as postpartum, are so important. With our family-focused care philosophy, we customize care based on your needs. Fathers or partners are an important part of this experience, and are encouraged to stay the night with mom and baby in our new family center. Our center includes a comfortable Murphy bed, safe and refrigerator in each room.



Time With Baby (Rooming-In)

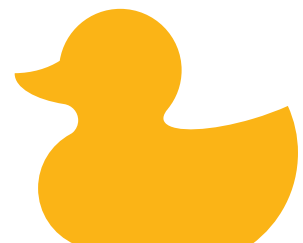
After the birth, you and your baby will be welcomed to our new family center. In this center, you will receive care together unless additional care is needed. (We also refer to this as rooming-in.) We believe this time immediately after birth, while your baby is alert, is important. We encourage breastfeeding and skin-to-skin contact immediately after birth and throughout your stay. Your nurse will be available to assist you. Your nurse will be checking on both you and your baby during this time.

Neonatal Intensive Care Unit

Our NICU is a Level III unit that provides advanced life-support services and technologies for premature and seriously ill newborns. Staffed by specialized nurses, neonatal nurse practitioners, neonatologists and many other skilled staff, the unit is designed to promote optimal developmental care for special infants.

Breastfeeding

Breastfeeding is recommended for the first year of your baby's life. Our new family center nurses have special training and are available to assist you in a successful breastfeeding experience. Lactation consultants are also part of the staff and are here to help you. A breastfeeding class is available to help you learn about breastfeeding. See the Parent Education class schedule for information regarding our breastfeeding class. Simply Mom's breastfeeding boutique has supplies you may need and is located on the first floor inside the Magnolia Boutique. After you have left the hospital, we encourage you to join our Rockin' Mommas breastfeeding support and encouragement group.





Security

We have several security measures in place to protect you and your baby. Our staff will review these measures with you upon admission.

Family and Friends

This is an exciting time, and your family and friends will want to visit you. The baby's siblings are important during this time of family transition, but they should be accompanied by an adult and be free of illness. Please ask anyone who holds your baby to first wash his/her hands. Snuggle time is daily from 2:00 - 4:00 PM. You may wish to limit visitors during this special time.

Professional Photography

A representative from a photography studio will come to your room to give you information about taking pictures. Each family receives a complimentary photo as well as the opportunity to buy more. With parents' written permission, your baby's picture will be placed on the Baylor Babies section of BSWHealth.com. The baby's photo will usually be posted within two days after the picture has been taken. For security purposes, we do not include your baby's last name.

Special Tests for Your Newborn

Texas requires that your newborn be tested for metabolic disorders. These tests are performed when your baby is 24 to 36 hours old. The tests require a small blood sample that is collected through a heel stick. In addition, your baby will receive a pain-free hearing test and heart health screening.

Should your baby weigh less than five pounds or be younger than 37 weeks, a car seat test will be needed upon discharge. It is important that we have an accurate phone number for you so that we may reach you if there are any abnormal results. To find out more about these tests, please ask your nurse or contact [1.844.BSW.DOCS](tel:1844BSWDOCS).



We're here for you.

The physicians, nurses and staff at Baylor Scott & White – Fort Worth's Andrews Women's Hospital have just one goal: To ensure the health and well-being of every mother and baby we see. Nothing is more important to us, and we hope the facilities and services we offer are a testament to that. More importantly, we hope the warm, compassionate care of everyone here will help make this special event memorable.

To stay connected to other moms, visit

[**Facebook.com/Groups/BaylorBabies**](https://www.facebook.com/groups/BaylorBabies)

For Rockin' Mommas breastfeeding support and encouragement group, visit

[**Facebook.com/Groups/RockinMommas**](https://www.facebook.com/groups/RockinMommas)

[**BSWHealth.com/FortWorthWomen**](https://www.BSWHealth.com/FortWorthWomen)

1.844.BSW.DOCS

1400 Eighth Avenue

Fort Worth, TX 76104



Baylor Scott & White

ALL SAINTS MEDICAL CENTER

PAUL AND JUDY ANDREWS WOMEN'S HOSPITAL

FORT WORTH