

Welcome to Labor & Delivery

During your time at the Birthing Center we want to support you and your family in having a labor and delivery experience that most closely meets the expectations and hopes that you have for the birth of your baby. We will also work to ensure that you and your baby stay safe at all times.

We welcome you to provide us with a Birth Plan that you have reviewed with your provider so that all members of your care team are aware of your goals. We acknowledge that all families are unique and we will do everything we can to support your individual circumstances while maintaining our policies and your safety.

BEFORE COMING TO LABOR AND DELIVERY

Call your provider to determine if it is time to come to the hospital. When you decide together that it is time to come, your provider will notify the nursing staff so that we can begin to prepare for your arrival. We encourage you and your family to leave all valuables at home.

Parking: If you are arriving between the hours of 9pm and 6am you can park in the Emergency Department parking area and enter the hospital through the ED. The ED staff will assist you in getting to L&D. If you are coming during the day and you think you have time to park in the parking garage and walk up to L&D you can do that. If you feel that delivery is imminent, you can certainly park in the ED as well. Wherever you park, you don't need to stop at Registration, you can walk right up to L&D on McClure 7. Parking is priced per hour with a \$7/day maximum charge.

Arrival: When arriving to UVMMC you will be screened by a trained staff member at whichever entrance you come through. When you arrive on L&D you will be asked these same questions again and then welcomed to a room and evaluated. We have both delivery and triage rooms on L&D. Once your nurse and provider have had the opportunity to assess you and monitor your baby's heart rate you will either be admitted to L&D, B7, or you may also be discharged to home depending on the clinical circumstances.

WELCOMING POLICY

Due to the current circumstances with the pandemic we are only able to allow 1 support person on L&D (must be 16 or older) and 1 on the Mother Baby unit. The support person of your choosing can not be swapped out for other family members and must stay consistent for your stay. Your visitor will also need to stay in your room during your stay and wear their mask while they are here with you in the hospital. We encourage you to thoughtfully select who you want present to minimize infection exposure to your new baby and to help you maintain an environment that is calm and supportive. If you have a doula working with you, this person does not count as the second support person. If you would like to work with a volunteer doula staffed by UVMMC please speak to your provider regarding this option. Please consider the intense nature of birth when deciding who you'd like present at your birth. Additionally, during RSV/Flu season, there may be further limitations to our welcoming policy. In all cases support people will be turned away at the door if they are experiencing fever, cough, sore throat, nausea, vomiting or diarrhea.

STAFF SUPPORT

Labor Support and pain management: Our nurses will provide you with a variety of options to help you progress through labor. We have birthing balls, a birthing tub, wireless monitors to support free movement and ambulation around your room. You may also choose to utilize pain medication while you are in labor. We have anesthesiologists available 24/7 on Labor and Delivery and your healthcare team may recommend that you consult with an anesthesiologist whether or not you plan on having an epidural for pain management during labor. This is to maintain safety and continuity of care.

Monitoring the fetal heart rate: Our nursing staff wants to support your birth wishes while maintaining safety for you and your baby. We will ask to perform either continuous or intermittent fetal heart rate monitoring throughout labor depending on the clinical circumstances. There are some circumstances in which internal monitoring may be recommended. Your care team will discuss these circumstances with you should they arise.

Delivery: Promoting a vaginal delivery is a top priority for our providers and nurses. We also recognize that a cesarean section may be the safer or preferred mode of delivery for you and your baby. If a cesarean delivery is indicated, we will do everything we can to create a calm and welcoming environment for you to greet your new baby. You will be able to bring one support person with you into the operating room. We have two operating rooms on L&D and you will return to your labor room to recover after surgery. In most cases a team of pediatric doctors, nurses and respiratory therapists will attend your baby's delivery if a cesarean delivery is indicated. The same team may also be present for a vaginal delivery depending on clinical circumstances. Your healthcare team may ask for your support person to wait in the NICU waiting room until the nursing staff deems it appropriate to welcome them back into your room.

VIDEO AND PHOTOGRAPHY

Both of these are allowed in the delivery room. However, your health care team is also responsible for maintaining safety, patient and staff privacy and a healing, calm environment. Providers, clinical staff and/or employees have the right to ask patients, family and/or visitors to turn off cameras and/or recording equipment at any time even if prior approval has been granted.

FOOD OPTIONS

Cafeterias are available almost all of the time. From 3am-5am the hospital cafeteria is closed. During all other times you and your support person will be able to either order room service (must be paid for with credit/debit card, no cash) or purchase food from one of 3 cafeterias in the hospital. We also have a refrigerator on L&D that you can use to store your own food from home, make sure you put a label on any food you bring from home. Labels are provided and kept on top of the microwave and your RN will place your food in our patient specific fridge. We provide juice, soda, and light snacks, like popsicles, Jell-O, crackers and toast.

COVID-19 SPECIFIC INFORMATION

We are currently performing universal screening for COVID-19 for any patients being admitted to the hospital. This is for your safety, and the safety of others including staff and other patients. If as the birthing patient you test positive for COVID-19, your support person will be offered a test as well. The current practice is for families to stay united during their admission as long as mother and baby remain healthy and do not need a higher level of care. If you are COVID+ we will provide education, supplies (such as masks, gloves, gowns), and support to help you make the best and most informed choices for you and your baby during your stay. If you decline the COVID-19 test, please be aware that you would be unable to visit your newborn in the NICU or utilize the Newborn Nursery on Baird 7. Policies and practices are constantly evolving so please speak to your provider about the most current practices.

