

Birth Center Orientation (Labor & Delivery)



Dignity Health™
Sequoia Hospital

Welcome to Dignity Health Sequoia Hospital

- Sequoia Hospital is an accredited, not-for-profit community hospital providing innovative and exceptional health care to generations of Bay Area residents since 1950
- Sequoia has been voted “Best Birth Center” by readers of Bay Area Parent magazine in its “Best of the Best” annual survey. Sequoia has been voted a “Best Hospital.”
- Our Heart and Vascular Institute is nationally known pioneer in advanced cardiac care.
- We are also known for our Center for Total Joint Replacement.



Pre-Registration

Planning to deliver at Sequoia Hospital?

- Pre-register in advance of hospital admission
- Registration questions:

Admitting Department: 650.367.5551

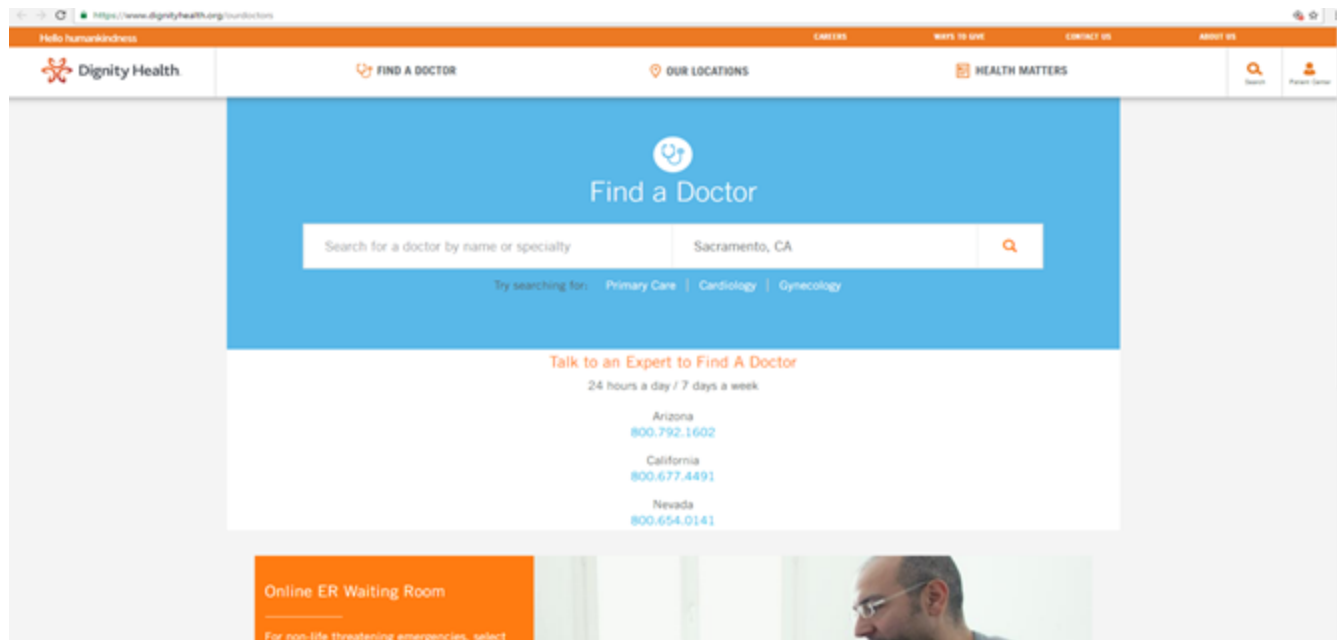
Monday through Friday, 5 a.m. – 4 p.m.

dignityhealth.org/bayarea/locations/sequoia/patients-and-visitors/for-patients/admitting-registration

Choosing a Pediatrician

Choosing a Pediatrician

- Ask your OB/GYN
- Ask your family and friends
- Dignity Health's Find A Doctor service:
 - dignityhealth.org/ourdoctors
 - 844.322.9931



Entrance, Parking, Elevators and Cafeteria

Entrance & Parking

- When it's time to come to the hospital, contact your OB/GYN. Then call our Birth Center at 650-367-5655
- Main entrance, open 24/7, on Whipple Avenue
- Free garage parking. Handicap parking available on the top level
- Free valet: 6 a.m. – 2 p.m., Monday–Friday
- Patients who arrive before 5am can self-park on any level in the garage



Entrance, Pavilion Lobby & Elevators

- Wheelchairs available inside main entrance
- The Birth Center is only accessible via Elevator “B”, across from the Admitting & Registration department
- Birth Center (Labor & Delivery) is on 3rd floor, exit elevator, Nurses Station directly ahead, this is where we check-in patients



Food and Dining options

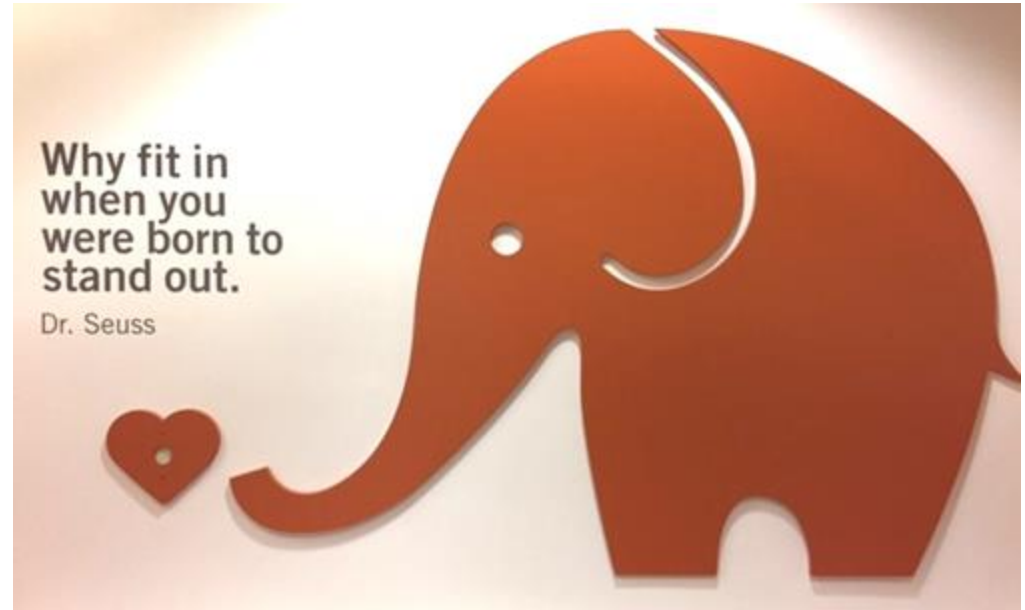
- Patients are served meals in their rooms
- Food Services will pick up meal trays. Please do not leave them in the hallway; trays in hallway may be a trip hazard
- Celebration meal offered with Partner
- The cafeteria is located on the lobby level for partner or visitor meals



Birth Center (Labor & Delivery)

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- On call OB doctors
- On-site OB hospitalists
- 24/7 pediatricians and anesthesia
- Onsite Stanford Medical Children's Hospital Level II Neonatal Intensive Care Unit (NICU), located within our Birth Center
- Lactation support available 7 days a week, excluding holidays. Families are seen one day after delivery and support services available outpatient after discharge home
- Banked Donor Breast Milk available as an option for feeding supplementation if medically indicated during admission



Labor/Delivery/Recovery/Postpartum Suites (LDRP)

- Birthing person delivers in an LDRP suite
- All LDRP rooms have either a built-in guest bed, sleeper chair, or fold-out bed
- Suites have private bathrooms



Labor/Delivery/Recovery/Postpartum Suites (LDRP)

- Two support persons/visitors permitted during labor and postpartum period. The 2nd support person who is not acting as the birth partner must follow visiting hours
- One adult may stay overnight
- Visiting time for children is 9am - 9pm. Children must be free of signs/symptoms of infections.
- Healthy babies are cared for in the room and stay with their new families, this is called Rooming in
- Anytime after 24 hours of life, baby is sent to the nursery for the Newborn Screen test, Hearing test, CCHD and Bath (optional). Parents may join baby during this time.



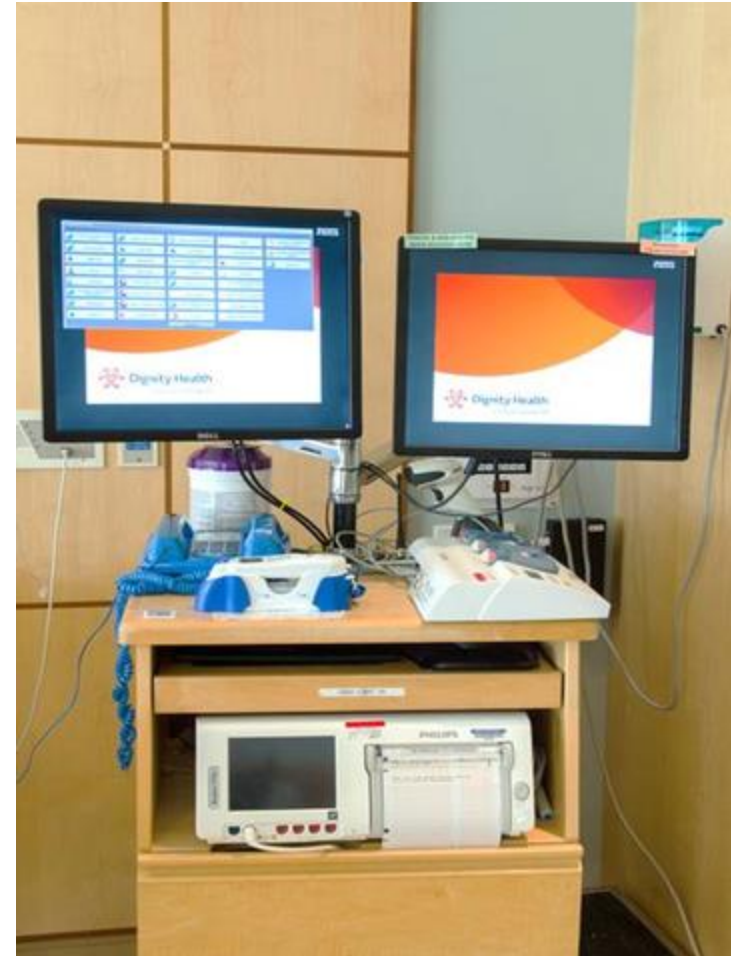
Labor/Delivery/Recovery/Postpartum Suites (LDRP)

- Though the ideal scenario is for the patient and baby to spend the entire stay from labor through discharge in the same room, there are times when this is not possible
- The Birth Center must keep some LDRP suites available for incoming women in labor
- Therefore a patient who has delivered may be moved to a postpartum room



Fetal Monitor Telemetry

- Our fetal monitoring equipment allows patients to walk around the Birth Center or shower while never compromising their safety or medical treatment



Couplet Care

- Sequoia Hospital embraces rooming in
- Patients and adult partners will be encouraged to keep baby in the room.
- Patients may be encouraged to breastfeed and perform skin-to-skin with baby within the first two hours after birth
- Nurse, IBCLC (International Board Certified Lactation Consultant) will be available for breastfeeding assistance



C-Section and Postpartum Rooms

C-section

- Planned C-sections are admitted into a pre-op room for assessment before going to the OR
- Post-op, the patient will stay in C-section recovery room for the two-hour recovery period



Postpartum Rooms

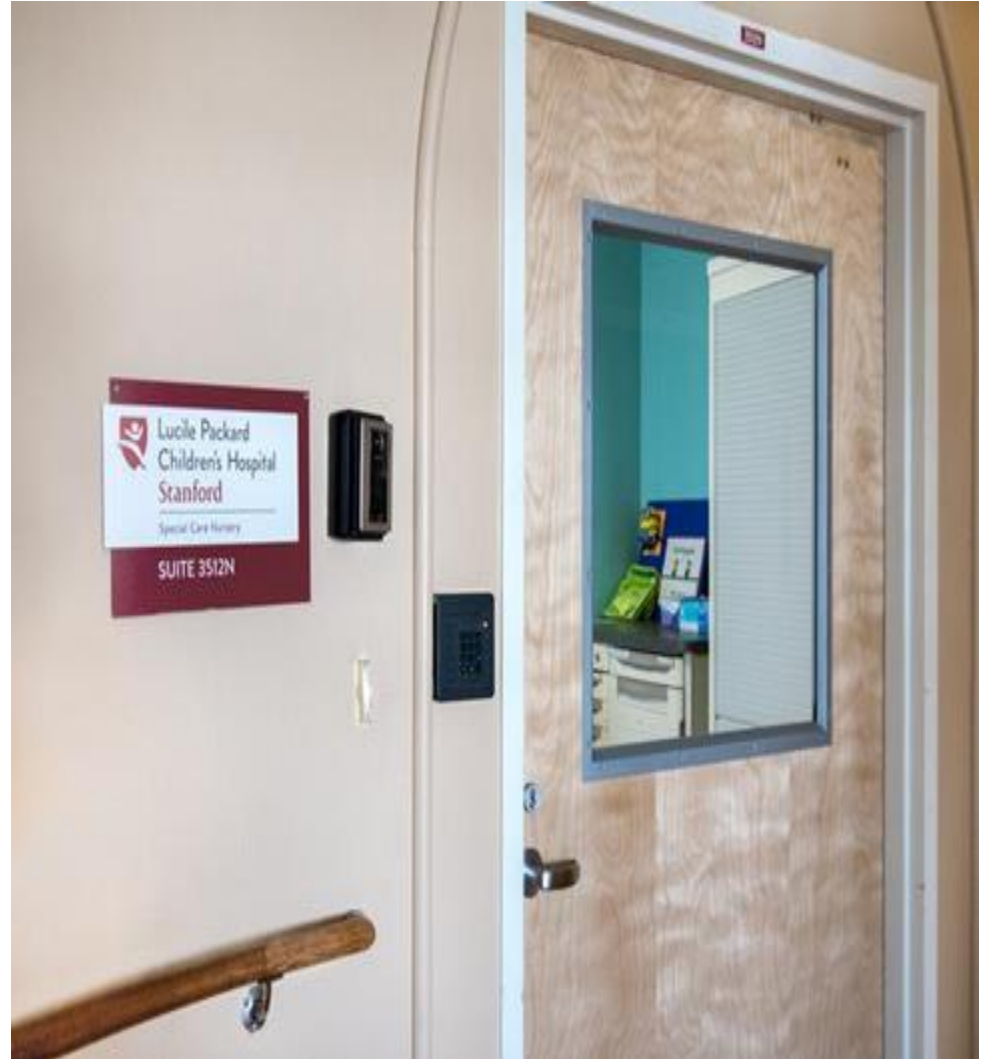
- One adult may stay overnight with patient and baby
- Approximate hospital stay after C-Section delivery, four (4) days



NICU Level II Nursery Stanford Medicine Children's Health

Level II NICU

- Our Level II Neonatal Intensive Care Unit (NICU) is a special care nursery within our Birth Center
- The NICU is staffed by doctors and nurses from Stanford Medicine Children's Health Special Care Nursery who specialize in neonatal care
- Our Level II designation means Sequoia has the expertise and equipment to care for and stabilized high-risk newborns



Skin-to-Skin Care

Skin-to-Skin Care

- Skin-to-skin care provides a unique opportunity for initial bonding with your newborn baby within the first hours of birth
- While skin-to-skin care is especially beneficial in facilitating breastfeeding, non-breastfeeding parents are also encouraged to participate in this special time
- Skin-to-skin care also helps to maintains baby's temperature

Skin to Skin Care – Vaginal Deliveries

- May begin immediately after birth
- Newborn birth medications, weight/length measurements are performed after baby's first feeding/bonding effort



Skin to Skin Care – Cesarean Deliveries

- After birth, baby is examined and then placed on the patient's chest for skin-to-skin. This takes place in the OR under the care of a nurse



Lactation Services

Lactation Inpatient Services

Lactation consultants, who are RNs and IBCLC certified, will work with you during your hospital stay (excluding holidays)

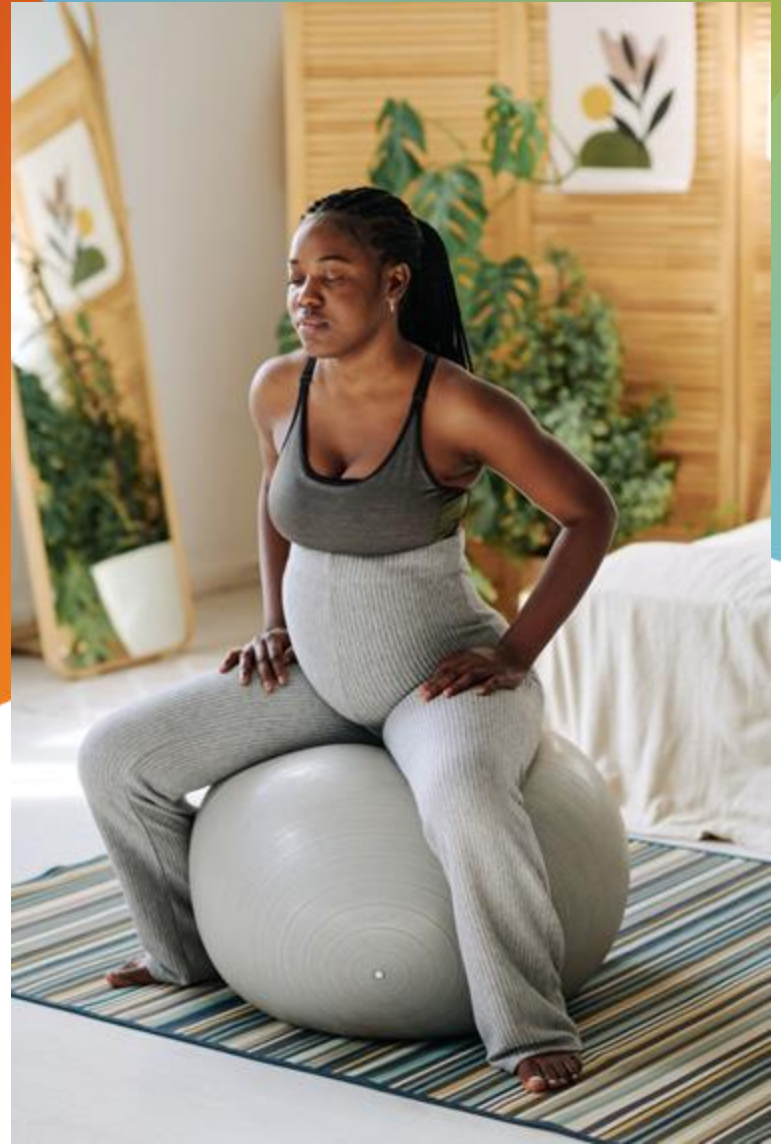
- Feeding goals
- Assess
- Hands on
- Care plan



In Hospital Stay

Birthing Balls and Peanuts
Balls are available to our
patients.

Wireless monitoring is
available.



Sequoia provides T-shirts, swaddle blankets, hats, diapers and wipes for the newborn. We provide one sleep sack, families might want to bring a couple extras incase one is soiled. It is suggested to bring a “going home” outfit for your baby.

The birthing person is provided a gown, bathrobe, and slipper socks. Pads, panties, and ice packs are provided for the recovery period after delivery. Please bring your own toiletries.



Baby Safety in the Hospital

While in the hospital:

- Babies need to sleep on their backs, in their assigned crib or warmer

According to a new policy statement released by the American Academy of Pediatrics:

- Infants should sleep in the same bedroom as their parents “room sharing”
- But infants should sleep on a separate firm surface, like a crib or bassinet
- Cribs and bassinets should be empty, except for a fitted sheet



Taking your baby home

Car Seat Preparation

- The most important thing to bring with you is your infant's car seat, properly installed in your car. You cannot take your baby home unless you have an infant car seat.
- Parents should become familiar with the instruction manual and use of their infant's car seat prior to the baby's birth. Please practise at home.
- We recommend having the car seat inspected by certified installation technicians prior to the baby's birth.
- See our website for a "child passenger safety resources" dignityhealth.org/bayarea/locations/sequoia/services/birth-center/additional-resources, or visit www.nhtsa.gov/equipment/car-seats-and-booster-seats

Reminders and information

Reminders and information on preparing for your hospital stay and baby's arrival

- Pre-Registration
- Choosing a Pediatrician
- Visit our Birth Center webpage
 - Birth Center Virtual Tour
 - 10 Things to Know video
 - Additional Resource
(dignityhealth.org/bayarea/locations/sequoia/services/birth-center/additional-resources)
 - What to pack for your hospital stay
 - Child passenger safety resources
 - Birth Certificate information
 - Hospital grade breast pump rental information

Thank you

We look forward to seeing you and the newest addition to your family!

