

MOTHER & BABY CARE:  
PREPARING FOR YOUR BIG DAY



**BEAUREGARD**  
HEALTH SYSTEM



# MOTHER & BABY CARE: PREPARING FOR YOUR BIG DAY

Your big day is almost here! As you prepare for your baby's birth, you probably have lots of questions about your hospital stay. The information in this packet will answer those questions and help you become more familiar with the Maternal Child Services provided by Beauregard Health System.

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*"The Labor and Delivery nurses at Beauregard Health System were really great! Great experience all around!!!"*

- Charity C.

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## Important Phone Numbers:

- ◆ Beauregard Women's Center (337) 463 - 5582
- ◆ BHS Labor & Delivery (337) 462 - 7133
- ◆ BHS Nursery (337) 462 - 7281



# Selecting a Pediatrician

We recommend that you select a pediatrician or family practice physician before you come to the hospital for the birth of your baby. If you have not selected a physician prior to delivery, or if your physician does not have privileges at Beauregard Health System, the hospital’s on-call pediatrician will provide care for your baby.

Dr. Michael Perkins—Pediatrician  
(337) 462-6000

Dr. Jeff Dobbins—Family Practice  
(337) 463-3387

Dr. Chris Granger—Family Practice  
(337) 463-8977

Dr. Arnette Scavella—Pediatrician  
(337) 463-9890

## Getting Ready for the BIG day

### Hospital Tours & Classes

Beauregard Health System offers hospital tours to help parents learn more about where they will deliver. Parking is available in the East parking lot near Washington St. Look for the parking spaces marked “Expectant Mother Parking”.

Prenatal and Breastfeeding classes are also available. Please visit our website [beauregard.org](http://beauregard.org) for a current list of classes offered.

For information about tours or to register for classes, call (337) 462-7133. Phone lines are open 24 hours a day, seven days a week.

### Pre-Registration

We highly encourage you to pre-register for your hospital stay as soon as possible. By completing the required paperwork ahead of time, you will have one less thing to worry about when your big day arrives.

Pre-registration is available from 7:00 a.m.-3:30 p.m. Monday—Friday at the registration desk near Same Day Surgery.



## Items for Postpartum stay:

- ◆ Nursing gowns/robe
- ◆ Nursing bras (1 - 2)
- ◆ Toiletries
- ◆ Maxi pads
- ◆ Extra clothes and toiletries for support person if they wish to stay the night
- ◆ Loose fitting clothes for mom to wear home

## Items for baby:

- ◆ Baby book {for guests to sign}
- ◆ Outfit for baby to wear in baby portrait taken at hospital {if you would like to purchase pictures}
- ◆ Weather-appropriate going home clothes and blankets for baby
- ◆ Car seat. Learn how to install and use car seat prior to the birth of your baby. Car seat inspection station: Beauregard Parish Sheriff's Office Tuesday's and Thursday's 12:00 noon - 2:00 p.m. by appointment only. Please contact Michael Halter by calling 337.462.5443 or via email [mhalter533@aol.com](mailto:mhalter533@aol.com).



Your BIG day is getting close

## Packing for your Hospital Stay

- ◆ Focal point {meaningful small object or photo to focus on during labor}
- ◆ Lotion
- ◆ Toothbrush and toothpaste
- ◆ Chap stick or lip balm
- ◆ Tennis ball, ice pack, back massager {for back labor}
- ◆ Non-slip socks
- ◆ Birthing ball
- ◆ Relaxing music
- ◆ Hair brush and ponytail holder to pull long hair away from neck and face
- ◆ Comfortable pillow {you may want more than what we provide}
- ◆ Colored pillowcases {so they aren't confused with our white ones}
- ◆ Snacks for partner
- ◆ Camera with new batteries {may not photograph procedures or actual birth}
- ◆ Change of clothes
- ◆ Pen and paper

# QUICK FACTS About Labor & Delivery And Post-Partum Care

## LABOR & DELIVERY

- ◆ A nurse will monitor your labor and keep your physician informed of your progress.
- ◆ If an emergency arises, the on-call obstetrician will be notified immediately. Your physician group has someone on call 24 hours a day.
- ◆ You will remain in your labor/delivery/recovery room during the labor and delivery process and through the initial four hour recovery period. You will then be transported to your postpartum room on the second floor.
- ◆ If you wish, your family may remain with you during the labor process. Two support persons are allowed to stay during the birthing process. Discuss your wishes with your nurse. There may be times when your family or support person will have to wait in the waiting area outside of the Labor & Delivery unit. This will be at the discretion of the physician, nurse and/or Nurse Anesthetist. If this happens, every effort will be made to keep your support person informed of your status. We also ask that you do not crowd the hallway of the Labor Unit. This is to protect the privacy of other patients on the unit.

## ANESTHESIA

Dedicated obstetrical anesthesia services are available 24 hours a day, seven days a week. During your OB/GYN office visits, be sure to discuss how you would like to manage your pain control during labor. Pain control choices available are pain medication through your IV or an epidural.

## TYPES OF DELIVERY

Vaginal – Many women who have had a healthy pregnancy will have a vaginal birth. Most women give birth at around 38 to 41 weeks of pregnancy. On average, the length of stay for an uncomplicated vaginal delivery is 24-48 hours after delivery. However, how long you stay with us is primarily determined by your physician.

Cesarean Section (C-Section) – A C-section is a surgical procedure during which the baby is delivered through an incision in the abdomen and uterus. Cesarean deliveries are performed in conveniently located surgical suites near the labor and delivery unit. You are allowed to have one support person accompany you to the operating room. Most moms stay in the hospital for 48-72 hours after a C-Section delivery.

## AFTER DELIVERY

After your recovery period, you will both be moved to a private postpartum room. We encourage you to spend as much time as possible with your newborn by keeping them in the room with you. Your nurse will be available to help with your new baby and answer any questions you may have. Our staff will ensure both mother and baby are doing well and provide plenty of time for mothers who choose to breast feed their baby.

- ◆ All nurses are trained to assist with breastfeeding. However, if additional assistance is needed, a Certified Lactation Counselor is available upon request.
- ◆ You will receive regular visits by your obstetrician. Many mothers find it helpful to prepare a list of questions to ask, including options for birth control.

Prior to your discharge from the hospital, your nurse will give you home care instructions and follow-up appointment information for both you & your baby.

# QUICK FACTS About Labor & Delivery And Post-Partum Care

## NEWBORN NURSERY

After an initial time in labor and delivery, your baby will go to the nursery for a transition period. This process generally takes around one hour. While in the nursery, your baby's heart rate, breathing, temperature, and blood sugar will be checked often during the first couple of hours after birth. Your baby will also receive its newborn admission medications and be given his or her first bath. Your baby's temperature and vital signs will be monitored closely, and, once your baby is warm, he or she will come to your room.

## NEONATAL INTENSIVE CARE UNIT (NICU)-Level II

If your baby needs special care or treatment, Beauregard Health System's Level II nursery staffed by highly skilled nurses and physicians is available to care for your newborn. During your baby's stay, we will work closely with you and the needs of your baby and family.

## PHOTOGRAPHY SERVICES

Photography services are provided by an outside vendor and are available for purchase. Your nurse will bring you information regarding pictures. You may want to dress your baby in an outfit brought from home. Photos are taken in the nursery with your permission.

## CIRCUMCISION

The pediatricians or obstetricians normally perform circumcisions on an outpatient basis. If you wish for your son to be circumcised, please discuss this when you select a pediatrician.

## DISCHARGE

The following details need to be taken care of so you and your baby are ready for discharge. If you have any questions, please feel free to ask your nurse.

- ◆ Arrange transportation in advance to avoid delays
- ◆ Your physician must write your discharge orders before you may go home
- ◆ Your baby's physician must write his or her discharge orders before your baby may go home.



# QUICK FACTS About Labor & Delivery And Post-Partum Care

- ◆ You will be given discharge instructions for both you and your baby, including information on follow-up appointments and prescriptions
- ◆ You will be escorted in a wheelchair to your vehicle with a staff member. Your baby will be transported out and proper car seat restraint use will be verified. Notify your nurse when you and your baby are dressed and ready to leave the hospital to ensure that security devices have been removed.
- ◆ Please check your room carefully for personal belongings before leaving the hospital
- ◆ Mom will need to sign the baby's identification form.

You may receive a follow-up phone call and/or a patient satisfaction survey from Beauregard Health System. We are very interested in finding out if your doctors and nurses always

communicated well with you, if the hospital was always clean and quiet at night during your stay, if your pain was managed well and if your needs were met. Please let us know if there

are any areas we can improve upon and/or if you would like to recognize any of your caregivers.

## DOCUMENTATION

### Birth Certificate Information

After the birth of your baby, a representative from the Birth Registrar's Office will visit with you to obtain the information necessary to complete the birth certificate. Your baby will need to be named prior to your discharge in order to prevent a delay in this process. A birth certificate is a legal document, which by law, must be completed and submitted to the State of Louisiana Bureau of Vital Statistics within fifteen days of the

date of birth. This certificate is required for registering your child for school, proof of citizenship, obtaining a Social Security card, etc. It is important to provide complete and accurate information, as errors are difficult and expensive to correct after the certificate is filed. You will receive a verification of birth during your stay. A complimentary official birth certificate will be sent to you in the mail. This may take up to three months. If you have not received your copy within three months please contact Karen Boycott at 337-462-7422. If you are not legally married to the baby's biological father, and Acknowledgement of Paternity will need to be completed. This document requires the signatures of both parents and photo identification.

What if a woman is married and her husband is not the father? By Louisiana law, mothers who are married to someone other than the biological father have been divorced for less than three hundred days at the time of birth must list the husband/ex-husband as the father. In order to remove the presumed father or to have the biological father placed on the child's birth record after the record is filed with Vital Records, they are advised to contact an attorney to obtain a court order for disavowal or paternity judgment. Beauregard Health System does not perform paternity testing. For any other questions concerning the birth certificate please contact Karen Boycott at 337-462-7422.



# Common Questions & Answers

## About Labor & Delivery

### Other Important Documents

Beauregard Health System will request a Social Security number for your baby if you choose to receive one. The card will be mailed to the address provided on the birth certificate.

### COMMON Q & A'S

#### HOW MANY PEOPLE CAN BE WITH ME IN THE LABOR & DELIVERY ROOM?

During a vaginal delivery you may have two guests with you for delivery and during a C-section you may have one.

#### WHAT ARE THE HOSPITAL VISITING HOURS?

Our goal is to provide a patient care environment that is supportive of the patient's relationships with family and friends. Your guests are welcome as long as you feel up to having them. If you want rest, your nurse can post a note on your door asking guests to leave a message for you at the nurses' station. While we have a family-centered open visitation policy, the hospital may limit visitation based on your safety and/or condition. You may have a guest stay with you at night. Children must be supervised in both the patient care and waiting areas by a responsible adult.

#### WHAT ARE THE PHOTOGRAPHY/VIDEOING POLICIES DURING LABOR AND DELIVERY?

Cameras are welcome, and we encourage you to photograph non-medical activities prior to and after the delivery of your baby. Medical procedures such as a cesarean section and the actual delivery of the baby may not be photographed or videoed. If you have questions about what you and your visitors may or may not photograph/video, please ask your nurse.

*"I had an amazing experience at Beauregard Health System's Labor & Delivery. The nurses were so sweet and caring and met every need."* - Kimaron D.

#### WILL MY BABY BE ABLE TO STAY WITH ME THROUGHOUT THE HOSPITAL STAY ?

We encourage you to spend as much time as possible with your newborn during your hospital stay by choosing to have your baby in the room with you. However, if you feel you need rest, you have the option to have the baby in the Nursery as needed. Within 24 hours, your pediatrician or family practice physician will visit the hospital to examine your baby and discuss his or her health status with you.



# Common Questions & Answers

## About Labor & Delivery

### WHICH NEWBORN TESTS ARE PERFORMED WHILE MY BABY IS IN THE HOSPITAL?

The Louisiana Early Hearing Detection and Intervention Program – The Baptist Health System provides hearing screens for all newborns to detect early hearing loss. This screening usually occurs at least 12 hours after your baby's birth to ensure the fluid has cleared from his or her middle ear and ear canal. The test is performed while your baby is asleep or resting quietly. The results are available as soon as the test is finished. About 2% of babies receiving this screen will not pass and will need a follow-up screen after discharge.

### THE LOUISIANA NEWBORN SCREEN

The state of Louisiana requires all infants have screening tests for certain disorders, inheritable and other. The Newborn Screen (PKU test) is performed 24 hours after the infant's birth. This test requires a small amount of blood from your baby's heel. This blood is placed on a collection card and is sent to the state for testing. The screen currently tests for disorders for which there is not a cure but early treatment may prevent serious complications such as growth problems, developmental delays, deafness or blindness, mental retardation, seizures or even early death.

**JAUNDICE SCREENING** – Jaundice or Hyperbilirubinemia, is when your baby's skin has a yellowish color. This color change usually starts at the face and moves towards the toes. Infants with jaundice are usually tired and do not feed very well. During your baby's hospital stay, the nurses and doctors will monitor your baby's jaundice level and will check this level around 24 hours after

birth. Further testing and treatment may be needed if your baby's jaundice level is high or is rising quickly. If your baby's level is too high, it may be treated with special blue lights (phototherapy) for 1 -2 days while in the hospital to get the jaundice level down.

### WHEN ARE MEALS SERVED?

Patient meals are served between 6:30 a.m. and 6:30 p.m. Beauregard Health System has a cafeteria available for family and visitors, or they may bring food into the hospital or order delivery from nearby restaurants.



# Common Questions & Answers

## About Labor & Delivery

### IS BREAST FEEDING HELP AVAILABLE?

Beauregard Health System is Gift Certified and has earned this designation by providing care that supports breastfeeding. A Gift Certified facility has trained staff and policies that will support your decision to give your infant the very best. All of our nurses are trained to assist you with breastfeeding should you have questions.

A Certified Lactation Counselor is also available upon request should you require additional assistance. We encourage all moms to attend our breastfeeding class prior to delivery. Please call 337-462-7133 to schedule your class.



Everyone at the hospital is working to keep your baby as safe as possible. Staff in the maternal and child care area have been trained to spot a potential abductor. There are also strict rules on who can handle your baby, and how your baby is moved for examinations or tests. Security systems have been installed to help stop an abductor including door locks, cameras, and an electronic infant protection system. The small tag around your baby's ankle means that your baby is being monitored at all times. If anyone tries to take your baby through a protected exit, an alarm will sound throughout the building. Try to keep away from protected exits with your baby. You might set off an alarm by accident. Your nurse will give you more information on the infant security system once your baby is born.

### KNOW YOUR NURSES

At the beginning of each shift, the nurse who will be taking care of you and your baby will come to your room to introduce herself to you. It's a good idea to become familiar with the staff in the maternal and child areas.

# MOTHER & BABY CARE: PREPARING FOR YOUR BIG DAY

## LEARN THE HOSPITAL'S ROUTINE

Ask your nurse about the schedule for routine activities like feedings, bathing and physician rounding. Nursing staff will be glad to answer any security questions you may have.

## NEVER LEAVE YOUR BABY UNATTENDED

While in your room, keep your baby in sight at all times. Whether you're taking a nap or just going to the bathroom, ask a family member to watch the baby for you, or call your nurse.

Keep the bassinet beside your bed. At night it is also a good idea to keep at least one light on so the nursing staff can help you keep an eye on your baby.

## CHECK FOR AN OFFICIAL HOSPITAL ID BADGE

Be cautious of any person you do not know entering your room. Before you let anyone touch your baby, check that person's photo identification (ID) badge. It must be facing forward so you can see the employee's name, picture, and the hospital's official logo. If you're not sure about someone who has come into your room, press your "Nurse Call" button for immediate help.



## Contact Us

Give us a call for more information about our services.

Beauregard  
Health System  
600 S. Pine St.  
DeRidder, LA

(337) 462-7100

Visit us on the web at  
[www.beauregard.org](http://www.beauregard.org)

**A Greater Spirit of Caring!**