

To protect you and your baby from illness, please ask family and friends with colds, flu or other illness, to delay their visit until their symptoms pass.

Visitor Snacks and Meals: Guests are welcome to ice water and coffee found in the Nourishment Room. A refrigerator and microwave are free to use on each floor.

Here are a few options to purchase meals:

- Cafeteria (on Level 1). Open 7 days a week, 6:30am – 9:30am for breakfast, 11:30am – 1:30pm for lunch and 5:00pm – 7:00pm for dinner.
- Greenbush Garden Bistro (in the lobby). Open Monday-Friday from 6:30am – 3:00pm. The Bistro is closed on weekends.
- Dr. Joe Coffee Clinic (in the lobby). Open Monday-Friday from 6:00am – 5:00pm, and 8:00am – 1:00pm on Saturday. Drinks, sweets and light meals are offered. Closed on Sundays.
- Self-serve canteen (on Level 1).
- Meal coupons can be pre-purchased through Guest Services at a low cost. Guests may order meals during open cafeteria hours of 6:30am – 7:00pm, through our “As You Like It” Room Service Meal Program. Call 417-8888 and order off the menu. Cash payment or the pre-purchased coupon is given to the Food & Nutrition team member when the meal tray is delivered. Trays are brought to your room 30-45 minutes after you order.

Smoking: UnityPoint Health – Meriter is a smoke-free environment. To create a healthy, healing place for patients, visitors, volunteers and employees, tobacco use is not allowed in the building, on the grounds, or in the parking ramps or lots.

Discharge:

- Routine discharge time is 12 noon.
- You and your doctor or nurse midwife will jointly decide when you are ready to go home. Those who have a vaginal birth most often go home 1-2 days after giving birth. Those who have a cesarean birth usually go home about 3 days after delivering.
- You must have your infant car seat installed and ready to go home.

A Final Note:

It is hospital policy to not accept personal gifts. We do this because it is our belief that caring for and your loved ones is a privilege and its own reward. It also ensures the highest quality of care for all the patients and families we serve. We are grateful for your cooperation and thank you for respecting our policy of not accepting gifts. Contributions to a specific hospital department are always welcome. If you would like to make a donation, please contact the UnityPoint Health – Meriter Foundation at (608) 417-5300.

Birthing Center Tour

Welcome to the UnityPoint Health – Meriter Birthing Center and Newborn Intensive Care Unit (NICU). We are in the North Wing of the hospital. OB Triage is on the 2nd floor. Labor and Delivery is on the 4th floor. Once you deliver, you and your baby stay on the 5th or 6th floor. The 7th floor is home to our NICU. During your stay, you have family centered care and rooming in. This warm and personal care helps you bond with your baby while our expert nurses offer you support.

Getting Ready for Your Baby's Birth

Pre-Registration: It is wise to pre-register. This will speed up your hospital admission. If you have not been a patient in the past year, visit unitypoint.org/registration to register online. If you do not have a computer, or if you have been a patient at UnityPoint Health – Meriter in the past year, call (608) 417-6020 to register.

Health Insurance: Health insurance policies can vary. Before you come to the hospital, please contact your health insurance agent to discuss what costs are covered. If you have questions or concerns about billing, please contact our [Financial Coordinator at \(608\)417-5035](tel:6084175035).

Please choose a health care provider for your baby before your baby is due. Your insurance agent can help you find a clinic near you.

Water Testing

Well Water: If you have well water, you need to have it tested to be sure it is safe for your baby. A high nitrate content can lower your baby's oxygen level. Germs in the water can make your baby sick, vomit or have very loose bowel movements.

City Water: If your home was built before 1985, test your water for lead if pipes have not been replaced. If your home is new, test your water for copper.

Agencies That Can Test Your Water

- **State Lab of Hygiene:** (608) 224-6202 or (800) 442-4618. You can purchase water testing kits for well and city water for a small fee.
- **Public Health for the City of Madison and Dane County:** (608) 266-4821. Water testing kits for well and city water can be purchased for a small fee. Fees are waived for those who live in Dane County and meet certain income standards.

If you live in Madison, you can pick up test kits at two places. You can go to The Atrium – Public Health Office at 2300 S. Park Street, or to Room 507 in the City-County Building on Martin Luther King Boulevard.

Infant Car Seat: Plan ahead. It is Wisconsin law that all infants travel in an approved car seat. Please bring your car seat to the hospital at least one day before you go home. Check your car handbook for how to use the seat. Call the Safe Kids Care Seat Program at (608) 890-8999 to schedule a free car seat check and to learn how to install your seat.

If you have questions about your car seat, please visit the car seat recall website at safercar.gov.

Birth and Parenting Classes: UnityPoint Health – Meriter offers many classes taught by trained nurses and teachers. Topics include pre and postpartum exercise, childbirth, infant and child care for parents and couples, CPR, breastfeeding, and tips for grandparents. Sign up online for classes at unitypoint.org/classes.

What to Pack: You may want to pack two bags – one with items to help you while having your baby and the other for the rest of your stay. Please keep large sums of money at home. You may leave items of value with the Guest Services staff for storage in the hospital safe, or in your room’s locked cabinet. The hospital is not liable for your items or money kept in your room.

Items to bring include:

- Birth Preference form – Visit unitypoint.org/birth_preferences to download the form.
- Cell phone, charger and laptop – there is free wireless access throughout the hospital.
- DVDs and CDs – can be played using the TV in your room.
- Playing cards, books.
- Grooming items.
- Slippers, nightgown, robe, panties, bra.
- Clothes for you and your baby to wear home.
- Car seat – the carrier is brought to your room and the car seat base stays in the car. If you have an installed convertible car seat, this also remains in the car.
- Camera – Before you take a photo or video, please ask your provider or nurse if it is allowed.
- Pillow with a non-white pillow case.
- Baby book, for foot prints after the birth.
- Breastfeeding pillow.

Breastfeeding Supplies and Support: All Birthing Center nurses are trained to help you breastfeed. They and our Lactation Consultants are your experts while you are here. We have a hospital grade breast pump should you need to pump during your stay. Please contact your insurance agent about breast pump charges after you go home.

Other support to help you breastfeed:

- Women’s Health Education: (608) 417-8446. Visit unitypoint.org/classes to sign up for programs that help you breastfeed and teach you how to pump and store your breast milk.
- Mother Baby Hour sessions are offered twice weekly. These sessions are led by nurses trained to help you with infant care and to provide general support on ways to breast feed your baby.
- Breastfeeding Helpline: (608) 417-6547 or (800) 261-4449.
- Outpatient Lactation Clinic: (608) 417-6547. Schedule a time with a lactation consultant. Please check with your insurance agent to ensure this service is covered.

When Labor Begins

Follow your OB Care Provider’s Instructions: If you think you are in labor, or having any problems, call your OB care provider’s office.

Your Entrance to the Hospital:

Valets can Park Your Car 6:00am – 6:00pm, Monday - Friday: The valet service is free. If you need your car after valet hours, retrieve your keys from the Information Desk staff or Security. They will tell you where to find your car. Be sure to keep your valet claim ticket with you.

Security is Available 9:00pm – 5:00am: The front lobby closes at 9:00pm. If you arrive between these hours, a Security person will greet you. You will be asked to show identification before you enter the hospital from the parking ramp. You will then be shown to OB Triage on the main floor in the North Wing.

Please ask for a wheel chair if it is hard for you to walk down the hall to Triage.

If you feel baby will be born right away, you may come to the hospital Emergency Room where you will be helped.

Your Hospital Stay

Visit unitypoint.org/map for the hospital address.

Parking: Guest Services provides one free parking pass to your main support person. This office is near the lobby and is open between 7:00am – 5:00pm, Monday – Friday. If closed, the Information Desk in the main lobby will assist. Other guests can park in the ramp for a small fee.

After Baby is Born: You stay in your labor and delivery room for 2 - 3 hours. You and your main support person receive an ID bracelet. Your baby wears three bracelets, and an ID security tag that is placed onto the umbilical cord clamp. These safety devices are to be worn until discharge. When ready to be moved, you and your baby go to a private room on either the 5th or 6th floor. Once on the postpartum floor, your baby must be in her/his bassinet when taken outside of your room.

To keep your baby safe, place your baby in the bassinet when you feel sleepy. Do not go to sleep with your baby in your bed.

Newborn Care: Your baby is seen within the first 24 hours of life by a newborn health care provider, and daily until discharge.

Rooming In: We promote family centered care, which includes “rooming in”. This means your baby stays with you while you are in the hospital. During this time, you learn to care for your baby’s needs while our staff is nearby. This support helps you feel more confident taking care of your baby once you go home. As part of our mission to be a Baby Friendly Hospital and to promote family centered care, we do not have a traditional nursery.

Patient Education: Helpful information is offered on the TV in your room, in your patient education booklet, on your phone apps and from your nurse.

Meal Service: The Food & Nutrition team provides high quality food to promote health and healing. Our “As You Like It” Room Service Meal Program allows you to order *what you want to eat* and *when you want to eat*. Just call food service any time between 6:30am – 7:00pm. If your doctor has ordered a special diet, the menu can be changed to adjust to your needs. Speak with your nurse if you would like a snack outside of open cafeteria hours.

Nourishment Room: After giving birth, we know you can be hungry. Light, healthy snacks are in the Nourishment Room on the unit.

Visitors: You decide who visits and when. Your support person can help you limit guests if you desire. All visitors must stop at the unit reception desk and will be asked whom they wish to visit. If it is after 9:00pm, a Security person will issue guests a pass, sign them in, and direct them to the Birthing Center or postpartum floor. Visitors will be given an identification badge when they arrive on the unit and will need to wear this badge while they are on the floor.