

## 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.*

1. **Family Birth Center Registration:** If you are an existing Huntington patient, sign in to My CS-Link to register by visiting [www.cedars-sinai.org/hhmycslink](http://www.cedars-sinai.org/hhmycslink). If you're a new patient or receive the prompt "Unable to verify your identity" when trying to register, please call (626) 397-5294.
2. **Childbirth Classes are available online:**  
<https://www.huntingtonhealth.org/our-services/womens-health/huntington-baby/classes-tours/#signup>  
or go to the Huntington Hospital Web site:  
[Home > Huntington Health Services > Women's Health > Huntington Baby](#)
3. **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.
4. **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 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).
5. **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.
6. **RSV Vaccine:** In 2023, the CDC and FDA approved Abrysvo, an RSV vaccine given to pregnant women from 32-26 week pregnant. This vaccine results in maternal antibodies to RSV which pass through the blood and placenta into the fetus, which helps protect the newborn from birth to about 6 months of age from becoming seriously ill with RSV pneumonia.
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 "postpartum sterilization" after vaginal birth or during C/S birth. This important decision 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.