Robert Wood Johnson University Hospital | RWJBarnabas HEALTH
Let's be healthy together.

# Expect the Best from Our Maternity Services

**(732) 828-3000, extension 8671 (labor and delivery)**
**1-888-637-9584 (childbirth/new parent education and maternity tours)**
**(732) 253-3892 (high-risk pregnancy)**

When you choose to deliver your baby at Robert Wood Johnson University Hospital, you can rest assured knowing that we have the most advanced medical capabilities and skilled specialists to handle everything from the routine delivery to the most high-risk complications, all in a luxurious, family-centered environment.

## All the Best for Mom and Baby

All new moms at Robert Wood Johnson University Hospital get private rooms, special amenities, and tender, loving care.

Our new maternity rooms have refrigerators, DVD/VCR players, and sleeper-chairs for dads or other family members to spend the night. Better still, they offer privacy for mom.

New mothers are pampered here. They order all meals from an extensive, restaurant- style menu and enjoy "Tea at Three," an afternoon tradition of coffee, tea, and snacks delivered to their rooms.

More importantly, mothers and babies receive the highest level of care in an academic medical center ranked among the top 10% in the nation in patient satisfaction. One nurse cares for you and your baby, and education on newborn care is available at any time through our newborn education television channel.

## What to Bring and What to Know

### Suitcase Suggestions

**For Labor:**

- Your favorite music on a portable device with headphones; cell phone w charger
- Phone numbers of people you want to call
- Lip balm; Hair tie and/or barrette
- Cards, books and writing material
- Focal point
- Watch or clock with a second hand
- Lollipops and/or hard candy
- Camera, film and video recorder
- Soft, warm socks
- Lotion or oil for massage
- Change for vending machines
- Health insurance card and Identification
- Copy of your birth plan
- Name, address , phone number of pediatrician

**For Postpartum:**

**Mom:**

- Pajamas (2 sets), robe,panties (4 pair), socks (2 pair)
- Form-fitting nursing bras (2)
- Slippers, flip-flops
- Toiletries (Deodorant, Shampoo, Toothbrush, Toothpaste, Brush, Hair Dryer, etc)
- Clothes for trip home (Clothes that fit you in 7$^{th}$ month, loose, comfortable)

**Baby:**

- Receiving blanket, clothes for trip home (weather appropriate), pacifier (if desired)
- Car seat

## Labor and Delivery

12 Delivery Rooms; 3 Operating Rooms; 4 Post-Operative Recovery Beds; 4 Ante partum Beds (LOFT

- **Visitors**
  - Support Person and one other person permitted at a time; **no visitors under 18.**
- **Room**
  - Equipped with TV, DVD
  - No outside phone calls can be received in your room. You can make local calls from your room. You can use your cell phone on the unit.
- **Pictures**
  - No videotaping allowed until after the baby is born (no staff in video).
    Video can only be taken of the baby if the baby is in stable condition. Still pictures are allowed.
- **Labor**
  - If you have a birthing plan: discuss with your OB prior to delivery; bring a copy to hospital.
  - Bring your own birthing ball and comfort items (tennis balls, massagers, etc).
  - Bring ONLY the items that you need for your hospital stay (See Suitcase Suggestions sheet).
  - You can be off monitor if your MD gives an order to do so.
  - No ambulating once you have an epidural. Mom may go to the restroom with assistance if she is able to bear her weight when walking.
  - Baby remains in Labor/Delivery 30 to 45 minutes, and is then transferred to the nursery.
  - Mom stays in Labor and Delivery for 1 to 2 hours, and is then transferred to the postpartum floor.

## Nursery

- Hospital Photo taken the day of birth right after the baby's first bath.
- You may provide an outfit for the baby's first picture.
- Hospital photo is always taken even if you do not wish to purchase pictures. It is done for security purposes.
- Pacifiers are given upon request ONLY.
- No photos may be taken outside the nursery window.
- Babies are taken to the nursery every day at 6am and 6pm for vitals and a brief exam.

- **Breastfeeding**
  - 2 lactation consultants on postpartum floor; 1 lactation consultant in NICU.
  - All nurses can assist you with breastfeeding.
  - Baby will be brought to you whenever he/she is hungry.
  - The baby will NOT be given bottles or pacifiers or bottles without your permission.
  - **Pump Rental** – information given on postpartum floor.
  - **Formula Feeding** – Baby will receive Similac formula in the hospital.

- **Circumcision**
  - Let your MD know prior to labor; Let your nurse know during your admission to labor.
  - Baby may be fed until the time of the circumcision.
  - Baby may be discharged to home on the same day of the circumcision if there is no extensive bleeding

## NICU

- Mom and Support Person may visit any time.
- May have one visitor with Mom OR other banded person.
- If your baby is in the NICU and you live greater than 1 mile away from the hospital, you may stay at the Ronald McDonald House.

## Postpartum

- You may take all the video and still pictures you want.
- A daily fee for in-room phone and TV service.

**Visitation**

- Support Person may stay 24/7 (Please dress appropriately)
- All other visitors 10:00 am to 8:00 pm
- No children other than siblings allowed

**Meals**

- Orders may be placed with the kitchen (6:45 am to 6:45 pm, no orders after 7:00 pm).
- Mom may order anything she wants from the menu.
- May order up to 2 bottles of water with each meal.
- Tea Service every day at 3:00 pm (Coffee, Tea, Desserts).
- Pantry and snacks on all units (For patients ONLY).

**Paperwork**

- Birth Certificate information is completed after delivery.
- Birth Certificate may be picked up 7-10 days after delivery at the Dept of Vital Statistics, Bayard Street, New Brunswick.
- Social Security Card – You can choose: mailed to you; or picked up at the Social Security Office.
- POP Form (Form confirming Father's paternity).

**Parking**

- Validated for the first 24 hours.
- **On arrival, if you are in labor**:
  If you are feeling good, park in the RWJUH Parking deck and walk to the Labor and Delivery unit on the third floor. If you are not feeling well, bring Mom to the Emergency Room entrance and then park your car in the RWJUH parking deck. Someone will bring Mom to Labor and Delivery, and you can meet her there.

**Reminders:** *Remember to take home your* sitz bath, peri bottle, donut, and other supplies given to you during your stay. You will need these items to continue your care at home.

**Discharge** Checkout is 11 a.m. on the day of your discharge. Mom will receive postpartum Discharge Instructions from her postpartum nurse and she will receive a separate set of Discharge Instructions for the baby from the nursery nurse. Day before discharge, send home all non-essential items (Flowers, Gifts, etc.)

## Pre-register Online

Our online pre-registration service allows Robert Wood Johnson University Hospital's pre-registration team to enter your personal and insurance information into our hospital system in advance of your visit.

## New Brunswick Campus Pre-Admissions

Call **(732) 937-8863**, Monday through Friday, between the hours of 8:00 a.m. and 8:00 p.m. and a member of our pre-registration team will confidentially take your personal and insurance information over the phone. Or fill out the secure online (https://www.rwjuh.edu/rwjuh/pre-admissions-form.aspx) pre-registration form at your convenience, 24 hours a day, 7 days a week.

## Concierge Services at New Brunswick Campus

### Monday – Friday, 11:00am – 7:30pm

### Located in the Main Lobby or Dial Extension 7004

At Robert Wood Johnson University Hospital, you will receive outstanding care provided by top-ranked physicians and nurses. We understand that being hospitalized can be hard for both you and your family. It is our top priority to make sure that your time here is the best that it can be. To deliver on that commitment, we have created the Robert Wood Johnson Concierge to support you before, during and after your stay with us. RWJ Concierge Servicesis available to help create the most comfortable environment for patients, visitors and guests. From securing transportation to finding pet care to delivering items to ordering flowers and gifts, turn to Concierge to make your stay at Robert Wood Johnson University Hospital more comfortable.

For patients staying at RWJUH, Concierge can help ease your visit by helping you with:

- Transportation to & from the Hospital
- Business Services - Postage, Notary, Fax & Copy
- In-Hospital Errands
- Pet Services
- Restaurant Delivery
- Salon Services
- Purchase Items from the Gift Shop*

For visitors of RWJUH, Concierge can be a resource for you with:

- Gifts & Flowers for the Patient
- Gift Wrapping
- Travel & Transportation Suggestions & Booking (hotels, car rentals, etc)
- Local Information
- Referrals for Support Groups or Volunteer Opportunities