

## Preparing for Delivery\*\*

*The big day is approaching and there is still a lot to be done!*

*This handout is to help you plan for your upcoming delivery.*

### **\*\*This handout reflects changes due to Coronavirus precautions**

1. **L&D Registration Form:** This form can be printed or filled out online and saved to your PC. Email the completed form to [LDprereg@huntingtonhospital.com](mailto:LDprereg@huntingtonhospital.com) or Fax to: (626) 397-7149. Go to [www.huntingtonhospital.org](http://www.huntingtonhospital.org), Click “Our Services”, “Pregnancy&Childbirth”, “Preparing for Your Stay”, “Pre-Registration with L&D” and click green “Pre-Register with Huntington Baby”.
2. **Maternity Tour:** All tours are cancelled until further notice.
3. **Childbirth Classes:** Due to COVID-19, all on-site classes are cancelled until further notice. Call (626) 397-8768 if you have questions.

#### **Online classes are available at**

- HH WEBSITE OFFERS VIRTUAL CHILDBIRTH CLASSES:  
Go to Women’s Health > Huntington Baby > Huntington Baby Virtual Live Classes
  - ONLINE LAMAZE CLASSES ([www.lamaze.org/lamaze-classes-online](http://www.lamaze.org/lamaze-classes-online))
  - COUPLES ONLINE PRENATAL CLASSES ([www.pullingcurls.com/online-prenatal-class-couples/](http://www.pullingcurls.com/online-prenatal-class-couples/))
4. **Pediatrician:** Your newborn needs to be under the care of a Pediatrician who is on staff at Huntington Hospital. Let us know if you need help selecting your Pediatrician. You can refer to the list in our FOWH OB Guidebook.
  5. **Free Breast Pump:** A breast pump can be obtained free of charge. Just Google the phrase “free breast pump.” Pick a provider and enter your insurance information. If they accept your insurance, you can request the pump online. We also like the Hygeia hospital-grade breast pump. This is a highly regarded model that is cordless and rechargeable. Call HYGEIA 855-786-7296, or go to [www.momsgetmore.com](http://www.momsgetmore.com).
  6. **TDaP:** This is the vaccine for Whooping Cough (Pertussis). We usually give it during the 3<sup>rd</sup> trimester. Your partner, close relatives and childcare providers may need it as well. Most pharmacies provide walk-in TDaP injections, call ahead to confirm.
  7. **Cord Blood:** The stem cells in the cord blood are frozen and can be used, even years later, to treat various life-threatening conditions. The cord itself can be stored also.
  8. **Having a scheduled C-Section?:** If yes, please call our office and leave a message with our Surgery Scheduling team.
  9. **Tying the tubes?** We offer a “postpartum tubal” after vaginal birth or during a C/S birth. This is an important decision and needs to be made ahead of time. Please discuss with your provider.

If you have any questions about preparing for your upcoming delivery, feel free to ask us. Please refer to your OB Guidebook for useful information about the Hospital and many birthing related issues. There is also a useful “To Do” checklist at the back of the FOWH OB Guidebook.