CENTERED ON ME AND MY BABY

Delivering at the Center for Women & Infants

South Miami Hospital
BAPTIST HEALTH SOUTH FLORIDA

Center for Women & Infants
The philosophy toward childbirth at South Miami Hospital encourages your individuality and supports family involvement.

As a full-service maternity center, we establish a relationship with new parents as early as the first trimester of pregnancy.

Precisely equipped and expertly staffed, the Center for Women & Infants excels in every stage of the birthing experience. The obstetricians on our medical staff are highly skilled to care for you throughout your pregnancy and delivery. Our anesthesiologists are Board-certified and available 24 hours a day. Our nurses provide specialized obstetrical care and are well-known for their gentle touch and concern. We even have neonatologists in the hospital 24 hours a day in case a baby has any special problems. Our staff has the reputation for providing the most loving and professional care imaginable.

Our special birthing suites are designed to accommodate the needs and preferences of new parents, including “rooming-in” space for babies.
Great Expectations — a Program for Expectant Parents

Every pregnancy is special, but when it’s your first, no one understands your special needs better than we do. That’s why we created our Great Expectations program, free to parents delivering their babies at South Miami Hospital. A registered nurse counselor is available to answer your questions during and after pregnancy. Special free programs provide informative get-togethers featuring experts on a variety of topics related to pregnancy and parenting. Many local merchants offer discounts to our members on products that new parents need. Even if it’s not your first baby, you are welcome to join.

Childbirth Education

Since it’s likely that you will stay in the hospital only a short time after the birth of your baby, you’ll have little time to ask all the questions you may have about your infant’s care. It helps to know in advance all you can about caring for your baby.

The Center for Women & Infants offers a full range of childbirth classes to help you understand pregnancy and the birth process, as well as learn parenting skills. More detailed information about these and other classes can be found in the Centered on Me and My Baby: Classes to Prepare for Parenthood brochure. We encourage you to take childbirth classes to prepare you for your labor experience.

The Prepared Childbirth Series prepares the expectant mother and her labor coach for the birth process using the Lamaze techniques of relaxation and breathing. You will learn about various birth options, postpartum care and preparation for returning home. You will also be given a tour of South Miami Hospital’s maternity floor.

Other classes offered for a nominal fee include breast-feeding, daddy duties 101, infant care, infant safety and CPR, infant massage and sibling classes. Please register early for childbirth classes. You may register for classes at our website, BaptistHealth.net/Childbirth, as well as find the schedule of class dates and times and their cost. You also can email us at SouthMiamiChildbirth@BaptistHealth.net with the classes that you are interested in taking, along with the dates that work well for you. For more information, call the childbirth coordinator at 786-662-5026.

Pre-registration

When it’s time to have your baby, paperwork will be the last thing on your mind. Please log on to BaptistHealth.net/Childbirth to access all the necessary online pre-registration forms. The online forms will make your pre-registration process much quicker and easier. If you’d like a hard copy of the forms mailed to you, please call Maternity Pre-registration at 786-662-4543. It’s best to register early in the pregnancy.

Know Your Health Plan

Health insurance plans are not alike, so it is important that you understand what your health plan covers before you are ready to deliver. Most health insurance plans require a written request for change of coverage within 30 days of your baby’s birth. If you don’t enroll your newborn according to your insurance company’s policy, you will most likely have to wait until the next open enrollment period of your health plan to get coverage for your child. Some insurances offer pre-registration and issue insurance cards for the baby prior to birth. We highly recommend that you look into this option and provide the baby’s insurance card upon admission if possible. We urge you to contact your employer or health insurance company as soon as possible to ensure that your newborn is covered.
Selecting a Pediatrician

With the excitement of a pregnancy, some parents forget a very important task: choosing a pediatrician for their baby. You can get referrals from friends, family, your health plan or your obstetrician. Or, you can call the Center for Women & Infants at 786-662-8585. We also offer our referral service online at BaptistHealth.net.

You may also want to attend our class, Preparing for Baby’s Arrival, for tips on how to help you select the pediatrician who is right for you.

You should select a pediatrician before you arrive at the hospital.

Bringing Hospitality to the Hospital

At South Miami Hospital, you and your family can experience the entire birth process — labor, delivery and recovery — in a single room. With our qualified physicians and nurses, as well as our state-of-the-art clinical equipment in the labor room, you and your baby receive quality obstetrical care in a home-like atmosphere. Also, each private room includes a separate sleeper so that an adult support person can spend the night.

What to Bring to the Hospital

Several weeks before your due date, you’ll want to pack a small bag to take with you to the Center for Women & Infants. Please bring:

■ Nightgowns and underwear (front-button gowns and nursing bras if you’re planning to breast-feed).
■ Robe and slippers.
■ Feminine hygiene pads and nursing pads.
■ Toiletry items and cosmetics (don’t forget your hair dryer).
■ Writing materials and important telephone numbers.
■ Social Security numbers for you and the baby’s father.
■ Baby blankets.
■ Laptop and digital camera for sharing photos of your baby.
■ An outfit for your baby's first picture.
■ Going-home outfits for you and your baby.

Please leave valuable jewelry and large amounts of money at home. South Miami Hospital cannot assume responsibility for these items.
YOUR BABY’S BIRTH

When It’s Time to Be Admitted

Your doctor will discuss with you when to come to the hospital. The maternity floor is located on the third floor of the North Tower building. If you need help getting there, stop by the Admitting Office or the Emergency Center, and we will escort you in a wheelchair. Otherwise, just follow the signs. Please use the hospital’s front entrance between 6 a.m. and 9 p.m. At other times, please enter through the Emergency Center.

Labor and Delivery

During labor and delivery you will have one of our nurses assist you in every way possible. She will keep you informed of your progress and administer any medications ordered by your doctor. Your husband or support person may remain with you throughout labor and delivery and may help coach you through the stages of your baby’s birth.

After the baby’s birth you’ll have some time to be with your newborn before the baby is taken to be admitted in the nursery. Your baby’s heart rate, temperature and other important indicators of a newborn’s health and well-being will be monitored.

You and your baby will be cared for together throughout your stay at the Center for Women & Infants. This allows parents to get to know their baby’s patterns and preferences. Since babies tend to sleep a lot the first few days, this is the perfect time for mom and dad to learn about their newborn and ask questions.

Your family and friends will want to meet your baby as soon as possible; however, during these first days with your baby it’s important to spend quiet time alone. That’s why we encourage you to limit visitors as much as possible. Visiting hours are 12 noon to 9 p.m. Of course, one adult support person is welcome anytime. Only four visitor passes will be issued at a time to those over the age of 12. Siblings of any age are welcome during visiting hours. All visitors, including your support person, are asked to leave the room during certain procedures such as an epidural.

Maternal-Fetal Special Care Unit

The Center’s Maternal-Fetal Special Care Unit provides advanced care for expectant mothers and their unborn infants 24 hours a day. The unit cares for high-risk mothers with a variety of conditions, such as hypertension, diabetes, pre-eclampsia and preterm labor.

The medical team, led by a maternal-fetal specialist, also performs ultrasound-guided procedures to correct anemia, conduct chromosome testing and treat fetal bladder obstructions or lung problems, while the baby is still in the womb.

Public Umbilical Cord Blood Collection Center

South Miami Hospital’s delivery of more than 4,000 babies annually and its location in culturally diverse Miami position it as an epicenter for the collection of stem-cell-rich umbilical cord blood. Parents may choose to donate for free their newborn’s umbilical cord blood, which would otherwise be thrown away as medical waste.

Stem cells found in umbilical cord blood have been shown to be effective in treating patients with more than 70 diseases, including leukemias, lymphomas and sickle cell anemia.
Neonatal Intensive Care Unit

Most babies are healthy when they are born, but should your baby need specialized care and observation, he or she will be admitted to the Neonatal Intensive Care Unit. Here, a team of neonatologists — physicians who specialize in the care of newborns — and neonatal nurses will care for your baby. South Miami Hospital has both a Level II and Level III Neonatal Intensive Care Unit. The unit provides around-the-clock care, including a neonatologist on-site at all times, for babies with a wide variety of medical problems.

Parents may participate in their infant's care as much as the baby's condition allows. Grandparents and other designated visitors may visit the baby in the special nursery with prior arrangements.

Help With Breast-feeding

Our nurses will offer assistance and answer most questions about breast-feeding. Lactation consultants (specialists in breast-feeding education) are also on staff to assist mothers with special needs. Referrals for breast pump rentals and outpatient consultations are also available. For information, call 786-662-5151.

Making Plans to Leave

You can plan to leave the Center for Women & Infants by 11 a.m. on the day your doctor says it’s all right for you to go home. Please make the necessary transportation arrangements to leave the hospital by this time. As required by law, you must have an infant car seat installed in your car according to the manufacturer's instructions when you leave the hospital.
Some Helpful Tips

Once you’re at home, we suggest the following:

- Limit your visitors so that you and your baby have time to rest.
- Keep your baby away from crowds and people who are sick, since babies are vulnerable to colds and flu.
- Let people help you with housekeeping, meal preparation, sibling care and other responsibilities.
- Eat nourishing foods and drink lots of fluids.
- Avoid climbing stairs for the first few days.

Tell your doctor if you experience any signs of depression.

For any concerns that you may have, contact your doctor.
YOU ARE WHY WE’RE HERE

South Miami Hospital’s Center for Women & Infants wants to make everything related to your delivery as pleasant as possible. Please feel free to call us if you have any questions. You may receive a survey in the mail asking for your evaluation of the care you received throughout your stay. Your responses will help us ensure quality care for future patients. We look for every opportunity to make the birth of your baby at the Center for Women & Infants a natural, relaxed family experience — one that will bring pleasant memories for each of you.

Our Patient Care Navigator Can Help You

The Center for Women & Infants’ patient care navigator can answer your questions, arrange appointments to see a doctor or refer you to outside resources. Think of her as your free, personal guide to all your healthcare needs. Call her at 786-662-8585.
Important Phone Numbers

South Miami Hospital ........................................ 786-662-4000

Patient Care Navigator/Pediatrician Referral ........ 786-662-8585

Childbirth Education .......................................... 786-662-5026

Great Expectations Program .............................. 786-662-5151

Maternity Pre-registration ................................. 786-662-4543

Patient Information/Room Numbers .................... 786-662-8131

Visit our website at BaptistHealth.net/SMHMaternity.