



Your Journey Through Pregnancy and Childbirth



Penn Medicine
Princeton Medical Center





At Princeton Medical Center (PMC), maternity care starts with a simple approach: we listen. We know you come to us filled with joy and expectations about the journey ahead. And we want to do everything we can to help you to feel confident and comfortable through pregnancy, labor and delivery.

This book is intended to give you all the information you'll need throughout your pregnancy journey. We're here to help you every step of the way.

CONGRATULATIONS ON THIS EXCITING TIME!

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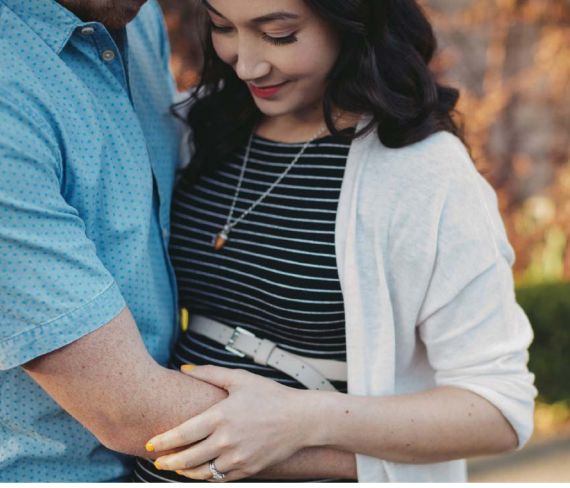
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THE CENTER FOR MATERNAL & NEWBORN CARE IS PROUD TO BE NATIONALLY RECOGNIZED FOR OUR EXCEPTIONAL LEVEL OF QUALITY AND CARE.





Section 1: Pregnancy — Prenatal

**Congratulations! You're pregnant!
Welcome to the Center for Maternal & Newborn Care**

Princeton Medical Center is committed to making every pregnancy as healthy and happy as possible. At PMC's Center for Maternal & Newborn Care, you'll receive nationally recognized maternity care provided by an exceptional team of family health specialists who are with you every step of the way, including:

- Board certified gynecologists, obstetricians, perinatologists, anesthesiologists, neonatologists and pediatricians – all available 24 hours every day.
- A pediatric hospitalist and neonatologist from CHOP, who are on-site and available around-the-clock for your baby's care in the Well Baby Nursery or Neonatal Intensive Care Unit (NICU). These doctors work closely with your child's pediatrician.
- Certified nurses in Neonatal and Perinatal Care.
- Certified nurse midwives may be available, depending on your OB practice.
- Certified childbirth educators.
- Certified lactation consultants.



Education & Support

Through its Community Wellness Program, PMC provides comprehensive education to help expectant parents and every member of the family prepare for the arrival and care of a new baby. Throughout your pregnancy, we offer a variety of virtual and in-person classes and support groups, including:

Prenatal Yoga, Bumps, Bands and Balls

Class includes relaxation, stretching and gentle postures to help you stay fit and feel good during pregnancy.

Childbirth Preparation Classes (Birthing Basics or Accelerated and Labor Fundamentals)

Parents will learn the signs of labor, relaxation and breathing techniques, medical interventions and comfort measures to promote a positive birth experience – includes maternity tour.

Hypnobirthing®

Multisession classes designed for expectant couples who have a desire to learn deeper methods of relaxation for birthing and to help eliminate the fear that causes tension and pain.

Twins and Multiples

Designed for parents expecting more than one baby, this class will cover pregnancy, labor, postpartum and breastfeeding multiple babies.

Virtual Maternity Tours

We invite expectant parents who are delivering at PMC or considering delivering here to take a virtual tour of our state-of-the-art Center for Maternal & Newborn Care. Visit www.princetonbabies.com.

Sibling Class

This fun, educational program is designed to help your child welcome the new baby.

Family & Friends CPR - Infant

This program teaches how to perform CPR on infants, and how to help an infant who is choking. An infant is defined as a baby 1 year of age and under.

Practicing MindFetalness

Class focuses on fetal movement patterns and making a unique connection to your baby.

Pregnancy and Postpartum Support Group

Connecting expectant and new parents for support, guidance and education.

Infant Massage

Class teaches how to skillfully provide calm and soothing touch to the infant.

Bright Beginnings

A support and educational group for parents and babies from birth through crawling.

Prenatal Breastfeeding and Pumping Class

Expectant parents will learn about the benefits of breastfeeding and skin-to-skin contact, rooming in, positioning, nutrition and pumping.

Baby Care

This program is designed to help create confidence in your parenting skills. Topics include infant care, feeding choices, safety, choosing a pediatrician and more.

Prepare For Cesarean Section

Learn what to expect during your scheduled cesarean section. Topics include preparation, surgery anesthesia, and postoperative recovery.

Daddy Boot Camp™

This men-only course is designed to help fathers-to-be gain confidence and develop hands-on skills to care for their newborns.

Grandparenting Class

This class is designed to bring grandparents up-to-date on the latest in baby care and safety.

Car Seat Safety Checks (Free)

Approximately 90 percent of car seats are installed incorrectly. Make an appointment to have a certified child passenger safety technician check your child's car seat. Please bring your car manual and car seat instructions.

Please call **1.888.897.8979** or visit princetonhcs.org/calendar.

Attention, Moms-To-Be: Now is the Best Time to Choose A Pediatrician

Congratulations on the expected arrival of your new baby! We are very excited that you chose Princeton Medical Center (PMC) for this special experience, and we look forward to providing wonderful care to you and your newborn.

After delivery, it is important for a pediatrician to see your baby every day during your hospital stay. If you do not have a pediatrician, PMC will assign a neonatologist from Children's Hospital of Philadelphia (CHOP) to see your baby while he or she is in the hospital. CHOP pediatricians are available in the hospital 24 hours a day, every day of the year, as part of a longstanding partnership to enhance pediatric care at PMC.

However, we recommend that you choose a pediatrician now—ideally one who can supervise your baby's care at PMC and continue providing follow-up care after you return home. Your baby will need to have a follow-up visit with a pediatrician within two days of going home from the hospital.

Choosing a pediatrician now will also give you time to ensure that he or she accepts your insurance and that there will be no unexpected bills later.

For assistance finding a pediatrician on our medical staff, please call **1.888.742.7496** or visit our online physician directory at **www.princetonhcs.org/directory**.

After selecting a pediatrician, we advise that you contact the physician's office or your insurance carrier to confirm that he or she accepts your health insurance plan.



Dear Expecting Parents,

Congratulations on the upcoming birth of your new baby. In order to provide your baby with the best care possible, it is extremely important that you choose a pediatrician. A pediatrician will see your baby every day in the hospital and again within 24-48 hours after hospital discharge.

At Penn Medicine Princeton Medical Center, we have many qualified pediatricians. For your convenience, we have attached a list of pediatricians that have privileges at our hospital and have listed them by group.

If you choose to use a pediatrician that does not have privileges at Princeton Medical Center, you may utilize the Children's Hospital of Philadelphia (CHOP) neonatology group for your baby's care during your hospital stay.

Another important reminder is to be sure your pediatrician accepts your health insurance plan.

**Advocare Garden State Pediatrics
& Adolescent Medicine**

2133 State Highway 33
Hamilton Square, NJ 08690
609.581.5100

**Advocare Hamilton Pediatric
Associates, PC**

3 Hamilton Health Place, Suite A
Hamilton, NJ 08690
609.581.4480

Advocare Healthy Kids Pediatric Group

300B Princeton-Hightstown Road, Suite 201
East Windsor, NJ 08520
609.448.7300

2 Princess Road
Lawrenceville, NJ 08648
609.448.7300

Bidabadi Pediatrics

3086 Route 27, Suite 8
Kendall Park, NJ 08824
732.422.0393

Child Health Associates

666 Plainsboro Road, Suite 1300
Plainsboro, NJ 08536
609.750.1521

Delaware Valley Pediatric Associates, PA

132 Franklin Corner Road
Lawrenceville, NJ 08648
609.896.4141

Jersey Pediatric Care, LLC

751 Route 206, Suite 102
Hillsborough, NJ 08844
908.262.2343

Plainsboro Pediatrics

666 Plainsboro Road, Suite 516
Plainsboro, NJ 08536
609.799.0068

Princeton Nassau Pediatrics, PA

301 North Harrison Street
Princeton, NJ 08540
609.924.5510

25 South Route 31
Pennington Market Shopping Center
Pennington, New Jersey 08534
609.745.5300

196 Princeton-Hightstown Road
West Windsor Business Park
West Windsor, New Jersey 08550
609.799.5335

312 Applegarth Road
Renaissance Crossing Medical Arts Bldg.
Suite 104
Monroe Township, NJ 08831
609.409.5600

1378 Route 206
Skillman, NJ 08558
609.651.4405

Princeton Windsor Pediatrics, PA

88 Princeton-Hightstown Road, Suite 103
Princeton Junction, NJ 08550
609.799.4700

The Pediatric Group, PA

281 Witherspoon Street, Suite 200
Princeton, NJ 08540
609.924.4892

Windsor Medical Center Pediatrics

339 Princeton-Hightstown Road, Bldg. B
Cranbury, NJ 08512
609.918.1030

Zufall Health Center - Plainsboro

1 Plainsboro Road
Plainsboro, NJ 08536
609.853.7600

For more information about maternal child health at Penn Medicine Princeton Medical Center, please visit:

www.princetonhcs.org/maternity

www.princetonhcs.org/maternitytour

High-Risk Pregnancies

At PMC's Center for Maternal & Newborn Care, both mom and baby are cared for at all times by an expert team of family health specialists. We have partnered with Penn Medicine's Division of Maternal Fetal Medicine (MFM) and the Children's Hospital of Philadelphia (CHOP) to ensure that you and your baby will have access to board certified Penn Medicine Maternal Fetal Medicine specialists and board certified CHOP neonatologists 24/7.

This collaboration facilitates advanced, comprehensive care for mothers and babies, from prenatal diagnosis and therapy, through postnatal treatment and care.



Penn Maternal Fetal Medicine

Penn Medicine's Maternal Fetal Medicine program – one of the first in the nation – is a nationally recognized leader in high-risk obstetrics, fetal evaluation and antepartum (late pregnancy) testing.

Our Maternal Fetal Medicine Program offers:

- Ultrasounds (AIUM Accredited)
- Antenatal testing (non-stress test)
- Doppler studies
- Preconception counseling
- Chorionic villus sampling (CVS)
- Amniocentesis
- Fetal echocardiograms (AIUM Accredited)
- Hysterosalpingogram (HSG)
- Genetic counseling
- Genetic testing
- Non-invasive prenatal testing (NIPT)
- Sequential screening

Management of:

- Diabetes
- History of pre-term birth
- Multigestational pregnancy
- Thyroid and endocrine abnormalities
- Hypertension
- Fetal abnormalities



Planning Your Maternity Stay

When you go into labor, please contact your obstetrician (OB) or midwife for guidance on when to come to the hospital. If it is after 9 p.m. or before 5:30 a.m., you will enter the hospital through the Center for Emergency Care at PMC, where our staff members are ready to assist you.

My Obstetrician or Midwife: _____

WHAT DO I PACK?

- Books
- Car seat (should be installed in car and checked 1 month prior to delivery)
- Call Community Wellness for a free car seat inspection appointment at 888.897.8979
- Cell phone charger
- Lip balm
- Clothes for mom to wear home
- Clothing for newborn to wear home
- Personal hygiene items
- Pillow(s)
- Relaxation items such as music, massage rollers, etc
- Robe
- Slippers
- Socks
- Support/nursing bra
- Toothbrush/toothpaste

Contact your insurance provider to order a free breast pump!
Please leave all valuables at home or utilize our in-room hotel size safe.



Count the Kicks

HERE'S HOW:
Starting at the 3rd trimester,
begin counting

- 1 Track your baby's movements with the FREE Count the Kicks® app or download a Count the Kicks® chart at countthekicks.org. App also available on Apple Watch.
- 2 Count kicks every day—preferable at the same time.
- 3 After a few days, you will begin to see a pattern for your baby—how long it takes your baby to get to 10 movements.
- 4 Call your provider right away if you notice a change in strength of movements or how long it takes your baby to get to 10 movements.

Notes



Section 2: At The Hospital

Welcome! What to expect when you arrive.

It's time to have your baby. Although it's a time filled with excitement (and yes, a bit of stress), you can relax knowing you're in good hands.

We Have A Single, Comfortable Room With Your Needs In Mind

Care during your labor and delivery occurs in a state-of-the-art labor suite equipped with advanced technology and safety features and designed to ensure your comfort and privacy. The remainder of your stay is spent in a private, quiet, healing postpartum environment.

- Suites are spacious, each with a private bathroom.
- Each beautifully appointed mother-baby postpartum room features views from top-floor suites.
- Accommodations are available for one support person – a family member, partner or friend



Whirlpool Tub

The Labor & Delivery unit includes comfort features such as private delivery and recovery suites and one dedicated room with a whirlpool tub to ease back pain during labor.



Labor Partners and Visitors

Guests play an important role in the experience of the new mother, both during delivery and after the baby is born. It is our goal to keep a balance of allowing family and friends to visit with our patients while maintaining an atmosphere of privacy and serenity. With this in mind, you are welcome to have two people with you during labor and delivery. At times, it may be necessary for the physician to request that only one person accompany you during the birth and subsequent recovery. Please see current visitation policy at www.princetonhcs.org.



Your Options, Your Choices

The team of healthcare professionals at PMC understands that childbirth is a unique experience, and we respect your choices about your delivery.

- We offer a supportive environment for labor, with nurses who provide education about birthing options and pain management to support you throughout your labor and delivery at PMC.
- Your baby is safest and happiest being close to you at all times. We practice rooming in (keeping your baby with you) and will make every effort to perform all newborn care in your room with you nearby; however, babies can be cared for in our Well Baby Nursery should you desire it.



OB/GYN Laborist

What is an obstetrics and gynecology (OB/GYN) laborist?

An OB/GYN laborist is a physician who specializes in taking care of pregnant patients who are admitted to the hospital. Our OB/GYN laborist program enables patients who are in the hospital to have access to an OB/GYN physician 24/7 year-round. Our OB/GYN laborist team members remain on-site and are able to respond immediately to obstetrical emergencies, which can result in improved outcomes for mothers and babies.

What benefits do OB/GYN laborists provide?

- OB/GYN laborists collaborate with your primary OB/GYN to manage your care throughout your hospital stay. Because they work solely in the hospital, they are close by in case of an emergency. OB/GYN laborists also work closely with other hospital departments to expedite your care by following up on tests and adjusting your treatment regimen as needed.
- Members of the OB/GYN laborist team are available to take care of patients with obstetrical or gynecologic emergencies, and they also can serve as a backup to your primary OB/GYN physician.
- OB/GYN laborists will communicate with you and your family. They will listen to your concerns and answer questions about your care.

How does the OB/GYN laborist know about me?

When you are admitted to the hospital, the OB/GYN laborist reviews your medical records, including your prenatal records which are sent to the hospital by your primary OB/GYN. Your OB/GYN laborist and primary OB/GYN physician will communicate throughout your hospitalization regarding your care. When you are discharged from the hospital, the laborist will communicate with your primary OB/GYN to discuss further treatment needs, help arrange follow-up care and prescribe any necessary medications. Your primary OB/GYN will have access to all of your records for any care that was performed by the OB/GYN laborist.

Who will care for me while I am in the hospital?

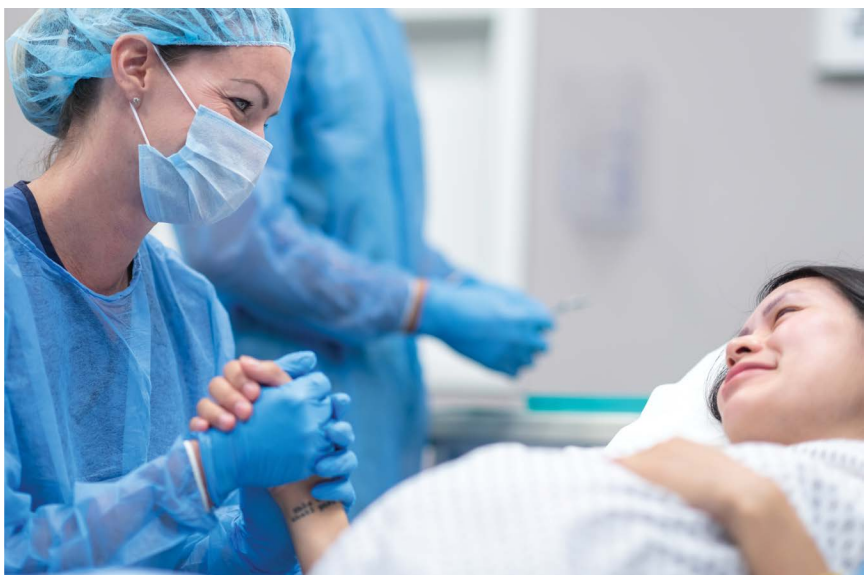
If your primary OB/GYN physician sees patients at this hospital, he or she or the OB/GYN laborist will care for you after your admission and manage your care until you are discharged home.

What do I need to do when I am discharged from the hospital?

Before you leave the hospital, you will receive written instructions such as recommendations for follow-up appointments with your primary OB/GYN or any prescriptions you may need to have filled. It is vital to follow the instructions as directed.

What kind of bill should I expect?

You will receive a bill from the hospital, and you may receive bills from physicians who cared for you, including the OB/GYN laborist. If you have questions about your OB/GYN laborist bill, call **888.952.6772** to speak to someone directly.





Preparing For Your Cesarean Birth

Congratulations on the upcoming arrival of your baby or babies! If you and your physician have planned for delivery by cesarean section (C-section), this information sheet will assist you in planning your hospital stay. Our staff considers it a privilege to participate in the birth of your baby and looks forward to welcoming you to Princeton Medical Center on your special day.

Your obstetrician's office will give you a prescription for preoperative blood work to be done 24 to 72 hours before your surgery. This is very important for your procedure.

You are scheduled for a C-section with Dr. _____ on _____

THE MORNING OF YOUR C-SECTION

Take a bath or shower prior to coming to the hospital because you won't be able to take one for at least 24 hours after the procedure. Do NOT eat or drink for 8 hours before your surgery as instructed by your provider.

Remove all nail polish and fake nails. During your operation, the anesthesiologist will place a clip on your finger to monitor the oxygen levels in your blood. Acrylic nails and some nail polishes prevent this probe from working correctly. We strongly advise you to have them removed before your surgery.

MEDICATIONS

Inform your obstetrician of all medications, including herbals and over-the-counter medications, that you take. Some drugs cause bleeding when taken prior to surgery, especially blood thinners and anti-inflammatory medications. If you are taking regular medication or are a diabetic, your obstetrician will give you specific instructions.

WHAT TO WEAR

Wear comfortable clothes, glasses instead of contact lenses.

WHAT NOT TO WEAR

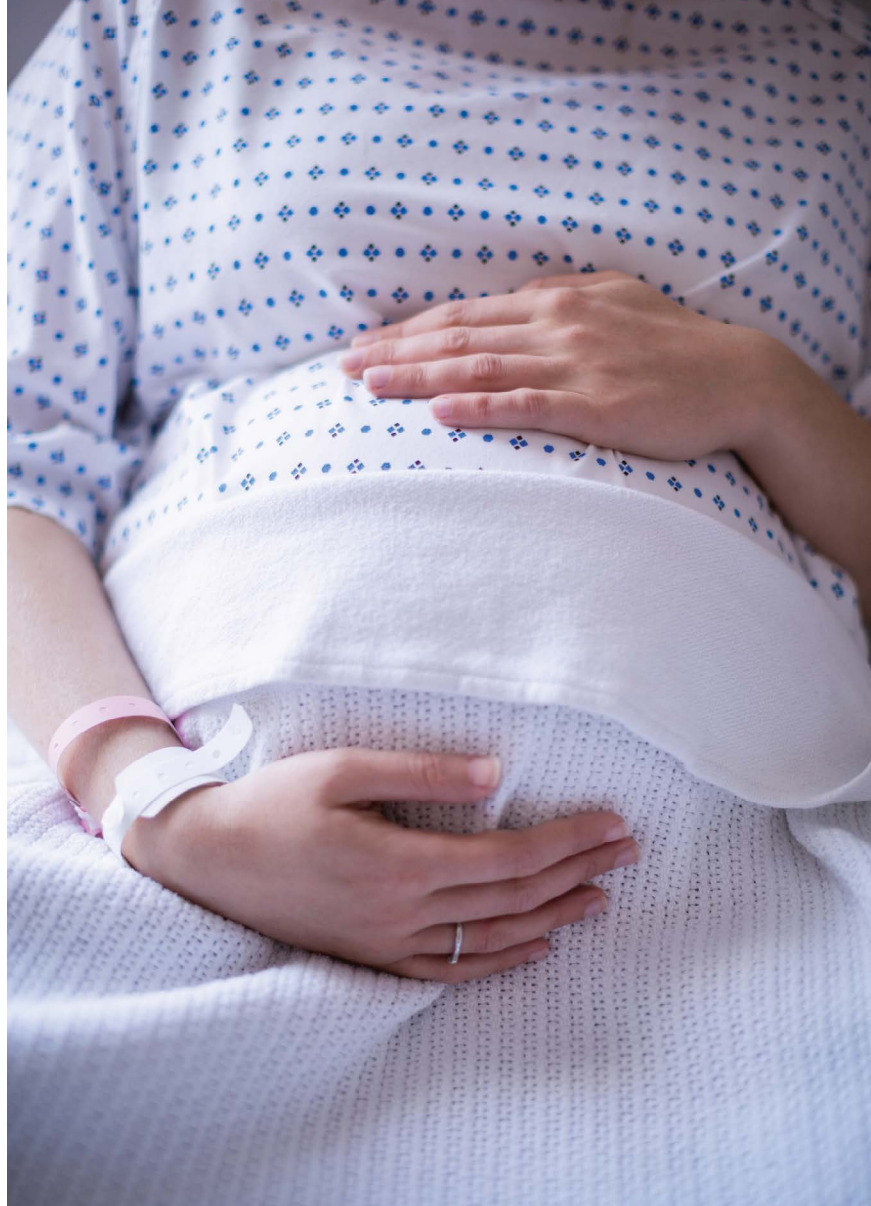
Prior to coming to the hospital we ask that you also remove all jewelry and/or body piercings as they may interfere with operating room (OR) equipment.

ARRIVE AT THE HOSPITAL

Please arrive **TWO HOURS** prior to your scheduled surgery. Park and enter the hospital through the East Entrance and take the West Elevators to the sixth floor. Once in Labor and Delivery, the secretary will get some information from you and take you to your private room.

Preparing for the Surgery and Birth of your Baby

- You will be asked to change into a hospital gown, and we will place an intravenous line (IV) in your arm for fluids and medications to be administered during surgery.
- Your abdomen will be washed, and hair may be clipped from incision area.
- We will complete a presurgical checklist, take your blood pressure and your temperature, and answer any questions you may have.
- We will listen to your baby's heartbeat again and feel your stomach to check the baby's position.
- We will give your support person scrubs to wear while in the operating room.
- An identification bracelet will be placed around your wrist along with a yellow fall prevention bracelet. If you have any allergies, a red allergy bracelet will also be applied.
- You will meet the anesthesiologist who will discuss pain management with you. Most women are able to be awake during the surgery. An epidural or spinal anesthesia numbs the body from the chest to the feet, so the procedure is painless.



The Operating Room

Monitors

The medical team will set up various monitors to keep track of your breathing, heart rate and blood pressure during the surgery.

Catheter

Your physician or nurse will place a catheter (thin, flexible, tube) through your urethra into your bladder to drain your urine.

During the Procedure

One adult (support person) that you choose is able to remain in the operating room with you, unless you need general anesthesia. This person is present for the procedure but will follow the nurse and the baby to the recovery room, where you will join them. Whenever possible, the nurses will assist in placing your baby skin-to-skin with you in the OR for some bonding time.

Pain Management During Labor

What Is An Epidural?

An epidural is used for labor pain relief. It is a thin plastic tube that is placed in your lower back. Medicines are then given through the tube that lower the amount of pain you feel from your contractions. We can keep giving these medicines to reduce your pain until you deliver your baby. Sometimes stronger medicines are given in an epidural so you won't feel pain even during an operation, like a cesarean section.

What is a "spinal?"

A spinal is a single injection of medicines given through a needle in the lower back. Once the injection is given, the needle is removed, and the lower part of the body becomes numb. This can be used for surgical procedures of known length, like a cesarean section. Sometimes a spinal is combined with an epidural for faster pain relief during labor.

How are these procedures performed?

We will have you curl your lower back, either while sitting or lying on your side. We will then clean your back, sterilize your skin to prevent infection, and numb the skin. The more you sit still, the easier the catheter will be to place and the safer it will be. We will then put a small flexible catheter into your epidural or spinal space. During this, you should only feel pressure with little or no pain. Your anesthesiologist will explain each step. One support person may stay in the room with you, but we ask them to sit during the procedure away from the sterile field.

Will the epidural or spinal medicines affect my baby?

By using medicines that work directly on the nerves in your back, we keep the medicines away from the baby. Generally, very little medicine ever reaches your blood stream or the baby, even after many hours of labor. The medicines used in the epidural could lower your blood pressure and if not treated, this can affect your baby's heart rate. Your nurse and your anesthesiologist will watch your blood pressure closely after you receive your epidural to try to prevent this. If needed, they can immediately treat your condition with medications and extra fluids.

When can I get my epidural?

Except in rare circumstances, you can get an epidural at any time after you go into labor. You do not have to wait until you are dilated a certain amount or have received a certain amount of IV fluids to receive an epidural. Studies have shown that an epidural does not significantly slow down labor.

How can I manage my pain?

If you cannot have or don't wish to get an epidural, there are non-medicine options – including breathing techniques, massage, heat packs, and water baths, among others – as well as injectable pain medicines that can help relieve the pain of labor.

One option for pain relief during labor is nitrous oxide. Nitrous oxide is an inhaled gas which can provide quick, non-invasive pain relief with minor side effects. It can allow for an intact, but lessen sensation of labor and birth.

What Can I Expect From My Epidural?

Expect to feel a little numb, but not all at once. Your legs and belly may feel like they have "fallen asleep," and your legs may feel weak and heavy. It takes about 10-15 minutes after giving the medicine for you to be comfortable. Your contractions will first seem shorter, and then they will drift away. Expect to feel something. You may feel tightness and/or pressure, especially close to delivery. The ability to feel pressure allows you to know when it is time to push.

Expect to need some fine-tuning. Many women will need an increase in medicine as labor continues. Less than one out of 10 women may be numb only on one side or not at all; we will adjust the epidural to try to help. Rarely, we may need to replace your epidural to make it work.

Expect to stay in bed and drink/eat clear liquids. The epidural medications can make your legs weak during your labor, and we ask that you remain in bed while your epidural is running and until the effects have worn off to keep you and your baby safe. You will probably have a catheter in your bladder after your epidural. We also ask that you eat or drink only clear foods/beverages such as broth, juices, gelatin or popsicles.

Are there any risks?

It may not work as well as we want. We may need to adjust or fine-tune the epidural or replace it (see above).

It may lower your blood pressure. We will watch your blood pressure closely, especially right after we give the medicine. We can treat your blood pressure if needed.

About one out of 100 women will get a headache after they have their baby. This headache usually goes away on its own, but if necessary, you can request medications that are considered safe even if you are breastfeeding. You may need other treatments to make it better; your anesthesiologists will discuss this with you if needed.

What happens if I need a cesarean section?

If you already received an epidural, we can usually put stronger medicine in the epidural that makes you numb. If you did not receive an epidural, we can place a spinal. Either way, you will be numb from your chest down to your toes for a few hours. In emergency situations, or if you cannot have an epidural or spinal, we may need to give you general (asleep) anesthesia for your cesarean delivery.

Recovery Room: What To Expect

VAGINAL DELIVERY

During your recovery we will:

- Check blood pressure, heart rate, temperature, and oxygen status
- Check your baby's heart rate and temperature
- Check abdomen
- Help you place the baby skin to skin and breastfeed
- Offer a meal after vaginal delivery
- Allow two support people to be present in the room.

In the Mother-Baby unit, you will stay in a comfortable, single-patient room where loved ones are welcome to visit. We also provide a comfortable sleep chair for one support person — a family member, partner or friend — who wishes to remain with you overnight. For the health of our mothers and their newborns, we respectfully request that people with a cold or flu refrain from visiting.

Each beautifully appointed mother-baby postpartum room features stunning views from top-floor suites.

Suites are spacious, each with a private bath.

CESAREAN SECTION

During your recovery we will:

- Check blood pressure, heart rate, temperature, and oxygen status
- Check your baby's heart rate and temperature
- Check your abdomen
- Offer ice chips
- Allow two support people to be present in the room.

In the Mother-Baby unit, you will stay in a comfortable, single-patient room where loved ones are welcome to visit. We also provide a comfortable sleep chair for one support person — a family member, partner or friend — who wishes to remain with you overnight. For the health of our mothers and their newborns, we respectfully request that people with a cold or flu refrain from visiting.

Each beautifully appointed mother-baby postpartum room features stunning nature views from top-floor suites.

Suites are spacious, each with a private bath and hotel-like amenities.



Skin-to-Skin

Whenever possible, your baby will be placed on your chest or abdomen immediately after delivery. If he/she needs any special treatment, your baby will be placed on the warmer bed right next to yours. As soon as mom and baby are ready, the baby is placed on mom's chest for skin-to-skin contact. When your baby is ready, he/she may search out the breast and begin breastfeeding. Our goal at PMC is to have all infants participate in skin-to-skin care for at least one hour after birth, and all breastfeeding infants feeding within the first hour of life.

At PMC we are strong supporters of skin-to-skin care for mother and baby.

Skin-to-skin:

- Helps your baby maintain their own body temperature
- Increases restful sleep for your baby
- Stimulates brain development
- Stabilizes heart rate and breathing patterns
- Increases a breastfeeding mother's milk production
- Improves parent/infant bonding

You may even be able to do skin-to-skin care in the operating room after a C-section if you desire. Immediately after birth, your baby will be taken to a warmer bed in the operating room for initial stabilization. If you and your infant are stable, the baby will be brought back to you and placed on your chest while your obstetrician finishes your surgery. The baby's nurse will stay with you to be sure that you and baby are comfortable with the experience. When your surgery is complete, you and your infant will be transported to the recovery room.

Assistance for Breastfeeding Mothers

Choosing to breastfeed can be an extremely rewarding experience for you, and the health benefits are significant for both you and your baby. It is important to remember that while breastfeeding is natural, it's a learning experience and takes practice and patience. If you're planning to breastfeed, our staff of well-trained nurses, lactation counselors and lactation consultants offer lactation support 24 hours a day. To support the recommended practice of feeding your baby whenever he/she is hungry, rather than on a fixed schedule ("breastfeeding on demand"), we encourage you to keep your newborn in your room.

Lactation services are available to all breastfeeding mothers at Princeton Medical Center. Our lactation staff provides ongoing

support and guidance to breastfeeding mothers. They offer bedside assistance with feeding and positioning and can also answer questions about nutrition and prescriptions, as well as various additional topics.

Hospital grade breast pumps and accessories are available for rental or purchase in the gift shop. The choice of how you feed your baby is yours, and you will be supported every step of the way. Mothers who have questions after returning home are encouraged to contact one of our Community Wellness board certified lactation consultants at **1.888.897.8979** for a free phone consultation.



Section 3: Postpartum

Your little one is here! You felt like your baby would never arrive – and here he or she is. It's a wonderful time and we want you to bond and be comfortable.



The Importance of 24-Hour Rooming-In

We believe that the parents are the primary caretakers of normal, healthy newborns and the medical personnel are here to assist you and teach you the skills you will need to take your baby home. Rooming in allows parents and their baby to get to know each other and to get in harmony with each other. This also provides parents with the opportunity to learn your baby's feeding cues.

Feeding Cues

Babies awaken and begin these cues in several ways. Often they will look around, lick their lips and put their fingers or fist to their mouth. You may also observe the "rooting reflex" in your baby, which is a wide opening of the mouth and turning the head back and forth as if looking for a nipple. When your baby cries, he or she is giving you a very late feeding cue, usually after there has been no response to other cues. For a successful feeding, it is best not to miss this window of opportunity.



Newborn Photos

Princeton Medical Center is proud to partner with Bella Baby Photography to offer parents the opportunity to capture their baby's first photograph.

About Bella Baby Photography Sessions:

Upon consent, Bella Baby brings experienced photographers to the hospital to capture your baby's first photograph in the comfort of your hospital room. Photographers provide individualized, unique services and a variety of portrait package options.

Baby's Sleep Patterns

Postpartum

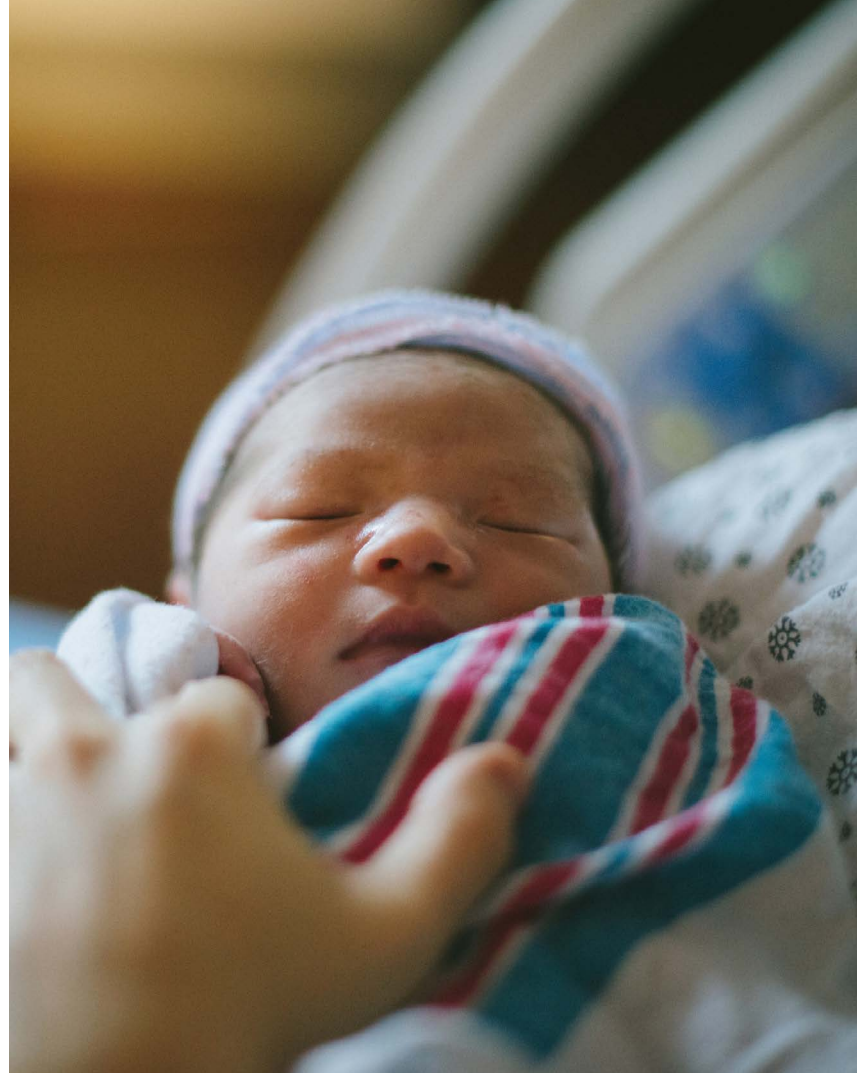
It is important for parents to understand their infant's sleep patterns before going home, and it is also important to learn the calming techniques that will help to settle your baby back to sleep. Rooming-in parents are well on their way to achieving two important goals of parenting: to know their baby well and to help their baby feel content.

Harmony between infants and their parents is very individual. Schedules are rigid, and harmony is flexible. Harmony means parent and baby arrive at a "schedule" that is mutually agreeable and not determined by the hospital staff members. Parents get a feeling of rightness when they are in sync with their baby.

Your baby has spent nine months in your womb listening to your heartbeat, breathing and voice. After birth, these are the same things that provide a sense of security and comfort to your baby. It is unrealistic to expect that a newborn baby will be more content in a crib separated from their mother. Babies miss the womb, and skin-to-skin contact with Mom is very reassuring.

For breastfeeding mothers and babies, there is also a release of milk producing hormones when the baby gives feeding cues. With 24-hour rooming in, it has been found that mother's milk is produced in greater volume 24 to 48 hours sooner than in mothers who are separated from their infants. Breastfed infants should only have one five-hour interval of sleep in a 24-hour day, and this does not usually occur at night during the first several weeks. It has also been documented in research that there are fewer incidents of breastfeeding problems, such as sore nipples and engorgement, for women who take advantage of 24-hour rooming in. Milk-producing hormones are also higher during the evening and night hours, and these feedings are important in the long-term success of breastfeeding.

With the time spent learning from the nursing staff with the baby in your room, you will go home confident and secure in the knowledge that you know your baby well and are comfortable with caring for him or her. Please ask for help anytime you need it. The call button on your remote will alert your RN that you need assistance.

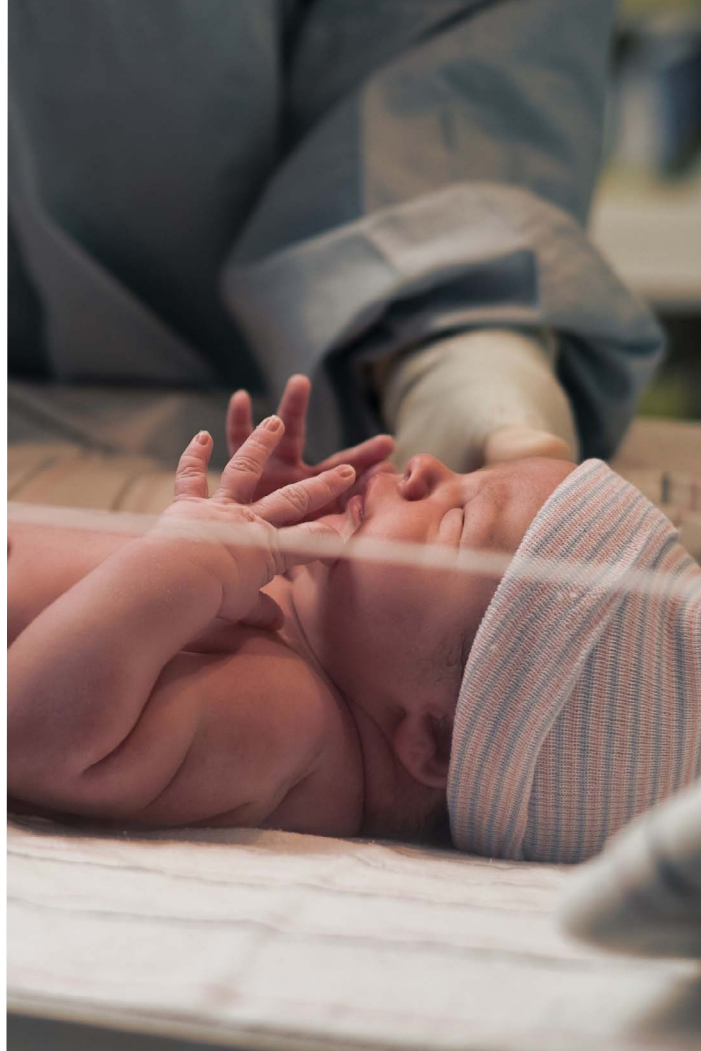


After A High-Risk Delivery

Neonatal Intensive Care Unit

Care in PMC's Well Baby Nursery and Neonatal Intensive Care Unit (NICU) is enhanced through our partnership with CHOP's team of highly skilled, board certified neonatologists and certified neonatal nurses.

Board certified neonatologists from Children's Hospital of Philadelphia (CHOP) are on-site 24/7 to provide a higher level of care if your baby needs it. If your newborn will be staying in the Neonatal Intermediate Care Unit after your discharge, we provide a comfortable lounge for you to rest during your visits until your baby can be transferred to one of the private NICU rooms, where you can remain with your infant as much as you would like. Breast milk has significant protective and healing properties for sick and premature babies. If your baby cannot breastfeed before going to the NICU, we will assist you in beginning your milk production by helping you to pump your breasts within 4 hours of delivery. Early pumping is important for establishing your milk supply and ensures your baby receives the specialized nutrition only you can provide.



Pelvic Issues

Pelvic Issues After Pregnancy Are Common

After pregnancy, many women experience pelvic floor disorders, including abdominal and pelvic discomfort, urinary leakage, or vaginal or uterine prolapse.

The Center for Pelvic Wellness has a multidisciplinary team that can coordinate care around your individual needs. You will be assigned a nurse navigator who will work directly with you to set up appointments, testing and therapy, and coordinate care with private practice physicians and healthcare providers.

In addition, the Center offers a 6-week class to help you strengthen and restore your posture, core and pelvic floor. (At least 6 weeks postpartum.) Sessions include education and specific exercises to re-educate core and posture. Classes are taught by licensed pelvic floor physical therapists.

For more information, call the Center for Pelvic Wellness at **609.853.6300**.





Bringing Baby Home

Being Discharged After The Birth

While individual circumstances may vary, you typically will be discharged after two nights if you had a vaginal birth and after three to four nights if you had a C-section. Early discharges can be discussed with your physician or midwife.

Princeton Health's Community Wellness Program provides a complete range of childbirth and family programs to ensure that new parents and every member of the family have important information and support so they can share in the joy of one of life's most precious moments. Our programs help families feel fully prepared to care for their new babies in the first years of life.

For more information about classes or support groups, please call **1.888.897.8979** or visit www.princetonhcs.org/calendar.



Newborn Screening

Newborn screening consists of three separate screening tests that check for serious but treatable health conditions that are not obvious at birth. The three screenings are: hearing, pulse oximetry and bloodspot. Testing usually happens between 24-48 hours after birth and will be done prior to discharge.



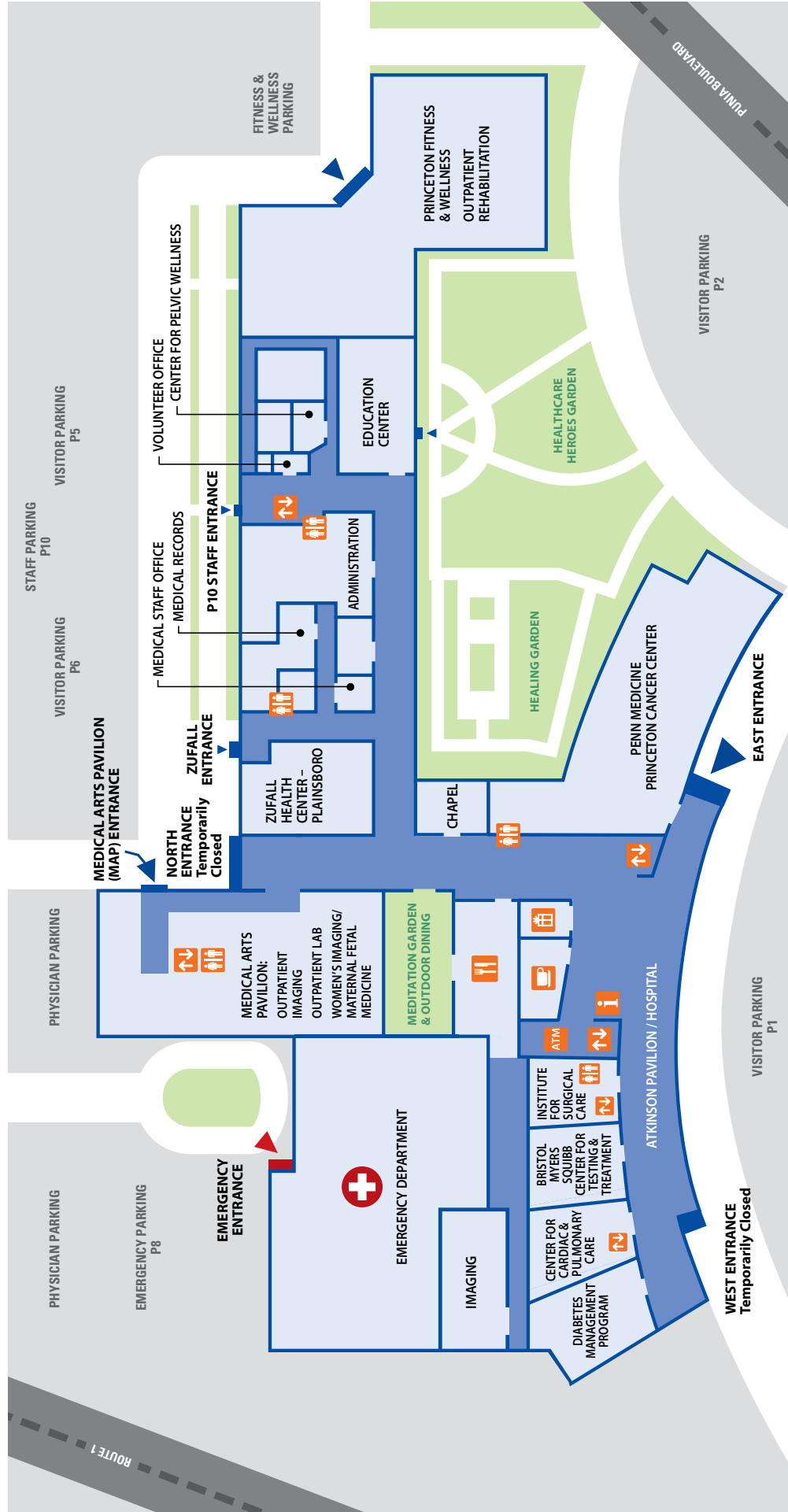
Before You Leave

Unless medically necessary to stay with your newborn, all discharges home will occur at 11 a.m. on your day of discharge. We ask that you complete your child's birth certificate worksheet as soon as possible, preferably by the night before discharge.






We are committed to making sure your transition home is smooth and that you have the skills you need to feel confident when you bring your baby home.

Mothers who have questions after returning home are encouraged to contact Community Wellness at **1.888.897.8979** for a free phone consultation.

Getting to Maternal Fetal Medicine



Map Key

-  ATM
-  Cafe
-  Elevator
-  Gift Shop
-  Information
-  Restaurant
-  Restroom
-  Emergency Entrance

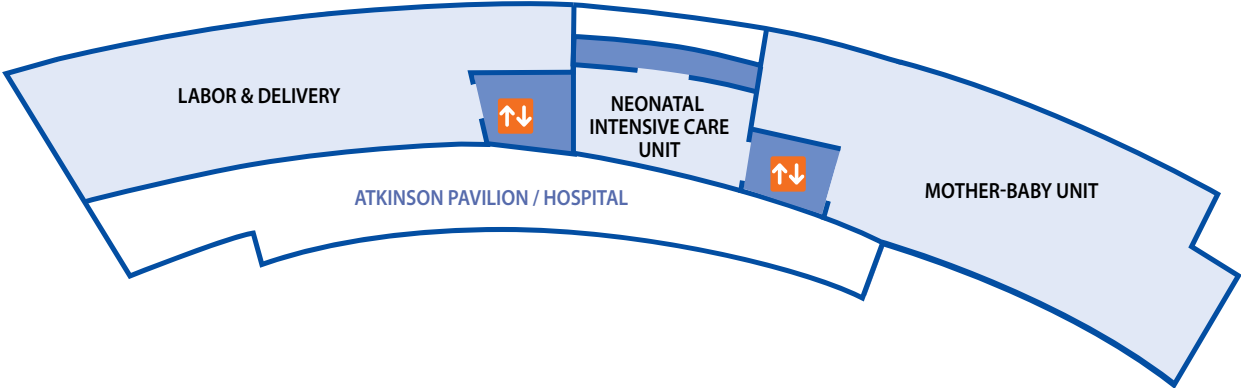
LEVEL

1



One Plainsboro Road
Plainsboro, NJ 08536
www.princetonhcs.org
609.853.7000

Getting to Labor & Delivery



Penn Medicine
Princeton Medical Center

One Plainsboro Road
Plainsboro, NJ 08536
www.princetonhcs.org
609.853.7000

LEVEL
6

Map Key

 Elevator



CONSENT TO TREATMENT/ADMISSION

I hereby voluntarily consent to treatment at Princeton Medical Center (PMC) and authorize each of its physicians, practitioners, health care professionals, authorized agents, employees and members of its Medical Staff to render medical care. I understand that the medical care that I receive at this facility may include, but may not be limited to, laboratory tests, diagnostic procedures, therapy, examinations and administration of medications. I understand that the practice of medicine is not an exact science and that diagnosis and treatment may involve risks of injury, or even death. I understand and acknowledge that no guarantees have been made to me about the outcome of my care. I also voluntarily consent to HIV and hepatitis testing, and testing for other blood and fluid-borne pathogens, if a health care worker is exposed to my blood or other bodily fluids. I further grant permission for the use of such blood, urine or other bodily fluids, tissues, and other specimens as may be necessary to remove during an operation, diagnostic or therapeutic procedure, for purposes of pathological diagnosis and thereafter for the advancement of medical science and education, and their disposal in accordance with routine hospital practice and governmental regulations, at this facility or at such other institution as this facility may designate.

Initials: _____

RELEASE OF INFORMATION

I understand and acknowledge that PMC, including staff privileged physicians, authorized agents, and employees may release my health information (in writing or verbally) as stated in the Princeton Health "Joint Notice of Privacy Practices". This notice authorizes among other things, disclosure by PMC of my health information for treatment and payment purposes and release of information to outside healthcare institutions or physicians as necessary to maintain continuity of care post discharge and may include sensitive data such as HIV-related, genetic information; alcohol/and or substance abuse; and mental health records, which may enjoy certain special confidentiality protections under applicable state and federal law. Furthermore, part or all of my medical record information may be released to any person, corporation, agency or entity to determine eligibility for health benefits, verify, collect or pursue my account, or involved in the collection, processing, verification, or payment of my account, regardless of whether I am eligible for reimbursement by a third-party payor without my consent or otherwise as authorized, by federal or state law. I will be asked to consent to other releases of information as stated in the "Joint Notice of Privacy Practices" and understand my consent to such releases is subject to revocation at any time, except to the extent that the party which is to make the disclosure has already relied upon my consent.

Initials: _____

FINANCIAL AGREEMENT, ASSIGNMENT OF BENEFITS AND COLLECTIONS

In consideration of services to be rendered by PMC, I hereby authorize my health care insurer(s) (Medicare, Medicaid, commercial insurance, workers' compensation, auto insurance, etc.) to pay PMC directly for covered services. I accept sole financial responsibility for all services provided and agree to pay amounts not covered by my insurers. I hereby agree to all pre-certification requirements as stated in my health insurance policy. I also agree, in order for PMC to service my account or to collect any amounts I may owe, PMC may contact me or my authorized representative by telephone at any telephone number associated with my account, including wireless telephone numbers, which could result in charges to me. Methods of contact may include using pre-recorded/artificial voice messages and/or use of an automatic dialing device, as applicable. Patient/authorized representative cell number: _____

Initials: _____

PHYSICIAN DISCLAIMER AND AUTHORIZATION TO PAY PHYSICIAN AND/OR SURGEON

Most physicians on staff at PMC, including, but not limited to emergency physicians, pathologists, radiologists, anesthesiologists, and other hospital-based physicians, are not employees or agents of the hospital. All such physicians are independent doctors who have been granted the privilege of using this facility for the care and treatment of their patients. In addition to my hospital bill, I may also receive separate bills from other healthcare professionals such as radiologists, cardiologists, anesthesiologists, pathologists, or neonatologists who deliver services to me at PMC during my visit. I hereby authorize payment to be made directly to any and all of my treating physicians by my insurer(s). I understand physicians assigned to my care contract with insurers independently of PMC and may not participate in my insurance plan. I accept sole financial responsibility for all physician services provided and agree to pay amounts not covered by my insurers.

CONSENT TO PHOTOGRAPHY OR FILMING

I hereby authorize PMC to record or film me in whole or in part for identification, diagnosis or treatment purposes and for internal purposes such as performance improvement or education. Such images may be used for documenting or planning my care, teaching, or research.

Initials: _____



RELEASE OF RESPONSIBILITY FOR VALUABLES/BELONGINGS RETAINED BY PATIENT

I understand that PMC is not responsible for the loss of or damage to any valuables such as money or personal articles (including but not limited to, dentures, hearing aids, eyeglasses, jewelry and prostheses) which I retain during my stay at PMC. I understand that it is recommended that any valuables I have be sent home with family or friends, and I understand that I accept full responsibility for any items I retain in my possession during my stay at PMC. Room safes will be made available for all PMC inpatients to use at will. I understand that I am responsible for all content placed in the safe.

Initials: _____

RELEASE OF PATIENT INFORMATION TO FACILITY DIRECTORY

PMC will list your name, location in our facility, general condition, and if applicable, religious affiliation in our facility directory. If someone not on the staff of Penn Medicine Princeton Health inquires about you by name, for example, a family member or friend, we will give such person your location in our facility and your phone extension if applicable.

By initialing here you are agreeing to be listed in the Facility Directory.

Initials: _____

RELEASE OF PATIENT INFORMATION TO NON PMC RELIGIOUS MINISTRIES

PMC will list your name and location in our facility on a list for religious ministry volunteers from your specific place of worship to view if they are making rounds at PMC. If you are Catholic and would like to receive communion this list is the mechanism for us to identify you. Please be advised that members of the PMC Chaplaincy Program may visit periodically during your stay and are not governed by your answer to this question.

By initialing here you are agreeing to be listed on the Religious Ministries Directory. If initialed please complete the following:

Initials: _____

Religion Preference: _____ Place of Worship: _____

NOTIFICATION OF ADMISSION TO PRIMARY CARE PHYSICIAN

I hereby allow PMC to notify my primary care physician that i have been admitted to the hospital.

Primary care physician name: _____

Initials: _____

GENERAL ACKNOWLEDGMENTS

- I hereby acknowledge that, if applicable, I received a copy of the advice titled "Important Message from Medicare."
- I hereby acknowledge that I have been advised that telephone and television service are available in every patient room. Telephone service is optional and requires an additional fee.

ACKNOWLEDGMENT OF FORMS

- I hereby acknowledge I have received a copy of the PMC "Patient Rights Form" to read, and any questions I had were answered to my satisfaction.
- I acknowledge I have received or have been offered a copy of Princeton Health's "Joint Notice of Privacy Practices" to read, and any questions I had were answered to my satisfaction.
- I acknowledge I have received or have been offered a copy of the "Advance Directive Information" to read, and any questions I had were answered to my satisfaction.
- I acknowledge I have received or have been offered a copy of the Princeton Health "Section 1557 Nondiscrimination in Health Programs and Activities Notice" to read, and any questions I had were answered to my satisfaction.

I hereby acknowledge that I have read (or have had it read to me) and understand this form and any questions I had were answered to my satisfaction. I hereby agree and accept the terms on this form.

Patient's signature Date

Patient is unable to consent because: _____

Signature of patient's legally authorized representative Relationship of representative to patient Date
(i.e., spouse, parent, guardian)

Witness to signature above Date

Thank you for choosing Penn Medicine Princeton Medical Center for your health care needs.
Please take a few minutes to complete this form. Please print all data legibly.

MATERNITY REGISTRATION FORM

DELIVERY INFORMATION

Due Date _____
 Doctor _____
 Date of Last Menstrual Period _____
 Baby's Last Name as it will appear on Birth Certificate _____

PATIENT INFORMATION

Were you ever a patient at Princeton Medical Center before? (please circle one) Yes No

Last Name at that time _____

Last Name _____

First Name _____ MI _____

Social Security number _____ Date of Birth _____

Address _____

City, State, Zip _____

Home number _____ Preferred Method of Contact:

Work number _____ Home Work Cell

Cell number _____ Email _____

Temporary Address (if applicable) _____

Race _____

Marital Status (Please circle one) Single Married Divorced Separated

Next of Kin _____ Relationship _____

Address (if different from above) _____

Phone number _____

Emergency Contact _____

Phone number _____

PATIENT'S EMPLOYMENT INFORMATION

Employer _____

Address _____

Phone number _____ Occupation _____

Employment Status (Please circle one) FT PT Retirement Date _____

Please complete the next page of the form. Thank you.

PRIMARY INSURANCE INFORMATION

Subscriber: Self _____ Other* _____ Name _____
Insurance Co _____
Address _____
Phone number _____
ID number _____
Group number _____
*If Other, please also complete all * fields listed below: _____
*Date of Birth _____ *Social Security number _____
*Relationship to Patient _____ *Male *Female
*Subscriber's Employer _____
*Employer Address _____
*Employer Phone number _____
*Employment Status (please circle one) FT PT

SECONDARY INSURANCE INFORMATION

Subscriber: Self _____ *Other _____ Name _____
Insurance Co. _____
Address _____
Phone number _____
ID number _____
Group number _____
*If Other, please also complete all * fields listed below: _____
*Date of Birth _____ *Social Security number _____
*Relationship to Patient _____ *Male *Female
*Subscriber's Employer _____
*Employer Address _____
*Employer Phone number _____
* Employment Status (please circle one) FT PT

MISCELLANEOUS INFORMATION

Do you have an Advance Directive? (please circle one) Yes No
If yes, please bring a copy with you at time of admission.
Religious Preference _____
Congregation/Church _____

Would you like your name to appear on the Clergy List? This would mean that your name would appear on a list your specific clergy can view. If you are Catholic, it would mean that you would be offered Communion.

To submit this form to:

International Births: Must be faxed to: Financial Counselor 609-685-6890
All Other Births: Option 1 - Scan and email to: MCPIVTeam@princetonhcs.org
Option 2 - Mail to: Penn Medicine Princeton Medical Center
Insurance Verification Team
993 Lenox Drive, Suite 207
Lawrenceville, NJ 08648
Option 3 - Fax to: 609-620-8312



Penn Medicine
Princeton Medical Center

princetonbabies.com