



**2021's 1st Baby
Catalina Garcia**

BIRTHday Tour



VAL VERDE
REGIONAL MEDICAL CENTER
v v r m c . o r g

VVRMC's Women's Center

Everything you need to know before
you deliver your baby at VVRMC

Val Verde Regional Medical Center – Main Entrance

Front door,
not a cave –
honest.



Pre-Registration

- You can go to VVRMC and pre-register to make it easier when baby is coming. The Registration area is inside the main hospital entrance and to the left. Please bring your insurance card and ID
-



Where to go when baby is coming

Admitting & Registration

- You have a scheduled induction or other procedure
- You have a regularly scheduled appointment for services
- Your doctor has sent you for some reason

Emergency Department

- You are having contractions which are regular and 5 minutes apart (this number changes if you are farther away from the hospital)
- Your water broke – you will be asked the color, odor, amount and time
- You are bleeding
- You feel sick, dizzy

Getting to the Women's Center



From Regular Registration

- Turn LEFT when you exit. Turn LEFT at the end of the hall. The elevator is to your LEFT.

From ED Registration

- When you register in the Emergency Department, someone will take you to the Women's Center

What happens when I get to the Women's Center?

Your questions answered.



This is what
you will see
when the
elevator doors
open

y se les recomienda leer y seguir
reglamentos para visitantes de nuestro centro para
mujeres.

PAUTAS PARA EL VISITANTE

- Todos los visitantes deben usar el
para ingresar al
esperar a ser
del paciente
pueden tener no más
no tiempo
de la Mujer!



**Push the red
button to get
inside. This is a
secure unit to
keep you and
baby safe.**



Welcome!





**You will be
asked some
questions at
the Nurses'
Station.**





Then, you will
be taken to a
delivery room.



Pre-labor Questions Answered

And some of our Women's Center staff so
you will have familiar faces when you
come to deliver your baby.



Security Measures

The Women's Center uses the Cuddles system for security. Your baby will have a band on their lower leg with an alarm. If anyone should attempt to take your baby out of the Women's Center, they will be stopped.



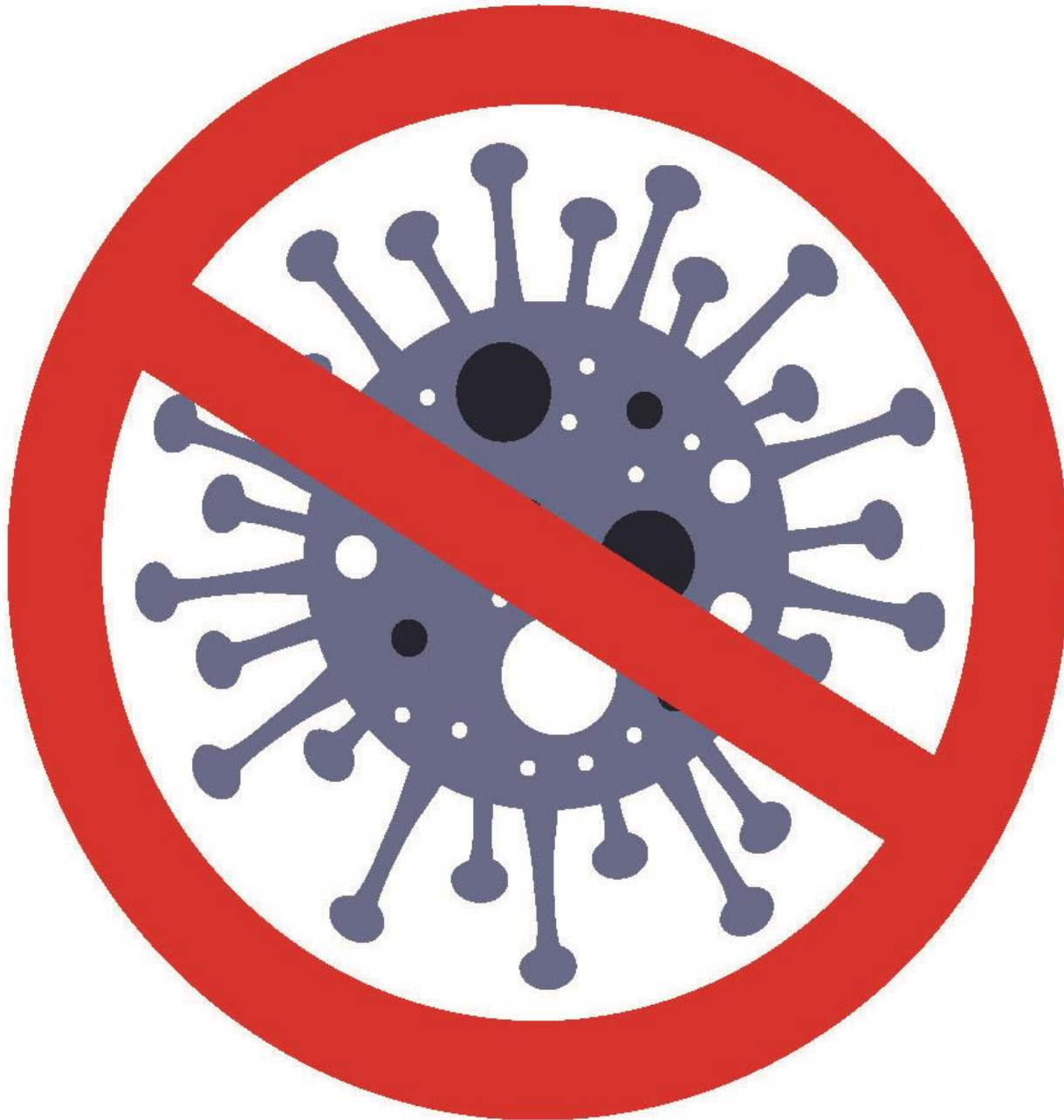
You and your baby will have the same nurse. If baby needs to be taken to the nursery for any reason, your nurse will be with her and your support person can go along.



Is outside food allowed?

YES!!! However, you may not want to eat too much during labor just in case you need anesthetic at a later phase.





What are the COVID-19 restrictions?

Until the COVID-19 pandemic is under control, you will only be able to have your support person with you. No other visitors are allowed for everyone's health and safety.



Average number of births per day?

The VVRMC Women's Center currently averages about 65 births per month.





What is the rate of intervention measures?

Intervention measures such as forceps or vacuum extraction are used only rarely. The goal is for every mom to have a natural birth unless it is not safe to do so.



**Are all rooms
private?**

YES!!!! And, you
will not be
subjected to a large
number of students,
interns, etc. coming
in your room.



What is the episiotomy policy?

Episiotomies are only done when absolutely necessary.





What is your average number of un-medicated births?

Each birth is different. We make every effort to comply with the wishes of the mother and her birth plan. The decision is yours.



Your Labor Questions Answered

We want you to be as comfortable
as possible.

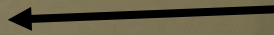


What equipment for birthing is available?

We do not offer any specialized, non-medical equipment for delivery. However, you can bring whatever you feel will be helpful for you.



Real OBGYN
Dr. David
Hernandez



Who do I give my birth plan to?

You will create a birth plan and give a copy to your OBGYN. When you arrive at the Women's Center ready to meet your baby, give a second copy to your nurse.



Your Questions about Delivery Answered

Just remember, every birth is
different.



Where do I give birth?

You will give birth in a Labor and Delivery room. It has monitoring equipment and more to assure a good experience for you and your baby. After you recover, you and baby will go to another room to rest up for your journey home together.

It is possible you will be in the same room for your entire stay.

All the rooms have private showers and a place where your support person can sleep.





What are my anesthesia options?

The most common is the epidural. Generally, you can receive an epidural when you reach 4 cm dilation. However, every birth is different. But rest assured, anesthesia is available 24/7.



What if I need a C-section?

If you need a Cesarean Section, a surgeon will be called in. About 24% of births at VVRMC are done by C-section. This is lower than the average rate in Texas which is about 30%.



Real Women's Center Staff

Ledana
"Ducky"
Zadorozny,
CRNA



Do you support VBACs?

VVRMC does not
support VBACs. But we
do support FUN and Red
Nose Day!





Can my partner and I have skin-to-skin contact with the baby after birth?

Absolutely!

Do you offer delayed cord clamping/cutting?

You bet! We try to accommodate your wishes for your birth experience.





Do you have wireless fetal monitoring?

We have both wireless and non-wireless fetal monitoring.



Can I walk during labor?

You are free to move around, walk or, yes, even dance in the halls of the Women's Center while you are in labor. Whatever feels best for you.



Google "dancing during labor." It's a thing! It's a fun thing!





How often are vaginal exams done during labor?

Vaginal exams are kept to a minimum. They are only done as necessary during labor.





Is photography and filming allowed?

Yes. However, with the COVID-19 pandemic, outside photographers are not permitted – unless they are your support person. You may take photos unless you have to have a C-section.



Will I have an IV or HEP?

Yes. Every mom does just in case it becomes necessary. Our IV/HEP protocol is for your health and safety.





Here's Baby!

Questions about what
happens after baby is born



Will my baby stay in the room with me?

Yes! You and baby will have the same nurse. If baby has to go to the nursery for a test or procedure, they will be in the care of the nursery nurse.

Your nurse will also be the person who keeps you informed in case baby has to spend some time in the Special Care nursery.



What tests, vaccine, etc. are performed on my baby?

Baby will receive a Vitamin K injection, erythromycin in their eyes and a Hep B vaccination. They will be checked for bilirubin levels. Most of these procedures are state mandated. If you have concerns, speak with your nurse.



This is where your support person will sleep/relax.



How long do my baby and I have to stay in the Women's Center?

For a vaginal birth, you will stay with baby for 24 hours. If you have a C-section, 48 to 72 hours. However, every birth is different and the stay is flexible depending on the birth situation.



Is a breast pump available if I can't feed my baby?

Yes. Should you need to pump breast milk, a breast pump will be provided. However, there is no lactation consultant. Just a lot of nurses with a wealth of breastfeeding knowledge.



**Do you give
pacifiers and
bottles without
parental
permission?**

No. That is your decision
to make.





How do I complete the paperwork for my baby's birth certificate?

Someone from Medical Records will come visit with you while you are in the Women's Center to help you fill out paperwork for your baby's birth certificate.



Post-partum care for Mom and Baby

When to do what



When will I need a post- partum examination?

You will need to schedule an appointment with your doctor for 6 weeks after delivery. Don't forget to schedule your appointment after you deliver! Of course, if you are having any problems, call your healthcare provider.

830-282-6020

Why you should see your doctor after delivery:

1. They will examine you to make sure your uterus is in good shape after birth.
2. You can ask any questions you may have about how your body is feeling as you go back to your pre-pregnancy self.
3. You can discuss your mental health to be sure you aren't suffering from post-partum depression or anxiety.
4. You can get back on birth control.
5. You can discuss any issues you are having with a professional.
6. Some insurances, like Medicaid STAR Plan, will actually reward you for returning for your post-partum appointment.
7. It is the best thing you can do for both your physical and mental health!





Depression & Anxiety During and After Pregnancy

Depression and anxiety both during pregnancy and after giving birth are very COMMON. With a little help, you can feel better. There is nothing to be ashamed about.

1 in every 7 women will experience this. You are not alone! Help is available.

Call your healthcare provider, midwife or nurse or call a national hotline for anonymous help.

Post-partum Support line: 1-800-944-4773

Text: 1-503-894-9453

Suicide Prevention: 1-800-273-TALK (8255)

If you feel you might harm your baby or yourself, call 911 or head to the Emergency Room.



Well-Child Visit Schedule:

3-5 days old	12 months old
2 weeks old	15 months old
2 months old	18 months old
4 months old	2 years old
6 months old	2.5 years old
9 months old	Then annually

Why are well-child checkups important?

- To keep your child healthy with immunizations to prevent illness.
- To receive information on your child's health from an educated, qualified source-your pediatrician!
- Track your child's growth and development milestones.
- Regular visits create a strong, trustworthy relationship between pediatrician, parent and child.

**When does
my baby
need to see
their
pediatrician?**

Here is a schedule to help you make appointments for your baby to see their pediatrician. Contact numbers are on the next page.



**Do you have a question
we didn't cover?
Feel free to give us a call!**

Labor & Delivery 830.703.1711

VVRMC Rural Health Clinic OBGYN & Pediatrics 830.282.6020

Perinatal Case Manager 830.768.9232