

# Having a Hoag Baby



Information about having your baby at Hoag

## Congratulations on your pregnancy! We are delighted you selected Hoag for your delivery.

Our goal is to provide an environment that supports a healthy start for you and your new family. To help prepare you for this exciting time we ask that you take a minute to review the following information.

### My To Do List!

- Pre-register to have your baby at Hoag online: [hoag.org/maternity-preregister](https://www.hoag.org/maternity-preregister)
- Download the free Circle® by Hoag app for iPhone or Android. Learn more: [hoag.org/circle-app](https://www.hoag.org/circle-app)
- Watch our virtual Maternity Tour to see the facility and learn our philosophies: [hoag.org/maternity-tour](https://www.hoag.org/maternity-tour)
- Register for prenatal classes: [hoag.org/ob](https://www.hoag.org/ob) and attend our Free Maternity Orientation
- Purchase & install infant car seat. Staff do not verify proper infant/seat placement.
- Select a doctor for your baby before delivery: [hoag.org/find-a-doctor](https://www.hoag.org/find-a-doctor)
- Choose your baby's name for the Birth Certificate. We send this to the Office of Vital Records.
- Pack a blanket and clothes for baby to go home in.

### Delivery expectations

Please come to our **Triage/Obstetric Emergency Department** located on the 5<sup>th</sup> Floor in the Women's Health Pavilion (East Tower), walk through the single door located next to the elevators.

- While in Triage, the nurse will examine you to determine if you are in active labor. If you are in active labor, you will be admitted as a laboring patient. We will contact your physician to establish a plan of care.
- If you are not in labor we will provide you information on how to labor at home and when to come back to the hospital.

### Labor and Postpartum Suites

All our suites are private, spacious and equipped with a bathroom and a couch-turned-day bed for one support person.

### Once baby arrives

Immediately after your baby's birth, your healthy baby will be dried off and placed skin-to-skin on your bare chest. We will leave you undisturbed for at least one hour. This is called "The Golden Hour." During this time, routine procedures such as bathing and weighing are delayed.

### Rooming-in

Your baby will stay with you in your room unless there is a medical reason for them to leave that needs special attention. You will have the support and guidance of the nursing staff to assist you with your and your baby's care.

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Hoag's Main Number 949-764-4624  
Physician Referral 949-764-4624  
Hoag's Registration 949-764-8275

OB Education/Prenatal classes 949-764-5940  
Hoag BabyLine 949-764-2229  
Web site: [www.hoag.org/pregnancy](https://www.hoag.org/pregnancy)

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## Breastfeeding

Exclusive breastfeeding is best for you and your baby. Our practices will help you succeed with your breastfeeding goals. We will not give your baby formula unless medically necessary.

## Pacifier Use

Babies do not need pacifiers unless there is a medical indication in the early weeks. Babies suckle differently on a pacifier than a breast and this may cause difficulty nursing in the early days.

## What do I need to bring to the hospital?

- **For baby:** Bring an outfit and blanket for baby to go home in. While in the hospital we will provide diapers and wipes, blankets and t-shirt. If you decide to formula feed, we provide it.
- **For mom:** we recommend you bring in your own hair and facial products.

## Meals

Meals are provided for patients during their stay. A celebration meal for new parents is offered after delivery.

## Visitors

### *Labor & Delivery Unit (5 East)*

- Visitors are allowed in L&D and determined by the patient's request, at the discretion of the admitting physician and nurse based upon the patient's condition.
- A visitor under the age of 13 must be accompanied by an adult who is not the patient or birth partner participating in the labor process.

### *Mother Baby Unit (7 East)*

- General visiting hours for guests are **from 9:00 a.m. to 9:00 p.m.**
- One adult care partner will be provided 24-hour access to the unit, at the discretion of the patient, and may stay with the new mother and baby overnight throughout their hospital stay.
- Children visiting the unit must be under the continuous supervision of an adult other than the patient.
- Siblings are not permitted to spend the night.

## How long will we stay?

Your doctor will decide when you and your baby are ready to go home.

- Most moms that have delivered vaginally are ready to go home 24 hours after delivery.
- Most moms that have a Cesarean section are ready to go home in 2 – 3 days.

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