

Welcome and Congratulations! We are excited about sharing this special event in your life. Our goal is to make your stay as supportive and happy as possible. The entire Maternity and Infant Center Staff are here to help you and your family welcome this new baby into your family.

The following are some guidelines that will answer some of the more common questions we are asked. Our nurses are readily available to assist you, answer questions and offer hints or suggestions.

- Please feel free to contact the Perinatal Outreach Coordinator, Jill Moss at 707-251-2001 regarding classes, general questions, and community resources that are available.
- Labor and Delivery can be reached at 707-257-4015.
- Please bring your insurance card(s) and photo ID with you to any appointments and at your admission to Labor and Delivery.
- You may have a support person and family members at your bedside in labor.
 - Your support person may spend the night with you while in labor and after your baby is born.
 - Please plan to have your support person shower at home.
 - Your support person may accompany your baby if the baby must leave your room.
 - Coffee, juice, and soda are available in the Maternity Center.
 - Food can be brought in from the outside or from the cafeteria.
- Once you have recovered from your delivery and moved to the Mother-Baby Unit, visiting hours are from 10 am until 9 pm. Moms and babies need their rest and have a lot to learn about each other especially in the first few days after delivery.
- All of our rooms on our Maternity Unit are private. We encourage your visitors to come see you in groups of 2 and 3; small children get bored easily so their visits should be limited to 5 or 10 minutes. The waiting room is at the front of the Maternity Unit and has a television and toys available.
- Staff may request visitors to wait in the waiting area if there are too many people in a room, children are not well controlled, or if mothers and babies are not up to visiting for long periods of time.

About Your Pre-Registration Packet

- Most of the information is for you to keep and read.
- There are some forms that must be filled out:
 - Obstetrical Pre-Admission
 - Conditions of Admission
 - Advance Directive Checklist (If you wish more information, the staff person in admissions will assist with this)
- Please return the forms to the Concierge Desk in the Main Lobby. They are open from 5:30 am to 8:00 pm Monday through Friday and 10:00 am to 8:00 pm on Saturday and Sunday.
- Please put your Estimated Due Date (EDD) and OB Doctor or Midwife at the top of the Obstetrical Pre-Admission Form.
- Please be sure to bring your insurance card(s) and photo ID to the Concierge's Desk so that copies can be made.