



# Huntington Hospital

## WELCOME TO BIRTH AT HUNTINGTON HOSPITAL

**W**elcome, and thank you for selecting Huntington Hospital for the birth of your baby. We look forward to providing you with a rewarding birth experience. Here are a few suggestions to help make your admission as smooth as possible as well as some additional information about other available services.

### ***Helpful Telephone Numbers***

Admission Call Center/Preadmission Information_____	(626) 397-5600
Huntington Hospital Birth Certificate Office_____	(626) 397-3262
Main Hospital Number_____	(626) 397-5000
Pasadena Bureau of Vital Statistics_____	(626) 744-6010
Physician Referral Service_____	(800) 903-9233
Huntington Hospital Website_____	<a href="http://www.huntingtonhospital.com">www.huntingtonhospital.com</a>
Perinatal Health Education Childbirth Class Registration	
	<a href="http://www.huntingtonhospital.com/childbirthclasses">www.huntingtonhospital.com/childbirthclasses</a>
Perinatal Health Education General Information_____	(626) 397-8768

### ***Huntington Hospital Is a Tobacco-Free Facility***

This means that there is no smoking allowed at Huntington Hospital by anyone including patients, staff and visitors. Please make sure your visitors know about this before they come to visit you in the hospital.

### ***Preadmission***

If you have not received Huntington's Labor and Delivery Pre-Registration form from your doctor's office, you can access all the forms from the Huntington Hospital Maternity Orientation and Tour page. You can then mail or fax your completed registration information to the address or fax number listed on the form. Please submit your completed registration by the sixth month or as soon as possible. You will receive written confirmation from the Admissions Call Center no later than 2 months prior than your due date. Feel free to contact the Admission Call Center to confirm their receipt of your Labor and Delivery registration form.

## ***Parking and Admission***

Main Entrance located on West California Boulevard.

Open from 5 am – 8 pm

Closed from 8 pm to 5 am – *Use Emergency Entrance when Main Entrance is closed.*

Park in the North Parking Lot – Valet Parking Available

Emergency Entrance located on South Fairmount Avenue.

Open 24/7 – *Use Emergency Entrance when Main Entrance is closed.*

Park in the East Parking Lot – Valet Parking Available

### **Parking Fees**

Parking is free for the first 15 minutes. After the first 15 minutes, parking is \$1.00 per 15 minutes up to a maximum of \$6.00. Valet parking is available at both the Main Entrance and the Emergency Department Entrance for \$7.00 per day. We also offer a 7 consecutive-day pass for \$22 and a 20-visit pass with no expiration for \$60. These passes are available at the parking booths.

### **Visitation Stickers**

Before entering the hospital, all patients and visitors must stop by the Information Desk located at each entrance and pick-up their Visitation Sticker. Each Visitation Sticker identifies the visitor's destination. Mothers in labor will be directed and/or assisted to Labor and Delivery from the Emergency Department. The admission process will be completed for you after you arrive at Labor and Delivery. Please remember to bring your insurance card with you.

## ***Labor and Delivery: The "Golden Hour", Visiting and other Information***

It is important for you to determine who will provide your labor support and stay with you during your labor, delivery and recovery period. Generally two people are allowed for support. However, the number of birth partners you may have may also be determined by your nurse and your obstetrician based upon your labor progress, your comfort and your safety. All birth partners must be free of illness.

Generally, mom's stay in Labor and Delivery is about 1 ½ to 2 hours after the baby is born. We encourage you to take advantage of this first hour that is often called "**The Golden Hour**". If you would like, this first hour of life can be a time devoted to just mom, baby, and dad or partner getting to know each other. After the first hour, generally 3-4 visitors plus dad or partner and siblings may visit mom and baby in the LDR.

When mom and baby go to Maternity, only the dad or partner may go along with them. The rest of the Labor and Delivery Visitors may return to the Main Lobby Information Desk and pick up a Room Pass for Maternity. They will be able to visit during the regular visiting hours for Maternity and based upon the number of Room Passes available (See **Maternity Visiting Hours and Information** for more information).

The only children allowed to visit Labor and Delivery are the siblings of the new baby. Children, ages 7 years and under, are not allowed during the delivery, although they may visit mom before the baby is born, if accompanied by an adult, dad or partner. Children, ages 8 to 13 years, may attend a vaginal birth of their sibling, if approved by the obstetrician. Children, ages 14 years and above, are permitted to attend the cesarean birth of their sibling if approved by both the obstetrician and the anesthesiologist. All children who visit must be free of illness.

Phone calls will not go directly to your labor, delivery recovery (LDR) room. Once you are in your room on Maternity, callers may call the Maternity Nursing station. The calls will then be transferred to your room.

Please assign one person the task of giving out information about you and the baby's birth. Encourage your family and friends to wait for this person to call. Hospital staff will not give out any information about mom or the birth.

Please bring only those comfort items needed while in labor to the labor/delivery/recovery room. Additional items may be brought to you once you arrive in your postpartum room in Maternity.

**Include a written list of all medications, vitamins and/or herbs you are currently taking including dosage and any known allergies. You will be asked to provide this information at the time of your admission to Labor and Delivery. You can either print out a copy of this form under Birth Forms and Handouts link on the Maternity Orientation and Tour web page or the go to the link of the same name located under Women's Services.**

### **Maternity: "Nesting Time", Visiting Hours and other Information**

Maternity now has its own special visiting hours. Regular Maternity Visiting Hours are from 11 am to 2 pm and 4 pm to 8 pm. During these hours, anyone you chose may come to visit you. You may have up to 3 visitors in your room at any one time. This number does not include the dad or partner. They are never considered just "visitors". Siblings of the new baby, when accompanied by an adult other than Mom, may visit during regular visiting hours. Although all siblings may visit mom at one time, any sibling 6 years and older still needs to have a Room Pass. Any siblings 5 years and under do not need a Room Pass.

All visitors need to pick up their Room Passes from the Main Lobby Information Desk. There will only be 3 passes available for each room. Please ask your visitor to return the pass to the Main Lobby Information Desk when they leave. Your waiting visitors will only be admitted based upon the number of passes available for your room.

The hours between 2 pm to 4 pm are "**Nesting Time**" on Maternity. These 2 hours are set aside for you, your baby and your husband or partner, or one adult family member or significant other to get to know each other. The lights are dimmed and the energy level is decreased. This might be your time to focus on breastfeeding your baby, napping or just being together.

All visitors should be free from upper respiratory infections with no recent exposure to communicable disease.

For patient and staff security, access to the hospital is restricted to the Emergency Department entrance during the hours of 8 p.m. to 5 a.m. Visitation Stickers are required.

Father, Partner or one adult support person is welcome to stay overnight, if the patient is in a private room.

**HANDWASHING IS REQUIRED FOR EVERYONE BEFORE HOLDING/ TOUCHING THE BABY.**

### ***Perinatal High Risk Unit***

Children may be allowed to visit in the high risk room, but the visitation is dependent upon the patient's condition and treatments being performed. We request children be accompanied by an adult, other than the patient, and that they are free from upper respiratory infections with no recent exposure to communicable diseases. The Maternity Nesting Time visiting hours from 2 to 4 pm are also maintained in Perinatal High Risk. Visitors to Perinatal High Risk Unit will follow the same rules as Maternity.

### ***Neonatology***

The neonatal intensive care unit (NICU) is a 52-bed unit divided into six rooms. Each room offers a different level of care designed to meet the individual medical needs of each infant.

Visiting hours for the parents and their two chosen adult visitors are 8 a.m. to 6:30 p.m. and 8 p.m. to 6:30 a.m. Sibling visitation is allowed for brothers and sisters, three years and older, who have proven vaccinations.

No visitors, including siblings, may visit babies in NICU if they are sick with colds, flu and/or any contagious disease. All visitors must wash their hands at the large sinks located within NICU before entering any of the rooms to visit babies.

### ***PREPARING FOR YOUR HOSPITAL STAY***

**W**hen making plans for the birth of your baby, also prepare for your hospital stay, as well as your trip home. Here are several suggestions that may help you:

- ***Check with your insurance company*** and verify the length of hospital stay covered by your insurance. Remember to bring your insurance information with you to the hospital.
- ***Prepare your list of current medications with dosage.*** Remember to include information about any vitamins and/or herbs you are taking as well as any allergies.
- ***Leave valuables, such as jewelry, cash and credit cards at home.*** Sometimes emergency situations arise and you may be asked to remove your jewelry. This precaution helps remove the possibility of you losing possessions that are important to you.
- ***Pack a bag for the baby.*** Although Huntington takes care of all the baby's needs during the hospital stay, our hospital does not provide the diapers, clothing or blankets necessary for your baby's trip home.

- ***A car seat is a must.*** California state law mandates that all individuals seated in a moving vehicle must use safety belts. Infants must be placed securely in a car seat appropriate for their weight. Learn how to place the car seat in the backseat of your car. Staff will not be able to assist you when putting your baby in the car for that first ride home.

***OTHER INFORMATION AND SERVICES***

***Gift Shop***

The Gift Shop is located in the first floor lobby of the Main Building.  
The hours of operation are:

Monday through Friday - 9 a.m. to 8 p.m.

Weekends - 12 to 4 p.m.

***Meditation Room/Chapel***

The meditation room/chapel is located on the first floor of the Wingate Building, next to the elevators, and is open 24 hours a day, seven days a week.

***Welcome to Our Cafeteria, the Bistro Garden Café!***

The cafeteria is located on the first floor of the West Tower. Service includes made-to-order sandwiches, a salad and soup bar, hot food and grill, drinks, desserts and other food selections.

**Café Hours**  
6:30am - 2:00am

**Starbucks Hours**  
6:30am - 8:00pm

**Breakfast**

Home: 6:30am - 10:00am  
Grill: 6:30am - 10:00am

**Lunch**

Home: 10:45am - 2:00pm  
Grill: 10:45am - 3:00pm  
Deli: 10:45am - 4:15pm

**Dinner**

Home: 4:30pm - 8:00pm  
Grill: 3:30pm - 8:00pm

**Late-Night** Grill: 9:00pm - 2:00am