

The Family Birth Place

MOTHER/ INFANT UNIT

Congratulations on the birth of your infant! We want your stay to be a safe and pleasurable experience.

We understand that one of the best parts of being a parent is in sharing your joy with the people you love. With that in mind, our nursing staff has developed guidelines that encourage friends and family to visit with you and your new infant, while maintaining the special standards of care you both need right now.

Your time in the hospital also offers you and your infant an opportunity to get to know each other. Therefore, we encourage you to interact with your infant as much as possible. The more time you spend together now, the more comfortable you'll both feel when you get home.

SAFETY GUIDELINES

- 1. To prevent your infant from rolling off your bed, please place him in his crib when you become drowsy, plan on sleeping, or when you are using the bath room. You may call your nurse anytime you need help.**
2. If you plan on taking a walk out of your room, please take your infant with you (in a crib) to the nursery, or ask your nurse if you need help. If you plan to shower or use the bathroom, pull the crib over to the bathroom door and leave the door open.
3. Newborns sometimes move around more than you think possible. Therefore, it's important never to leave your infant unattended on your bed.
4. Although newborns have some immunity to infection, they still need protection from contagious diseases and other conditions. Since the nursing staff cannot screen every visitor, they appreciate your help in telling guests not to visit or handle your infant if they have any of the following: ***cold, diarrhea, sore with any kind of discharge, cold sores, or any contagious disease, such as chicken pox or measles. Also, if someone has been exposed to a contagious disease, he or she should refrain from holding your infant.*** Wash your hands before touching your infant. This is especially true after you eat, use the bathroom, or blow your nose. Germs that can make your infant sick might be passed to the infant on your hands. By following these guidelines now and after you return home, you'll play an important part in safeguarding your new infant's health.
5. The safety of your infant is very important to us. Therefore, the only personnel who should be taking the infant from your room are employees of The Family Birth Place. Anyone who is an employee of this unit will be wearing a labor picture ID badge with a pink identification stripe on it
6. **For you infant's protection,** Identification Bracelets will be placed on your infant's wrist and ankle. Matching bracelets will be on you and your significant other. A security medallion will also be placed on your infant's umbilical cord.
7. **St. Elizabeth is a non-smoking hospital.** This means that no one is allowed to smoke in the hospital except for the designated smoking area outside the cafeteria. After obtaining your doctor's permission, you may go to the smoking area accompanied by a family member or friend.
8. Your nurse will show you how to use the bulb syringe to suction the mucous from your infant's nose and mouth.

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VISITING GUIDELINES

1. General visiting hours are from 12 p.m. to 8 p.m.
2. Upon arrival to the unit, visitors will be screened by nursing personnel to guard against infectious diseases, such as fever blisters, coughs, rashes, etc.
3. Children must be 14 years or older to visit, unless they are siblings of the infant.
Usual Flu restrictions are December 1 through April 1. Please be advised during these times no children under 14 yrs may visit. At the discretion of the Infection Control Department, these restrictions may be extended.
4. All visitors will be instructed to wash their hands before handling the infant.
5. Visiting will be limited to five visitors, including the father and siblings.
6. If mothers do not wish to be disturbed, a sign reading “**Please Check at the Desk Before Entering**” will be available to place on the door.
7. Nursing staff may request that visitors leave the patient’s room if-at any time-the safety and welfare of the patients, or others, is of concern.
8. Visiting in Special Care Nursery (SCN) will be at the discretion of the infant’s nurse.
9. Visitors who wish to visit infants in SCN or boarder infants in day care, must be accompanied by a parent, or the parent must give special permission.
10. Only one person may spend the night with the mother.
11. Siblings visiting the SCN must be 18 months or older and have had all immunizations.
12. Siblings of any age may visit in the mother’s room, as long as they are free from infections. **Siblings may not spend the night.**
Please, always remember to wash your hands before handling your infant.
13. Your nurse will have a cell phone. If you need anything, please call your nurse on her cell phone.
14. A staff member will be in every 1-2 hours to check on you and your infant, and more often if needed.

FOR YOUR INFORMATION

St. Elizabeth Healthcare is pleased to offer Room Service Dining upon request; Culinary Creations.

A Nutrition Service Ambassador will bring you a menu after your diet is ordered and explain how you may call for your nourishment needs. You will be able to select from a variety of fresh and healthy food items. You may place your orders any time between 6:30am and 8:00pm. Guest Meals will be available for a \$5.00 charge each.

Bon Appetit!

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