
Preparing for Delivery**

*The big day is approaching and there is still a lot to be done!
This handout is to remind you of steps to be taken ahead of time
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. At the bottom of the form it says to email the completed form to LDprereg@huntingtonhospital.com OR Fax to: (626) 397-7149. Go to www.huntingtonhospital.org, Hover on the "Our Services" Menu and click [Pregnancy&Childbirth](#). On the right, click on "Preparing for Your Stay." Scroll down and click the heading "[Pre-Register with L&D](#)" and then click the link for the "[Labor & Delivery Pre-Registration form](#)."
2. **Maternity Tour:** All tours are cancelled until further notice.
3. **Childbirth Classes:** All classes are cancelled until further notice. Call (626) 397-8768 if you have questions.

Online classes are available at

- BABY CENTER (www.babycenter.com/video)
 - ONLINE LAMAZE CLASSES (www.lamaze.org/lamaze-classes-online)
 - COUPLES PRENATAL CLASS (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 OB Guidebook (FOWH OB Guide is on the USB drive).
 5. **Free Breast Pump:** A breast pump can be obtained free of charge. There is an Rx form for this on the USB Drive. Better yet, 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.
 6. **TDaP:** This is the vaccine for Whooping Cough (Pertussis). We usually give it during the 3rd 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.

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.