We are here for you.

IU Health Bloomington Hospital

Indiana University Health Bloomington Hospital
601 W. Second St.
Bloomington, IN
812.353.5252

Driving directions from IN-37:
1. Exit onto Second Street and turn east toward downtown Bloomington.
2. Follow Second Street for approximately two miles.
3. IU Health Bloomington Hospital will be on the right at 601 West Second Street.

Parking
Garage

1ST STREET
2ND STREET

Physician Parking
Lot 4
Patient & Visitor Parking

Hunter School
Helipad

Handicapped Parking

Enclosed walkway to hospital on Main level

Lot 2
Lot 3

Wegmiller Auditorium, Main Floor

Covered Parking for Emergency

Additional employee parking and shuttle from the Cook Pharmica lot.

There is employee parking and shuttle service from the Cook parking lot at the southwest corner of Patterson and Allen St.

Wait for the shuttle by the sign at the front of the lot.

BHAS

Covered Parking for Emergency

Human Resources

Human Resources

Covered Parking for Emergency

Additional employee parking and shuttle from the Cook Pharmica lot.

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Wait for the shuttle by the sign at the front of the lot.

BHAS

Covered Parking for Emergency

Human Resources

Human Resources
Welcome! Thank you for choosing Indiana University Health Bloomington Hospital for the birth of your baby.

Indiana University Health Women and Children’s Services is designed with the comfort of mom, baby and family in mind. We’re ready to make your stay relaxing and enjoyable. Our family centered care focuses on the emotional and physical well-being of you and your baby.

Private labor, delivery and recovery rooms are fully equipped with monitors needed for safe childbirth as well as shower/bathtubs with Jacuzzi jets for your comfort. Every family will have a team of care providers that includes an obstetrician or nurse midwife, pediatrician, anesthesiologist and obstetrical nurses to focus on the care of you and your baby.

In 2011, we received the prestigious, Baby-Friendly award from the World Health Organization and UNICEF. Baby-Friendly hospitals help improve maternity services and infant care around the world. We support research that shows you and your baby will be healthier when you practice 24 hour rooming-in. Unless your baby has a medical need, you will never be separated from your baby nor will your baby go to a nursery.

Since your baby will stay with you, we encourage you to have someone with you throughout your stay as an extra set of helping hands will help you take care of your baby.

Use this guide to help familiarize yourself with your options at IU Health Bloomington Hospital.

Sincerely,

Dana Watters, MSN, RNC-OB
Executive Director
Women and Children’s Services
IU Health Bloomington Hospital
Pre-registration
Registering before your birth is easy. Submitting your registration early will give us time to verify and pre-certify your insurance. To complete your registration, you will need to have your insurance information available. Go online at iuhealth.org/bloomington, click “Pre-Register”, fill out the form and submit or call 812.353.9101 (or toll free at 877.353.9101) and someone will help you or answer any questions. You must call your insurance company once your baby is born so they can add your baby to your policy.

Pre-Admission Information
A pre-admission form with questions about your medical history is included on page 46 of this book. Please answer all the questions. Then, remove it and put it in your suitcase to bring to the hospital. When you arrive, give it to your nurse and she will be able to admit you more quickly. A list of things to bring to the hospital is on page 37.

My Birth Wishes — Birth Plan
This checklist will help you learn about the care and comfort options available to you during your labor and throughout your postpartum stay. It’s very flexible and can be changed whenever you or your healthcare provider feels it is necessary. It is on page 52. Please give it to your nurse when you arrive.

Choosing a Doctor for Your New Baby
When you choose your pediatrician before you give birth, you have an opportunity to meet the person who will be caring for your child. You can see more information about our local Riley Physicians providers by visiting siphysicians.org/pediatrics. When admitted, your nurse will ask you for your pediatrician’s name. If you have not decided, or plan to see a doctor in your home town, we will assign you the on-call pediatrician. Before leaving the hospital, you will make an appointment to visit your pediatrician.

Rooming-in
Your baby will always stay with you in your hospital room. Unless there is a medical reason, you will not be separated from your baby nor will your baby go to a nursery. While you are recovering, it is important for you to have another adult stay with you to help care for your baby.
Visitors

Your family and friends may visit you in labor when you choose. There is a sign on your door with two sides; one side welcomes visitors, the other lets them know you are resting and wish not to be disturbed. To access our secure unit, your visitor will via intercom request to see you. For safety, they will need to know your first and last name. You may also choose to be a “No Information Patient”. In this case, your visitors would need to know your room number; otherwise we will not allow any visitors since we officially do not have you listed as a patient. Mother/Baby (Postpartum) visiting hours are 11 am - 3 pm & 5 pm - 8 pm.

Snooze and Snuggle Time

Sleep is very important and helps you feel better. A quiet nap time (Snooze and Snuggle Time) is observed from 3 - 5 pm. Please ask your visitors to avoid visiting during this time. Let your nurse know so she can help protect your privacy. We will have postcards available for visitors to leave a note that we will gladly deliver to you.

Your children are welcome. Bringing books, toys or other items will help them play while visiting. There is a TV with a DVD player in each of the rooms. Friends and family who are ill may visit when they are feeling well. No one with a fever, cough, flu or cold may visit because this exposes your newborn to possible infections. Family members or friends less than 14 years of age may not be in the room with the baby. Your pediatrician feels this is the best way to keep your baby healthy. If they want to see your baby, you or your partner may take the baby in the crib to the Newborn Treatment Room where your baby can be viewed through the window. You or your partner will need to stay with the baby for the entire time.

Because of confidentiality laws, information regarding you or your baby cannot be released by anyone except you.
Helpful information

**Wireless internet access**
We offer free wireless internet access so you can browse the internet or communicate with distant loved ones. If you have a laptop, you’re welcome to use it. We also have loaner laptops available. Let your nurse know if you need one, and we will request one be delivered to you.

**DVD-VCR-CD player**
These are available in all the rooms. Playing music often helps you relax and cope with labor. Ask your nurse for available music or movie selections, or bring your own selection from home.

**Hospital phones**
Hospital phones are available for local calls. You may also use your cell phones.

**Lullaby Lounge**
The Lullaby Lounge is located next to the nurses’ desk on Mother/Baby. This is a place for your partner or another adult you designate to bond with your baby if you would like to rest.

**Newborn photos**
We offer in-room baby photography. Bringing a special outfit or memento for the picture is encouraged. You may request a pamphlet and give permission for the photographer to photograph your baby. You can order prints, announcements, gifts and more. There is an online gallery by MOM365 services. You will be required to create and share a password to protect your privacy. For more information, call 800.423.5431 or visit Mom365.com.

**Hugs and Kisses Infant Protection System**
At the time of birth, you and your baby will have bands applied. If the band around your baby’s ankle becomes loose, lights in the hallways begin to flash. Occasionally an alarm will sound. We will make sure to correct the problem as quickly as possible. These bands prevent unauthorized exits and will be removed before going home.
During your stay
Labor and birth

Where do I go when I'm in labor?
When in labor, it is important to contact your provider right away. Your provider will meet you in the office or have you come to the hospital. When you arrive at the hospital, park in the Emergency Department’s (ED) garage located on the lower level on the west side of the hospital (see map on inside cover). The main hospital doors close after 10 pm and reopen at 5 am.

Go directly to Women and Children’s Services (WCS) Labor and Delivery unit. WCS is located on the second floor (take E Elevator). After exiting E Elevator, turn left down the hallway to Labor and Delivery. Request to enter using the intercom. Come to the nurse’s desk and you will be directly admitted to Labor and Delivery.

To visit WCS prior to your delivery, please schedule a tour. Call 812.353.BABY or visit iuhealth.org/bloomington and click Events and Classes.

Admission
The admission process includes:

■ Monitoring—your baby and your contractions
■ Prenatal History—The questions are on the pre-admission form on page 46. If you fill this out, you will not have to answer them in labor. This will streamline your admission.
■ Physical exam—vital signs, symptoms and head-toe assessment

After admission, your nurse will contact your provider, follow your plan of care and help you during labor. When it is time to push, she will stay with you. Your provider will come when you are ready to deliver.

What is the Golden Hour?
The time surrounding the birth of your baby is very precious. Lower the lights, quiet the room and get ready to witness a miracle. Upon delivery, your baby will be placed on a blanket on your abdomen, and dried. Your partner may cut the cord. Then your baby will be placed on your chest (skin-to-skin) which helps your baby stay warmer, calmer and to breastfeed. If your baby requires medical attention, this may delay your skin-to-skin time. Your partner may stay with your baby in our Special Care Nursery and we will have you visit as soon as possible.

We promote having your baby skin-to-skin with a diaper and a blanket over the back through the first breastfeeding, usually two hours. This is what is known as the Golden Hour—share it together—it gives time to recover and discover your baby. Your nurse will help inform your family and friends when you are ready to share your baby with them. We recommend that this happens after the Golden Hour.
Why is breastfeeding best for my baby?

Mother’s milk is the perfect food for all babies. Breastfeeding your baby is the best gift you can give. During the first few days, nursing your baby will give him/her your colostrum (early milk). Colostrum is packed with antibodies to keep your baby healthier and has the right nutritious mix to help their sensitive digestive system. It also helps protect your baby from developing chronic health problems, infections, and obesity. It is the most important decision you will make for the health of your baby.

Here are some more breastfeeding benefits for mothers. Breastfeeding helps:

- Your body recover from birth including decreasing risk of hemorrhage after delivery
- You have a lower risk of breast and ovarian cancer, heart disease and type 2 diabetes
- You make hormones that help you feel calm and close to your baby
- You lose weight faster because your metabolism increases
- You soothe your baby quickly since your milk is warm and ready instantly

Your nurse will teach you how to recognize your baby’s hunger signs, get comfortable, position your baby and begin breastfeeding. Colostrum, your body’s “first milk,” is ready to nourish your baby who will usually be interested in feeding within the first hour of birth.

We want you to have help breastfeeding. We know this is a learned skill and it takes awhile to feel confident. Your baby can suck, swallow and breathe but you will need practice coordinating this while he/she eats. There are different positions we can show you and tips that will make this easier. We are here to help; just ask.

The lactation specialist will be here every day to help make breastfeeding successful. Ask for help when you need it. (See your Bedside Feeding Log to help keep track of when your baby feeds and how many diapers you change). If you have concerns or feel unsure, please let us know. When you go home, there are many people who can help you (see the resource list on page 39 for contact information).

Taking a class is very helpful when you are planning to breastfeed. The Lactation Consultant’s expert advice and guidance will help prepare you for breastfeeding. Information about returning to work will help you plan ahead and learn all about pumping.

We have additional information for you when you take a class, deliver or visit iuhealth.org/bloomington. The Mother and New Baby book you will receive upon delivery also has excellent information.

Skin-to-Skin

Holding your baby skin-to-skin helps him/her:

- Stay warm
- Ease breathing
- Stabilize blood sugar levels
Your baby has been “held” (inside) you securely during pregnancy and now being held skin-to-skin helps your baby stay calm and cry less. Your baby will also be able to breastfeed more easily. This improves your milk supply. Any time you notice your baby is fussy, skin-to-skin contact can help soothe him/her. Dads are also encouraged to hold baby skin-to-skin. If there are medical reasons that keep you from holding your baby right after birth, start as soon as possible. For more information about the benefits of skin-to-skin see:

For additional information about the Breast Crawl see www.breastcrawl.org. We also have educational DVD’s for you to watch during your hospital stay.

**Recovery**

**Once you have given birth**

Your vital signs and bleeding will be checked frequently.

- You will be offered nourishment— A list of snacks and a menu will let you know your food choices. If you have questions, call the cafeteria at 9405. You may also bring food from home, from carry-out or have food delivered during your stay. Your partner is free to bring food from the cafeteria or from home to eat with you.
- A nurse will check your baby’s vital signs, weight, length and Apgar scores and within the first hour, she will also give your baby:
  - A Vitamin K injection in your baby's thigh
  - Antibiotic ointment in your baby's eyes
- To decrease your baby’s risk for low blood sugar, stress, breathing difficulty and to help your baby stay warm, infant baths are delayed for several hours.
- Your partner is encouraged to be with you throughout your stay to support you and help take care of your new baby—there is a bed provided for rest.
- You and your baby will be taken by wheelchair or bed to your postpartum room once you are stable, generally within a few hours after delivery. Occasionally, when it is busy, you may stay in Labor & Delivery until a postpartum room is available.

**Mother/Baby (Postpartum)**

In Labor and Delivery, your nurse cared for you, and at times, another laboring woman. Your Mother/Baby nurse will coordinate her care for you and your baby (called “couplet care”) and her care for her other couples. Now that you have graduated into parenthood, your goal is to get the rest you need, the nourishment you want and the knowledge to take care of yourself and your baby. Your nurse will make rounds early in her shift and every two hours to assess your well-being. When you need something to eat or drink, for pain, or to go to the bathroom, press your call light. If you want someone to help you learn how to feed your baby, change a diaper or soothe your baby, ask us. Let us know how we can make your stay an excellent one. We want to help and we have the time to help; just ask.
Help in taking care of yourself

Getting help to the bathroom
The first two (2) times up, please ask your nurse for help. We have products and supplies to introduce. We want to assure that you are safe when you are up and you have the support you need during your recovery. Put the call light on any time you need assistance.

Medications
Your provider has ordered various medications and products that can alleviate your pain. You will be offered medication for discomfort—pain medications are not given on a set schedule but on request from the patient. Please let us know when you need anything to make you more comfortable.

Self-Care Products
Please ask us for any of these products:

- Tucks, Dermoplast and ice packs help soothe the soreness from delivering a baby. A sitz bath or foam pad may also help.
- Panties and sanitary pads are provided. A spray bottle filled with warm water helps you keep clean and special wipes help you pat dry (wipes and ice packs are NOT TO BE FLUSHED DOWN THE TOILET).
- Lactation – The best prevention of sore nipples from breastfeeding is a good latch. Please request assistance as needed so we can help get you and your baby off to a great start. If you do experience nipple soreness, we have supplies to help. Please let your nurse know at the first sign of soreness.

Showering
Once you have gotten up twice with a nurse without feeling dizzy, you may shower.

Rest will help you feel better
Remember that your need to rest is more important than your company’s desire to see and hold your baby. Please feel free to use your “Do not disturb” sign outside your door. Place your baby in the crib next to your bed for easy access when he/she awakens. Nap when your baby naps. If you have had a Cesarean delivery or need assistance, please press your call light so we may help. Don’t try to get up on your own. We want you to be safe, so always press your light when you need help.

Blood Work
Your blood will be drawn before delivery and afterward if you are Rh negative or if ordered by your doctor or midwife. These results will be explained to you. Some women need iron supplements following delivery to replenish the blood that was lost during birth. A stool softener is also recommended with iron supplementation to prevent constipation. All women should continue to take prenatal vitamins while they are breastfeeding. Always take a vitamin that has folic acid, a supplement all women need; taking with food often helps if you have any stomach upset.
How to take care of your baby

Mother/Baby Handbook
You will receive your Mother and New Baby Care book after delivery, which has information on video clips accessible by logging on to seewhatyouread.com. Your individual PIN number is on the back of your Handbook. Use this to watch how to care for your baby or if you have questions about your recovery.

The basics of how to feed, diaper and soothe your baby
Your nurse will assist you in learning these skills. Please call us when you need help; we want to teach you.

What to do if your baby is crying
There is no need to worry that you are holding your baby too much. This is a time of transition. Your baby was used to being “held” 24 hours a day before birth. If your baby is fussy try:

- Changing a diaper
- Feeding
- Swaddling
- Rocking
- Talking, singing, or white noise
- Gentle swaying while walking
- Shushing noises
- Watching educational DVD’s —ask your nurse

Crib with supplies for your baby
Your baby will sleep in his/her crib right next to your bed. The cribs contain extra supplies and other items for you to use while you are here.

Bulb syringe
Your nurse will show you how to use the bulb syringe. Clean it with warm water after each use and keep it nearby.

Safe sleep - What’s best for my baby?
You can lower the risk of sudden infant death syndrome (SIDS) by a few important guidelines:

- Place your baby on his/her back to sleep for naps and at night
- Do not sleep with your baby in bed with you
- Use a firm mattress in a safety-approved crib covered by a fitted sheet
- Make sure nothing covers the baby’s head
- Do not use pillows, blankets, sheepskins, or pillow-like bumpers or toys in your baby’s sleep area
- Use sleep clothing, such as a one-piece sleeper, instead of a blanket
- Do not let anyone smoke near your baby
- Remember Tummy Time! — Placing babies on their stomachs when they are awake and someone is watching helps your baby’s head, neck, and shoulder muscles get stronger and helps to prevent flat spots on the head
- Changing the direction that your baby lies in the crib from one week to the next can help reduce the chance that flat spots will develop on your baby’s head

For more information on crib safety guidelines, call the Consumer Product Safety Commission at 1-800-638-2772 or visit them at www.cpsc.gov.

For more information about SIDS, call 1-800-505 CRIB (2742) or visit www.nichd.nih.gov/sids.

Doctors and Nurses want to help

Lactation Services
An International Board Certified Lactation Consultant (IBCLC) or Certified Lactation Counselor (CLC) will make rounds daily. These experienced nurses can help you breastfeed your baby, answer your questions and give you the resources you need when you go home.

Provider Rounds
Your doctor, nurse-midwife, and/or pediatrician will make daily visits and release you and your baby to go home on your last day. The pediatrician typically comes to your room early in the morning before going to the office. Your pediatrician will:
  - Turn the lights on brightly so he/she can examine your baby
  - Talk to you about your baby
  - Answer any of your questions
  - Give you written information about newborn care

Hospital Personnel
A nurse from our Women and Children’s Services leadership team will check with you during your stay to make sure all your needs have been met. Please let us know how we can make your stay an excellent one.
Special Care Nursery (SCN)

When your baby needs medical attention, experienced neonatal nurses will care for your baby in our Level II SCN. Our pediatricians and nurses are all trained in Neonatal Resuscitation and prepared for emergencies. We work well together as a team to provide expert care for your baby. Sometimes your baby will stay in our SCN for awhile and we will have a room nearby for you to stay in at no cost to you.

When more critical care is required for your baby, a team of highly skilled professionals will transport your baby to one of the Level III facilities in Indianapolis. We discharge you so you may join your baby as soon as possible.
What does my baby need before I go home
Preparing to leave
When do I get to go home?

Most moms stay for at least 48 hours after they deliver vaginally or 72 hours after Cesareans. This gives you time to recover and feel confident in feeding and caring for your newborn. Your nurse will need to also complete your baby’s screenings and blood tests.

Please let us know what time you are planning to go home. There are important papers to sign and your nurse will complete the teaching for both you and your baby. This takes time. We want to coordinate what needs to be finished before you leave. *There is a checklist on the last page of this booklet to help you know what you need to do before being discharged. There is also one in your hospital room. Your nurse will update you on what needs to be completed before your discharge.*

What do I need to do before I go home?

**What do I want to name my baby? - Completing your birth certificate**

Please complete the Birth Certificate worksheet as soon as possible and give it to your nurse or the unit secretary (she is here 7 am - 5 pm daily). You will need to read, verify and sign your baby’s application for the birth certificate before you leave the hospital and before it can be sent to the state. If there are several patients being released, it may take a few hours to get the paperwork completed and ready for you to sign. The birth certificate will be available for a fee from the Monroe County Health Department in 4-6 weeks (119 W. 7th St., Bloomington, IN (812.349.2543)).

**What is a Paternity Affidavit — for unmarried parents, this legally identifies the father**

Paternity is another word for “father of the baby”. If a child’s parents are not married, and the mother wishes to legally establish a father, there are important steps to take. When the father signs a Paternity Affidavit, this establishes he is legally the father of your baby. To do this, both parents must:

- Have their Social Security number (you do not need the Social Security card) and valid photo IDs.
- Provide full, current address and phone number.
- Have the affidavit completed within 72 hours after the birth of the baby and notarized by a notary public of the State of Indiana. If the affidavit is not signed within 72 hours, you will have to file the affidavit with the Monroe County Health Department (there is a fee if it is done at the Health Department).
- You will be given information about establishing paternity. Read the information provided about Paternity Affidavit and Joint Custody – there have been recent changes in the Indiana Law IC 16-37-2-2.1. Read all information carefully. According to the law, parents:
  - Must be separate from each other to read the affidavit (paper explaining paternity) and make your own decision about filing an affidavit and/or joint custody (when you both will be responsible for your baby).
May consult with an adult of your choosing about the affidavit.

May choose to establish joint custody when signing the affidavit.

Please complete the information form and return it to the nurses’ station as soon as possible. The unit secretary is a notary public, available to answer questions and complete your birth certificate or paternity affidavit from 7 am to 5 pm, 7 days a week.

For more information, please contact in.gov/dcs/2485.htm or call 317.234.5437.

Infant and Mother Teaching
You will want to learn about your recovery, how to take care of your baby and when to call your doctor. Your nurse will teach you what you need to know. Ask questions to make sure you have the information you need to feel confident in your new role.

Why do I need to get vaccinated for Whooping Cough (Pertussis) ?
Many more adults are getting Whooping Cough and giving it to newborns. It is a severe infection requiring hospitalization for newborns. Because vaccines can weaken over time, it is recommended that all adults caring for your newborn receive a booster of Pertussis. Most pregnant women will receive the Tdap (Tetanus, Diphtheria, Pertussis) vaccine because the benefits will pass to her baby prenatally and provide protection earlier. For more information, please see www.cdc.gov/vaccines or call (1-800-CDC-INFO).

Local resources where you can receive the vaccine

- IU Health Urgent Care
  East 326 S. Woodcrest
  Bloomington | 812.353.6888
  8 am - 8 pm, daily

- Monroe County Public Health Clinic
  333 E. Miller Dr., Bloomington | 812.353.3244

Local family practice offices and walk-in clinics may also have the vaccination.

Postpartum Self Care Plan
Your nurse will screen you for, and educate you about, Postpartum Depression and Anxiety Disorders.
Your emotional health is as important as your physical well-being. Postpartum depression and anxiety are the most common side effects of pregnancy. It can happen during your pregnancy and through the first year. We want you to know we care about you and you can talk to us about your birth, your feelings and your fears. All women go through adjustments after having a baby and many need help with cleaning, cooking and someone with whom to talk. We want you to have a plan for who you can call and what to do when you need help. We care about how you are coping. If you have any thoughts or feelings that make you anxious, overwhelmed, sad or scared, please share these with your nurse. If you do have these thoughts, know you are not alone; it is not your fault and with help, you will get well. The sooner you get help, the faster you will feel better, and the more completely you will recover.

You can talk to your provider and there is a psychiatric nurse practitioner available at both IU Health Southern Indiana Physicians Women’s Health Practices (Aegis Women’s Healthcare and Southern Indiana Physicians for Women) as well as at IU Health Behavioral Health Services in Bloomington. It may be difficult to take the first step to seek help, but once you do, you will be on your road to recovery.

A Self Care Plan is on page 42. Fill out this plan, and ask for help when you need it. Later, if you are feeling depressed or afraid you might harm yourself or your baby, ACCESS CENTER (812.353.5010 or toll free 877.353.5010) will answer your call 24 hours a day.

**What if I feel overwhelmed?**

Sometimes too much company can stress both parents and baby. Ask staff if you need help with “traffic control.” If you feel yourself getting overwhelmed, ask for help. Our staff is trained to help keep you and your baby together. It is okay to put your baby’s and your needs ahead of others right now. This is the time to be protective and have opportunities to learn how to care for your baby and yourself before you go home.

**Prescriptions**

If you have any prescriptions for medications you want to fill on the way home, you will need to have identification, payment and your prescription.

**Insurance for your baby**

Your baby must be added to your insurance within the first month of life. If you do not have insurance for your baby or you are on Medicaid, IU Health Individual Solutions can help you. For more information, please call IU Health Individual Solutions at 812.353.2020, or ask to talk with Case Management during your stay.
What does my baby need before going home?

**Screenings**

**Newborn Blood Screen**
Indiana State law requires that all babies in Indiana be screened for 45 disorders. This blood test takes a few drops of blood from your baby’s heel. If you leave before your baby is 48 hours old, this screening must be done again. These results will be sent to your doctor. For more information about the newborn blood screen, visit [in.gov/isdh/20215.htm](http://in.gov/isdh/20215.htm) or call 888.815.0006.

**Infant Hearing Screen**
Indiana state law requires all infants must have a hearing screen to see if they have any loss of hearing. Your nurse will give you the test results. For more information, call the Early Hearing Detection & Intervention (EHDI) Program at 888.815.0006 or go online to [hearing.in.gov](http://hearing.in.gov).

**Pulse Oximetry Screen for Congenital Cardiac (Heart) Problems**
Indiana state law requires all infants have a screening to see if they were born with a heart problem. Pulse oximetry uses a sensor (light) to see how much oxygen is in the blood and feel the baby’s pulse (heart) rate. This screening can identify some infants with heart problems before they show signs of being sick. Your baby must be 24 hours old for the screening to be accurate. If you leave early, you may return to have the screening. For more information, call the Centers for Disease Control and Prevention 800.CDC.INFO or visit [cdc.gov/ncbddd/pediatricgenetics/CCHDscreening.html](http://cdc.gov/ncbddd/pediatricgenetics/CCHDscreening.html).

**Jaundice (bilirubin) Screen**
Jaundice occurs in over half of all babies. A test for jaundice will be completed before leaving the hospital and again at your pediatrician’s office. It can get worse when your baby is 3-5 days old. If your baby is very sleepy, isn’t eating well or is getting yellow, it is extremely important to call the pediatrician.

**Circumcision - only if you choose**
Circumcision is when the foreskin of the penis is removed. It is an elective procedure (you can decide if you want to have your son circumcised or not). The American Academy of Pediatrics does not recommend routine circumcision. If you choose to have your son circumcised, it is usually done the day after birth by your pediatrician. A signed consent giving your permission and a Vitamin K shot must be done prior to circumcision. You will be given information about circumcision before signing a consent form. For more information, visit the American Academy of Pediatrics website [aap.org](http://aap.org).
**Hepatitis B Vaccination**

Your pediatrician recommends this immunization be started at birth. Your nurse will give you information beforehand. Ask your pediatrician during your visit if you have concerns, or for more information about all immunizations, visit the Centers for Disease Control and Prevention: [cdc.gov/ncidod/diseases/hepatitis](http://cdc.gov/ncidod/diseases/hepatitis).

**Where can I have a car seat safety check?**

Before you go home from the hospital, make sure your government approved infant car seat is installed in the middle of the back seat of your car. Infant car seats are designed to be used rear-facing. The transport team will take you and your baby to your car expecting the car seat base to be properly installed beforehand. To make sure your car seat is safe, register for your free car seat safety check by calling 812.353.5437 (KIDS), or go online at [iuhealth.org/bloomington](http://iuhealth.org/bloomington) under “Events and Classes”. If you have questions, contact cwickens@iuhealth.org.

Other locations (by appointment only):

- AAA, Sara Doering, 812.336.1700
- IU Health Riley Physicians, Jennifer Hacker, 812.333.1616
- St. Vincent Dunn Hospital, Jodee Rhorer, 812.276.1285
- Greene County Sheriff’s Department, Jodi Dunigan, 812.384.4411
- Child Adult Resource Services, 812.829.4580
How do I prepare for childbirth?
Take childbirth education classes

A variety of classes are offered by our experienced nurse educators to meet your needs for preparing for birthing, parenting and breastfeeding. Take them all as the different classes will teach you important skills to help you meet the challenges of new parenthood.

Obtain Class Schedule and more information about how to register at 812.353.5252 or click “Events and Classes” online at iuhealth.org/bloomington. Visit the Women and Children’s Services section at iuhealth.org/bloomington for useful items on our web site such as a Birth Wishes Checklist and pre-registration information.

If after registering or reviewing this information you have questions, please contact the community education coordinator at 812.353.4791

**Discoveries and Shooting Stars Childbirth Class - Saturday or weeknight series**
Whether you take an all day Saturday class or a weeknight series, you will learn what to expect during labor and how to use coping skills such as breathing and relaxation techniques to decrease your pain during labor. You and your partner will learn how to cope with labor challenges as you practice:

- different positions using birthing balls, pillows and rockers
- comfort measures such as massage tools, hot or cold packs and counter pressure techniques
- your new skills together by rotating through labor rehearsal stations in a birthing room where relaxing music, low lights and an experienced nurse will help make you feel more prepared for your upcoming birth

All of the above will be explained, demonstrated and practiced during class.

**Baby Basics and Beyond Class - Saturday morning or weeknight class**
As you hold your instructional baby throughout the class, you will practice diapering, bathing, cord care, calming techniques and when to call the doctor. Many more important topics essential to new parents are covered which will make you feel more confident in caring for your newborn.

**Breastfeeding and Pumping Class - Saturday afternoon or weeknight class**
Learn practical skills on how to breastfeed your baby and prepare to return to work with less anxiety as you learn how to pump. Our IBCLC lactation specialists will help you feel much more confident and ease your fears about breastfeeding. Join us as you get the support you need to successfully breastfeed your baby.

**Grandparent Class - Offered quarterly on a weeknight**
Have your parents learn what has changed since they gave birth to you and how best to support you as new parents. The class includes a tour of the Women and Children’s Services unit.
**Sibling Class or Toddler Tour - Saturday mornings or weeknight**

Because we know that your new addition to the family is special for all of you, we would like to help prepare soon-to-be big brothers and sisters for the new baby. There are two options:

**The Little Dipper Sibling Class** is perfect for those children between the ages of 3-6 years who will hold, diaper and swaddle a newborn baby doll. A tour of the Women and Children’s Services unit will familiarize your child to where you will give birth to your new family member.

**The Toddler Tour** is great for little ones who need to keep moving. The Toddler Tour is an option to the Little Dipper Sibling Class but has many of the same benefits. They will have an opportunity to hold a life-size baby doll and tour the Women and Children’s Services unit. Older siblings are also welcome or bring your whole family to come and see where you will welcome your new family member.

**Ask yourself about pain management**

Every woman experiences labor and delivery differently. Some cope with contraction pain using breathing and relaxation, while others desire medications given IV or by epidural. Upon admission, you will be asked what plans you have to manage your pain while in labor (for example, using breathing or relaxation skills, medication, etc.). You can remain flexible in your plan and change it as the need arises.

To evaluate how much pain you are experiencing, a pain scale has been developed from 0-10 (0=no pain and 10=most severe pain). This scale will be used throughout your stay to help you receive adequate pain relief.

During class, you will learn breathing and relaxation skills, comfortable positions, hydrotherapy and other techniques to help you manage the pain during labor and birth. These help you stay relaxed and calm. Your body also produces endorphins which are your natural pain killers that help you cope with the discomfort of labor.

What are your goals for labor?

- Do you have specific goals for your birth experience
- How do you see yourself coping with labor
- What role do you want your partner to play in your comfort
- How does pain medication fit into your labor plan
- Have you had a previous good or bad experience with a pain medication
- Do you have preferences about specific types of medication

If you have used pain medication for birth before:

- Why did you choose that kind of medication
- Did it do what you expected
- Would you use that medication again
- If not, what would you want
How involved do you want to be in making decisions about pain medication?

- Do you want the nursing staff to help you in every way they can to help you avoid using medication for pain relief?
- Do you want your caregiver to offer pain medication or would you prefer to ask for it if you want it?

Many women like to plan ahead. It is always good to remain flexible in your plans, but prepare as much as you can for what you might experience. Childbirth classes are a valuable tool to help you have skills to help you cope. Even if you’ve had a baby before, a review will be invaluable.

**For Dads**

Having a baby is one of the most wonderful things in the whole world. You will find yourself feeling protective, of mom and your new little one. The role of the dad is the physical and emotional protection of mom and physical care of the baby. Dads play a vital role in deflecting negative remarks and in providing day-to-day encouragement. You may need to help mom get the rest she needs by helping her to bed while asking company to wait for you to return once you’ve gotten her and your baby settled. Communication is important. Talk to each other about how you feel, what frustrations you have, or what you need from each other. Write each other notes. You are in this together. Sometimes it feels like you will be sleep deprived forever, but in just a few months, life will begin to settle down as the baby sleeps more, cries less and is more self-entertaining. When mom is more rested, she will feel like a new person; be patient. Keep your love alive by trying to make time for your relationship—plan a movie night at home, a walk after dinner, or a short outing. Most important, keep your sense of humor.

Loving care and touch by the father is important. Dads can play with the baby, talk to the baby, sing to the baby. Bonding is a process that takes time to develop. You will bring strength, practicality and creativity to your relationship with your baby. Most babies prefer to play with dad, so get ready to play! Trust your instincts, pitch in and help. You have no idea how important you will be to your child. For more information see dadsadventure.com.

**How can Dad help Mom?**

- Get mom a snack while she is nursing
- Give her a break to shower, nap, or get out of the house
- At night, change the baby and bring him/her to mom for nursing and put the baby back in the crib to sleep
- Tell her what a wonderful job she is doing as you rub her back
- Take over some of the errands and chores
- Help with diapering and caring for your baby

**Ideas for Dads**

- Talk and sing to your baby
- Play while diapering—blow raspberries, tickle toes, give kisses
- Take your baby for a walk, or outside to see the sky if he/she is fussy
What does my baby need before I go home
What should I know about staying healthy and protecting my baby during pregnancy?

Why should I quit smoking during pregnancy?

When you smoke during pregnancy, your blood vessels get smaller. This decreases the blood flow to the placenta and your baby. Blood carries oxygen, and since your baby gets less blood, your baby gets less oxygen. Oxygen is essential for your baby to be healthy. When you smoke during pregnancy, your baby:

- May be born prematurely or too small
- Is more likely to have difficulty breathing after delivery
- May cry more as he/she goes through nicotine withdrawal

The sooner you quit smoking during pregnancy, the healthier you and your baby will be. It’s best to quit smoking before getting pregnant. But if you’re pregnant, it’s not too late. This would be a great opportunity to kick the habit. We know this is a hard habit to stop; we have programs that are free to help you quit smoking. We want to help you quit. To sign up, please call the IU Health Bloomington Respiratory Care at 812-353-5811. For more information on the web, visit smokefreebloomington.org. If you can’t attend a class, call the free Indiana Tobacco Quitline: 1-800. Quit.Now (1-800-784-8669).

If you drink alcohol, take drugs or any prescription medication, so does your baby. It is important to be honest with your doctor or nurse midwife about substance use because it will help us plan ahead to take care of your baby after delivery. Some babies go through withdrawal and by knowing ahead of time, we can take the best care of your baby. Please let us help you and your baby.

Why is it important to pay attention to when my baby moves?

When your baby kicks, or moves, it shows your baby is healthy. It is normal for you to have periods when you notice these movements more often; other times you may be more active and may not notice them as often.
When you want to be reassured:

- Place your hands on your belly
- Lie on your side or sit in a comfortable chair, and relax
- Drink a cold liquid, listen to music, or walk beforehand
- Count the number of times your baby moves over the next ½ hour

If your baby’s movements suddenly change, decrease, or are absent, contact your provider. They may talk to you about counting the number of times your baby kicks, or have you come to the office or hospital to be monitored.

Why is iron so important for me and my baby?

What is Anemia?
During pregnancy, you need extra iron (30 - 60 mg a day). For many women, it is hard to get enough iron rich foods in their diet. Most women need to take a prenatal vitamin and sometimes extra iron in a pill (supplement). When you are anemic, your baby may be smaller, born early or get sick easier.

How does this happen?
- Iron is essential to make red blood cells
- Red blood cells carry oxygen to you and your baby
- When you don’t have enough iron stored in your blood, your baby doesn’t get the oxygen she/he needs to grow healthy
- This is called anemia

How do I increase iron levels in my blood?
It is easy to treat your anemia. You can eat more iron rich foods and/or take an iron pill. Foods that are rich in iron (red meat, dark green leafy vegetables, etc.) will get into your body better with Vitamin C. Eat a piece of citrus fruit or drink juice (with Vitamin C) with your meals.

When you take your iron pill or prenatal vitamin:
- Swallow it with a glass of orange (calcium free), cranberry or tomato juice. The Vitamin C helps the iron get into your body.
- Don’t take with eggs, milk, tea, coffee, or antacids. These will prevent the iron from working.
- Sometimes the iron tablet will make your stool turn dark; this is normal.
- If you are constipated, try:
  ◊ Drinking more water
What do I need to know about preterm labor?

Preterm labor is when labor begins before 37 weeks of pregnancy and happens in one out of every seven moms. Babies born before 37 weeks don’t have the same amount of time to develop their body and brains as babies born at 40 weeks. This can lead to health and learning problems, so we will try to stop preterm labor.

1. What are the warning signs of preterm labor?

Here are signs that you may have preterm labor (you may have one or more):

- Contractions (your belly tightens like a fist) every 10 minutes or more often
- Cramps that feel like your period
- Belly cramps with or without diarrhea
- The baby feels like it is “balling up”
- Change in vaginal discharge (leaking fluid or bleeding from your vagina)
- Pelvic pressure—the feeling that your baby is pushing down
- Low, dull backache

2. What should you do if you think you’re having preterm labor?

Call your healthcare provider. Your healthcare provider may tell you to:

- Come into the office and/or to the hospital for a checkup
- Stop what you’re doing, rest on your left side for 1 hour
- Drink 2 to 3 glasses of water or juice (not coffee or soda)

If the signs get worse or don’t go away after 1 hour, call your provider again. If they get better, relax for the rest of the day.

3. Can preterm labor be stopped?

Your provider may give you medicine to try to stop preterm labor. You also may get some medicine that can improve your baby’s health, even if she/he does come early. For more information about preterm labor prevention, visit marchofdimes.com.

What if I have High Blood Pressure in pregnancy?

What is Preeclampsia?

Most women with high blood pressure have healthy babies, but women who have preeclampsia can develop serious problems that can affect both her and her baby’s health. Some signs of preeclampsia are:
High blood pressure
Protein in your urine
A sudden, rapid weight gain
Swelling of the face and hands
Severe or constant headaches
Visual problems, including blurred vision or spots
Pain in the upper part of the abdomen

If you have any of these signs, call your provider as soon as possible. Your blood pressure will be checked regularly and other tests may be ordered. If preeclampsia is mild, you may improve with bed rest; if it is severe, you will be hospitalized. There is no “cure” for preeclampsia. The best way to be healthy and avoid problems is to have regular visits with your healthcare provider and follow his/her treatment plan.

If preeclampsia develops into eclampsia, the mother can have seizures and other problems. It is important to follow your provider’s plan of care so you and your baby will be healthy. Sometimes, delivery of the baby may be necessary to prevent serious complications. For more information visit: http://www.nlm.nih.gov/medlineplus/ency/article/000898.htm

What is Group Beta Streptococcal (GBS) Infection?
GBS is a type of bacteria that causes a life-threatening infection in newborns. In pregnant women, GBS can cause bladder infections, womb infections and stillbirth. Many people carry GBS in their bodies but do not become ill. 15-40% of pregnant women carry GBS in their lower intestines or vagina. You will be tested at 35-37 weeks of pregnancy and if positive, will be treated with intravenous (IV-in the vein) antibiotics during labor. If you have fever during labor, your water is broken for more than 18 hours, or before 37 weeks, you are at higher risk. Blood samples from your baby will be tested and your baby may be treated with antibiotics. For more information see the Center for Disease Control’s website: http://www.cdc.gov/groupbstrep/index.html or call 1-800-232-4636 (1-800-CDC-INFO)

What foods can cause Listeriosis that can make me sick or harm my baby?
Pregnant women are at high risk for getting sick from Listeria, a harmful bacteria found in some foods. Listeria causes a disease called listeriosis which can cause miscarriage, stillbirth, premature birth, or serious illness.

- Do not eat hot dogs, luncheon meats, bologna, or other deli meats unless they are reheated until steaming hot.
- Do not eat pâté meat spreads or smoked seafood
- Do not drink raw (unpasteurized) milk or any foods that have unpasteurized milk in them.
Do not eat salads made in the store such as ham salad, chicken salad, egg salad, tuna salad, or seafood salad.

Do not eat soft cheese such as Feta, queso blanco, queso fresco, Brie, Camembert cheeses, blue-veined cheeses, and Panela unless it is labeled as made with pasteurized milk.

For more information, contact the USDA Meat and Poultry Hotline 1-888-MPHotline (toll-free nationwide) or 1-888-674-6854 • TTY: 1-800-256-7072; http://www.fsis.usda.gov/ and see the CDC’s guide to food handling and preventing infections http://www.cdc.gov/Features/PrenatalInfections

What are Pelvic Floor Muscle Exercises—Kegel Exercises?

These exercises tighten the muscles that strengthen your pelvic floor and keep urine from leaking from the bladder. It is important to exercise the right muscles. These are the muscles that stop the flow of urine. Try tightening them for 5-10 seconds and rest for 10 seconds. Do sets of 10 several times a day. For more information, visit women.webmd.com.

Induction of Labor

Why do women get induced?

Labor inductions are done for many medical reasons. Here are just a few examples:

- A woman is past her due date by one week (41 weeks)
- A woman is experiencing medical problems that place her or her baby at risk, such as:
  - High blood pressure
  - Diabetes
  - The bag of water has broken
  - The baby or babies may be small or the amniotic fluid too low

Though not medically indicated, elective labor induction may be done for convenience or discomfort of the mother after 40 weeks. Your provider must check your cervix to see if you’re more likely to have a vaginal delivery if induced. If your cervix isn’t ready to be induced, you will have to wait. A scheduled delivery may appeal to you because it helps you plan your schedule and you may be tired of being pregnant, however the risks associated with an elective induction may outweigh the possible benefits, especially if this is a first time labor.

What are the potential risks and benefits of labor induction?

It is always important to consider the potential benefits and risks of any procedure. The risks include, but are not limited to the following:

- A greater risk of Cesarean birth, especially with an “unripe” cervix. First time mothers have 2-3 times greater risk of a Cesarean birth with labor induction compared to spontaneous labor.
Longer labors
- Higher chance of vacuum or forceps delivery
- Increased use of pain medications
- A greater risk of postpartum hemorrhage
- Side effects associated with medications or unintended adverse reactions. For example, it is possible to cause contractions that are too frequent and may decrease the baby’s heart rate causing fetal stress. This is why careful monitoring of your baby’s heart rate is necessary during labor induction.

**How will I be induced?**

Labor induction is usually done with a medication called Pitocin. With your practitioner’s order, the Pitocin will be given by IV and slowly increased until labor progress is achieved. While you are getting the medication, your baby’s heart rate and your contractions will be monitored continuously.

The length of labor depends on how dilated or “ripe” your cervix is at the start of the induction. In general, the more dilated you are, the quicker your labor will progress. If your cervix is closed and not shortened, a cervical ripening medication (cervidil) may be given the day before your induction. Ripening the cervix may make the Pitocin more effective. Sometimes, ripening your cervix may trigger the onset of contractions.

Other options for inductions also are available by some practitioners:
- Breaking your bag of water—if your cervix is already dilated, your practitioner may start your induction by breaking the bag of water.
- Balloon catheter—your practitioner may place a catheter in the cervix. By placing a small amount of water in the catheter, it expands causing the cervix to open.
- Cytotec (Misoprostol)—medication given orally or vaginally that causes contractions is sometimes used to ripen the cervix and for inductions.
What does my baby need before I go home?
Safety First — What can I do to prevent accidents?

How do I keep my baby safe?
Accidents are the leading cause of children’s injuries and deaths. Prevention is important. The Riley Safety Store (812-353-KIDS) sells items to keep your baby safe. If you have questions, contact Cara Wickens (cwickens@iuhealth.org).

What is tummy time?
It is the time your baby spends on his/her stomach while awake and watched by someone.

Why do babies need Tummy Time?
Babies learn how to control their head, how to roll over and develop muscles necessary to sit up, crawl and walk when they spend time on their tummies. It is also important to prevent flat spots on your baby’s head.

Don’t get discouraged if your baby doesn’t love Tummy Time at first; she/he will slowly learn to enjoy it and every bit of tummy time makes a difference. Keep it fun.

For more information, go to Pathways http://pathways.org/awareness/parents/tummy-time/ (800-955-CHILD) or www.nichd.nih.gov/sts/about/pages/tummytime.aspx.
What do I bring to the hospital?

- Identification (such as a driver’s license) and insurance card(s)
- *Pre-Admission form (filled out)
- *Birth Wishes Checklist
- Personal care items
- Nursing gown and/or pajamas, robe, socks and slippers
- Hair tie to hold hair out of eyes
- Eye glasses and/or contact lens supplies, if needed
- Nursing bra(s)
- Writing pad, pen, stamps and address book
- Lip moisturizer
- Camera (still and video) and accessories such as cords, batteries, film, memory cards, etc.
- List of people you want to call or e-mail and their phone numbers or e-mail addresses
- Laptop computer (IU Health Bloomington Hospital offers free wireless Internet access and loaner laptops, if requested)
- Cell phone — charged (these are OK to use at IU Health Bloomington Hospital)
- Relaxation tools such as: lotion for massage, music to help you stay calm and a focal point item to help you concentrate, ball (small) to use for counter pressure, pillows for comfort (if you want personal ones, use a patterned case to distinguish from hospital pillows)
- Reading items such as books or magazines
- Lamaze Breathing Card (given in class or available in Labor & Delivery)
- Food for support person so he/she does not need to leave the labor and delivery room
- Sweatshirt for support person - many moms like the room cool while laboring
- DVDs to watch, cards or games to play during labor (DVD/CD/VCR players available in each room)
- Comfortable clothes to wear home
- Baby clothing for official hospital photos and to wear home
- Car seat (of course, you’ve read the directions and have tested in your car. Call for help at 812.353.KIDS and for your free car seat safety checks, register online under “Events and Classes” at iuhealth.org/bloomington)
- Small amount of cash and/or credit cards for use at hospital cafeteria, vending machines, prescription medications and gift shop

* see pages 46 & 52 or online at
http://iuhealth.org/bloomington/women-and-childrens-services/labor-delivery/
Other Resources

**WIC (Women, Infants and Children) Program**
WIC is a program which provides nutritious foods and information about healthy eating for low-income families. They also encourage breastfeeding, have breastfeeding classes, one-on-one breastfeeding appointments and a breastfeeding support group (see below). Walk-in infant weight checks are available Monday through Friday from 8:30-2:30. **Babies on formula need an appointment with WIC to receive vouchers for formula.** *The amount of formula will not be enough for all your baby’s needs, so you will also need to buy formula. For more information, please call WIC at 812.353.3221.

*Between leaving the hospital and your WIC appointment, you will need to buy formula to feed your baby. Your pediatrician will tell you what kind of formula to buy.*

**Starting Strong**
Supporting your child’s early communication and language development (birth-five years old). Indiana University Speech and Language Clinic 812.855.2272. You will be referred if needed. [indiana.edu/~sphs/clinical/hearing/](http://indiana.edu/~sphs/clinical/hearing/)

**Infant Eye Examinations**
The American Optometric Association recommends that children have their first complete vision assessment before they are six (6) months old. The School of Optometry at Indiana University has a Pediatric Clinic. The program is free. For more information, visit [opt.indiana.edu](http://opt.indiana.edu) and click the link to InfantSee or call 812.855.9196.

**Healthy Families**
Monroe County Healthy Families is a home visiting program designed to focus on parents’ strengths by building confidence, reducing stress and maximizing the joy of being parents. For more information, call 812.332.1245 or visit [in.gov/dcs/2459.htm](http://in.gov/dcs/2459.htm).

**Early Head Start**
An in-home weekly visiting program to help pregnant women and parents with infant learning, daycare and other services. For more information, contact [insccap.org/pages/head_start_early_head_start](http://insccap.org/pages/head_start_early_head_start) or email: family@insccap.org or call the office: 812.334.8350, ext. 244.

**New Hope Family Shelter**
New Hope is the only emergency shelter in Monroe County that keeps homeless families together while the case manager and director work with those families in daily contact and weekly conference. For more information, please call 812.334.9840.
First Steps
A program to assure that ALL Indiana families with infants and toddlers experiencing developmental delays or disabilities have access to early intervention services close to home when they need them. Call 812.314.2982 or visit: in.gov/fssa/ddrs/2633.htm.

Community Partners for Child Safety Program from Ireland Home Based Service
The Community Partners for Child Safety program is a voluntary, free service to help parents and children. The main goal is to keep children safe from abuse and neglect and to provide support to the families. Community Partners can provide assistance during difficult times of parenting. Open to families who reside in Monroe, Orange, Brown, Owen, Greene, and Lawrence counties. Families may self-refer or be referred by another person or agency. To make a referral, contact Ireland Home Based Services at 812.479.1856.

Middle Way House — Shelter and Support for Abused Women
Middle Way House offers shelter and counseling for women who have been abused or raped. The Rise & Transitional Housing helps women and their families have a safe place to live until they find suitable housing. Call 812.336.0846 or email MWHcommunications@gmail.com.

Crisis Pregnancy Center
CPC offers services to women who are experiencing an unplanned pregnancy or are new parents who need services. There is also a residential facility (Hanna House) that helps pregnant women and new mothers who need a safe place to live. For more information, please contact 812.334.0104 or visit cpcbloomington.org.

Roof Crashers - Mom’s Track
Sherwood Oaks Christian Church offers support for new mothers with childcare available. For more information see socc.org/adults/groups-and-classes or contact Keri Viers at kmviers@yahoo.com or 812.272.9018.

Pregnancy and Postpartum Exercise Class
Physical therapists help with posture, body mechanics strengthening and flexibility exercises. You can meet new or expectant mothers and bring your baby. For additional information, see iuhealth.org/bloomington/rehabilitation/rehabilitation-wellness-services/pregnancy-postpartum-exercise-class/ or contact Heather Blanton at 812.353.5358 or hblanton@iuhealth.org
Where can I get help with breastfeeding?

IU Health Bloomington Lactation Services
For breastfeeding help or information, call 812.353.5805. For information about renting or purchasing a breast pump, see the Women and Children’s Services section at iuhealth.org/bloomington/women-and-childrens-services/lactation-services/.

Bloomington Area Birth Services (BABS) Lactation Center
Board Certified Lactation Consultants are available. There are bi-monthly nurse and chat gatherings of breastfeeding mothers. BABS offers certified nursing bra fittings, pumps and pump supplies. For more information, call 812.337.8121 or visit bloomingtonbirth.org/lactation/.

IU Health Riley Physicians (formerly Southern Indiana Pediatrics)
Board Certified Lactation Consultants and Lactation Counselors are available at the Landmark, Clarizz, Arlington and Bedford offices. Call the Clarizz office at 812-333-2304, Landmark office at 812-333-1616, Arlington office at 812-353-3777, or Bedford office at 812-277-0118. For SIP information about breastfeeding, see siphysicians.org/pediatrics.

WIC
WIC is a federally funded program which provides vouchers for nutritious foods and information about healthy eating for low-income families. They also encourage breastfeeding, have a breastfeeding support group, breastfeeding consultations and breast pumps. Staff includes International Board Certified Lactation Consultants (IBCLC). The Bloomington WIC office is located at 333 E. Miller Drive. For more information, please call WIC at 812-353-3220.

- Other WIC offices are:
  - Brown 812.988.6792
  - Greene 812.384.3253
  - Lawrence 812.279.6222
  - Morgan 765.349.9566
  - Orange 812.723.4131
  - Owen 812.829.0303

- Participants must have nutritional needs, meet income guidelines and live in Indiana. For WIC program information: www.in.gov/isdh/programs/wic/data/clinics_by_county.htm
- WIC breastfeeding information www.in.gov/isdh/programs/breastfeeding

La Leche League
La Leche League (LLL) is a support group for breastfeeding mothers. They have regular meetings and offer breastfeeding help. For meeting schedules and locations and for LLL leader contact information, please see Illusa.org/web/BloomingtonIN.html.
Infant Risk Call Center
This is an excellent resource for questions about medications, prescriptions and drugs while breastfeeding or pumping. Call 806-352-2519 for questions about specific medications or drugs, or visit ttuhsc.edu/infantrisk.

Other websites
- Monroe County Breastfeeding Coalition — MonroeBreastfeedingInfo.org
- Kellymom.com — excellent all around information on breastfeeding

Donor Milk Program
IU Health Bloomington is proud to offer banked human donor milk for premature or sick babies. The availability of this milk depends on the generous donation of breast milk from breastfeeding mothers. The Monroe County WIC Program clinic and Bloomington Area Birth Services provide a Milk Bank Depot where the milk of donor mothers is stored until it can be shipped to the Milk Bank. For more information about being a donor, call 317-536-1670 (toll free 877-829-7470) or write info@immb.org.

License to breastfeed
Indiana law states: A woman may breastfeed her child anywhere the law allows her to be. Go ahead and nurse your baby ... it's the law! (IC 16-35-6 [hb 1510]).

Breastfeeding at work
The law states, employers with 25 or more employees must make reasonable efforts to provide:
- A private space other than a toilet stall to express her breastmilk.
- A cold storage space for storing expressed breastmilk. If a refrigerator is not available, the employee can bring her own portable cold storage to store breastmilk until the end of the work day.

Lactation Support in the Workplace Law (SEA 219)
- To view a full copy of the law visit: http://www.in.gov/legislative/bills/2008/SE/SE0219.1.html
- For more information, contact: Indiana Perinatal Network at ipn@indianaperinatal.org
Postpartum self-care plan

Daily Routine
If I am well cared for, I will be a better mother to my baby. On a daily basis, I can take three 15 minute periods for myself. During those times I will:

1. ____________________________________________________________
2. ____________________________________________________________
3. ____________________________________________________________

Some suggestions: Take a shower; look through a magazine; meditate; take a walk outside; open the window and breathe some fresh air; eat a healthy snack; watch a favorite TV show; call a friend; surf the internet; read a book; listen to an audio book; turn on the radio

Special Care
Within the first month of my baby’s birth, I can commit to doing the following special thing for myself:

____________________________________________________________________________

Some suggestions: Get a massage; take a few hours to yourself to walk outside; spend some time alone (without the baby) with a friend; have a date with your husband or partner; have a “girls’ night out” with a group of friends; get a pedicure; have someone take the baby and take a hot shower or bubble bath if your cesarean incision has healed

Breaks and Assistance
When I need a break from the baby, I can ask:

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Some suggestions: Your husband or partner, best friend, mother, sister or brother, postpartum doula, neighbor, extended family member

When I need help with household tasks (like laundry or cleaning), I can ask:

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Some suggestions: Your husband or partner, best friend, mother, sister or brother, postpartum doula, neighbor, extended family member
**Food for Self and Family**

When I need something fast and healthy to eat, I can order in from:

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<tr>
<th>Restaurant</th>
<th>Phone Number</th>
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I can also make or keep on hand:

1. _______________________________________________________________________
2. _______________________________________________________________________
3. _______________________________________________________________________

Some suggestions: Mini carrots with peanut butter or hummus; almonds and raisins; fresh fruit; peanut butter sandwich with a glass of milk; energy bars; cheese cubes and crackers - preparing several servings at a time can save time

I can ask the following people to prepare meals or coordinate a meal rotation for my family during the first few weeks after my baby is born:

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<th>Name</th>
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**Breastfeeding**

If I encounter difficulty with breastfeeding, I can contact:

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Some suggestions: IU Health Bloomington Hospital Lactation Services 812.353.5805; Bloomington Area Birth Services Lactation 335.6455; La Leche League [Illusa.org](http://Illusa.org) or leaders Erin 812.345.0539, Joan 812.334.2698, MaryAnn 812.334.8494, Rhonda 825.2932, or Judie 812.834.1618 for Lawrence Co.; Southern Indiana Pediatrics—Esther Briggs 812.335.2434
Emotional Health

If I am feeling sad, anxious, or overwhelmed, I can call:

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<th>Name</th>
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Some Suggestions: Your primary healthcare provider; midwife or obstetrician; a friend or relative; one of the mental health professionals on the resource list; your current therapist

Physical Activity

To move my body I can:

1. _____________________________________________ _________________________
2. _____________________________________________ _________________________
3. _____________________________________________ _________________________

Some suggestions: Take a walk around the block; take the baby for a stroller ride; attend postpartum yoga classes at BABS; stretch for five minutes; YMCA swim classes; Student Recreational Sports Center (SRSC) classes

Social Life

To help me get out of the house with my baby in a welcoming environment, I can go to:

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Some suggestions: Nurse and Chat at Bloomington Area Birth Services (second Wednesday of each month, 9:30 am to 1:00 pm); Meeting of La Leche League of Bloomington; New Mothers’ Support Group at BABS; play group with other new moms; activities at Monroe County Public Library
See monroe.lib.in.us/childrens/childrens_progsched.html

Education and Information

Some websites where I can find more information about babies and parenting are:

1. _____________________________________________ _________________________
2. _____________________________________________ _________________________
3. _____________________________________________ _________________________

Some suggestions: bloomingtonbirth.org; Illusa.org/web/BloomingtonIN.html; askdrsears.com; BornLearning.org; (American Academy of Pediatrics) aap.org.
Postpartum cheat sheet

My call list

<table>
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<tr>
<th>Name</th>
<th>Phone Number</th>
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<tr>
<td>My Doctor / Midwife:</td>
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<tr>
<td>My Baby’s Pediatrician:</td>
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Bloomington Area Birth Services  | 812.337.8121
bloomingtonbirth.org

The Daily Five

If you are Hungry, Angry, Lonely, or Tired, it is time to HALT and do one of these things:

1. Sunlight (20 minutes outside, even in the shade or take your Vitamin D supplement)
2. Exercise (even a little can help a lot!)
3. Water
4. Protein
5. Sleep (at least 6-8 hours per day, even if broken up)

H = Hungry
A = Angry
L = Lonely
T = Tired
Pre-Admission Questionnaire

Please cut this questionnaire out and bring with you to the hospital.
The staff of Women and Children’s Services want to give you the opportunity to make your labor and delivery admission easier. By filling out and bringing this questionnaire to the hospital when you come to have your baby, your nurse will be able to quickly enter the information into the computer. Your nurse can complete your admission, activate your healthcare provider’s orders and begin taking care of you.

You may pre-register your insurance information online at iuhealth.org/Bloomington. Click on “pre-register”, complete the form and submit. Another option is to call 812.353.9101 or toll free at 877.353.9101. Thank you for assisting us in the admission process.

Please complete this form and place in your bag to bring to the hospital. Give the completed form to the nurse when you arrive.

General Admission Information
Name: _____________________________________________________________________________
Your age: _______________
Name of Doctor/Certified Nurse Midwife: ________________________________________________
If someone asks for you, is it okay for us to tell them you are here?  □ Yes  □ No
What is your due date? _______________
How many times have you been pregnant? _______  Given birth? _______
How many babies were born term (> 38 weeks)? _______  Preterm? _______  Still living? _______
How were your babies born? □ Vaginal births (#) _______ □ Cesarean births (#) _______
    If by Cesarean, are you planning a vaginal birth after Cesarean (VBAC)?  □ Yes  □ No
What was the month of your first prenatal visit? ___________________________
What is your date of birth? ________/________/___________
What is your weight? Pre-pregnancy: ____________lbs.  At last office visit: __________lbs.
How tall are you? ________ft. _______in.
Do you smoke?  □ Yes  □ No
    If no, have you ever smoked?  □ Yes  □ No  If yes, how much/day? ___________

Complications - Previous Pregnancy/Delivery
Did you have any complications during any pregnancy, delivery or after giving birth?  □ Yes  □ No
If yes, explain: ________________________________________________________________
Did you have any pregnancy losses (miscarriage, abortion, ectopic pregnancy or stillbirth)?
- Yes  No  If yes, explain: ______________________________________________________

What is your weight?  Pre-pregnancy: _____________ lbs.  At last office visit: _____________ lbs.

How tall are you ______ ft. ______ in.

**Allergies**

Do you have any allergies to medications?  Yes  No
- If yes, explain: ______________________________________________________

Do you have any allergies to latex, food or anything in the environment?  Yes  No
- If yes, explain: ______________________________________________________

**Communication and Cultural Needs Assessment:**

What primary language do you speak?  ___________________________________________________

Did you have any special learning needs or difficulties (language barrier, hearing, visual or learning deficit)?  Yes  No  If yes, explain: ______________________________________________________

**Drug and Alcohol Use**

Have you consumed alcohol during your pregnancy?  Yes  No
- If yes, how often and how much did or do you drink? ______________________________

Do you smoke?  Yes  No

Have you ever used “street” drugs?  Yes  No
- If yes, please list which drugs, how much, how often, and for how many years you have used the drugs, and if you have ever had treatment for any drug use.  *This information will help keep you and your baby safe and help us treat your baby, as he/she may go through withdrawal and have seizures:* ______________________________________________________

**Vaccine History**

Have you had your flu shot?  Yes  No  Date: ______________

Please indicate if you have had the following vaccinations:
- Tdap (Tetanus/Diphtheria/Pertussis (whooping cough)  Yes  No  Date: ______________
- Pneumococcal (pneumonia)?  Yes  No  Date: ______________
- Tetanus?  Yes  No  Date: ______________
Infant Information

Pediatrician
Who is your pediatrician? _____________________________________________________________

Will you have a different baby doctor after you leave the hospital?  □ Yes  □ No
   If yes, name of doctor: ____________________________________________________________

Feeding Preference
Please check all that apply: I am planning on  □ Breastfeeding  □ Bottle feeding  □ Both

Circumcision (if applicable)
If you have a boy, are you planning to have him circumcised?  □ Yes  □ No

Labor and Delivery Plans

Pain Management
What are your pain management plans for labor and delivery? _____________________________

Birth Plan
Do you have a birth plan?  □ Yes  □ No  If yes, please attach to this questionnaire.
Are you planning to have a tubal ligation?  □ Yes  □ No

General Information
Who is (are) your support person(s)? __________________________________________________
What relationship is (are) your support person(s) to you? __________________________________
What is your marital status?  □ Married  □ Single  □ Widowed  □ Divorced  □ Separated
What will your baby’s last name be (if different from yours)? ______________________________
Name of baby’s father? ______________________________________________________________
If single, do you plan to fill out a paternity affidavit?  □ Yes  □ No
Is the father of the baby involved?  □ Yes  □ No
Is an adoption planned?  □ Yes  □ No
What pharmacy do you use for prescriptions? ____________________________________________
Did you take prenatal classes?  □ Yes  □ No
   If yes, please check:  □ Childbirth Preparation  □ Baby Basics  □ Breastfeeding
      Classes taken at:  □ BABS  □ IU Health Bloomington  □ Other _______________________
Do you go to WIC?  □ Yes  □ No
Are you planning a 24-hour release?  □ Yes  □ No
**Cultural / Spiritual Practices**

Do you have spiritual or cultural practices to incorporate in your care? □ Yes □ No

If yes, please describe: ______________________________________________________________

Do you have spiritual or cultural dietary needs to incorporate in your care? □ Yes □ No

If yes, please describe: ______________________________________________________________

**Patient Medical History**

**General Medical Information (Patient History)**

Do you have, or have you ever had, any of the following medical problems?

- Diabetes? □ Yes □ No
  - If yes: □ Type I □ Gestational (during pregnancy)

- Hypertension (High Blood Pressure)? □ Yes □ No
  - If yes, for how long?_________________

- Heart disease? □ Yes □ No
  - If yes, describe:_______________________________________

- Autoimmune disorder? □ Yes □ No
  - If yes, what?____________________________________

- Kidney disease or bladder infections? □ Yes □ No
  - If yes, how often?_________________

- Neurological problem or Epilepsy? □ Yes □ No
  - If yes, describe:_______________________

- Hepatitis/Liver disease? □ Yes □ No
  - If yes, what kind?______________________________

- Varicosities/Phlebitis? □ Yes □ No
  - If yes, where?___________________________________

- Thyroid Dysfunction? □ Yes □ No
  - If yes, explain:___________________________________

- Been a victim of trauma or violence? □ Yes □ No
  - If yes, explain:_______________________________

- Blood transfusion? □ Yes □ No
  - Date, if known:  _______________________________

- Is your Blood Type Negative? □ Yes □ No
  - If yes, what problems?________________________

- Lung Problems:    Asthma? □ Yes □ No
  - Tuberculosis? □ Yes □ No

- Have you had a prior hospitalization and/or surgery? □ Yes □ No
  - If yes, please explain:____________________________________________________________

- Have any gynecological problems or infertility? □ Yes □ No
  - If yes, please explain:____________________________________________________________

- Abnormal Pap Smear? □ Yes □ No
  - Date, if known:  _______________________________

- Uterine Anomaly? □ Yes □ No
  - If yes, explain:________________________________________

- Have you or your partner had or currently have a sexually transmitted infection? □ Yes □ No
  - If yes, check: □ Gonorrhea □ Chlamydia □ Syphilis □ HPV (warts) □ HIV
    □ Hepatitis (if yes: □ A □ B □ C) □ Herpes (if yes, when treated? ___)
Assessment
Did you get tested for Group Beta Strep?  □ Yes  □ No
If yes, were your results:  □ Positive  □ Negative
Have you had any infections or viral illness recently?  □ Yes  □ No
If yes, explain: __________________________________________

Do you have any skin rashes, open sores or tattoos?  □ Yes  □ No  If yes, where?________

Have you been exposed to anyone who:
  Is sick:  □ Yes  □ No  If yes, describe:______________________________
  Has lice, scabies or bedbugs?  □ Yes  □ No  If yes, describe:______________________________

Do you have any other medical problems?  □ Yes  □ No
If yes, describe:_________________________________________________________________
_____________________________________________________________________________

Family History
Do you or the father of the baby, any of your children, siblings or parents have:
  Reaction to anesthetic?  □ Yes  □ No
  History of hearing loss?  □ Yes  □ No  If yes, who? ___________________________________
  Birth defects or genetic problems?  □ Yes  □ No
    If yes, who and what was the birth defect?_______________________________________
  Other significant family history?  □ Yes  □ No
    Who/what?  ___________________________________________________________________

Ultrasound
Did you have an ultrasound during your pregnancy?  □ Yes  □ No
If yes, where was it done? ___________________________________________________________________

Were any problems identified?  □ Yes  □ No
If yes, explain: _______________________________________________________________________

Please check any of the following that you wish to have on file:
  □ Advance Directives  □ Living Will  □ Durable Power of Attorney

Emotional Wellness
Do you now or have you had in the past any concerns about your emotional health (depression, anxiety, scary thoughts, etc.)?  □ Yes  □ No  If yes, explain: __________________________________________
Do you now or have you in the past considered attempting suicide or personal harm?

☐ Yes  ☐ No  If yes, explain: ________________________________

Are you in a relationship where you have been physically or emotionally hurt or threatened?

☐ Yes  ☐ No  If yes, explain: ________________________________

Is there a history of physical, sexual or verbal abuse or neglect within the last 2 years?

☐ Yes  ☐ No  If yes, explain: ________________________________

Do you feel unsafe returning home?

☐ Yes  ☐ No  If yes, explain: ________________________________

**Medication List**

What medications (including prescription or over-the-counter medications, pain pills, supplements, vitamins, herbs) do you take? (Use separate sheet if more space is needed).

<table>
<thead>
<tr>
<th>Name of medication/supplement/vitamin/herb</th>
<th>Amount</th>
<th>Frequency taken</th>
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Which pharmacy do you use to fill prescriptions (name/location)? ________________________________

___________________________________________________________________________________

I verify that the above information is correct, to the best of my knowledge.

___________________________________________________  ________________________

Signature                Date

When completed, please remove and place with your packed bag to bring to the hospital.
My birth wishes

Thank you for selecting Indiana University Health Bloomington Hospital for the birth of your child. Our wish is to make your birthing experience as positive and memorable as possible. Since each birth is as special and unique as the life it brings, we go to great lengths to deliver what a mom wants - choices involving the most advanced medical care.

Please review the following checklist of birthing wishes available to you at IU Health Women and Children’s Services. Mark those items you feel strongly about and we will grant your requests to the best of our abilities. If you don’t feel strongly about a particular issue, that’s fine too. The nurses, or your healthcare provider, will offer these birth options to you at the appropriate time. Simply reading through these options can help you think of questions you may want to discuss with your healthcare provider and make you feel more prepared for what to expect.

Bring this checklist with you when you come to IU Health Bloomington Hospital for the birth of your baby. Like all good plans, these birth wishes are flexible. When the time comes for your baby’s arrival, you and your healthcare provider may decide to make some changes that will make your birthing experience the best it can be at IU Health Bloomington Hospital.
Check as many as you prefer

Labor

Comfort Options

☐ I would like to change positions or walk during labor, additionally:
  ☐ I would like to rock in the rocking chair
  ☐ I would like to use the birthing ball
  ☐ I would like to shower for relaxation
  ☐ I would like to use the whirlpool (as long as my water hasn’t broken)
  ☐ Other: __________________________

☐ I will bring music to play during my labor (CD, DVD & VCR available in all rooms)
☐ I would prefer dim lighting & the environment to be as peaceful as possible
☐ I would like to bring and use aromatherapy oils or fragrance (The State Fire Marshall prohibits burning incense and candles)
☐ I would like to wear my own clothes
☐ I would like to take pictures or film my baby’s birth
☐ I would like to fill out my pre-admission information and bring it to the hospital with me to facilitate my admission to Labor and Delivery. See page: 46
☐ Other: ____________________________________________________________

(Note: We do not routinely use enemas, intravenous lines (IV) or shave pubic hair. If you have any questions regarding these practices, your healthcare provider, nurse or childbirth educator would be happy to discuss them with you).

Care Options

I have talked with my healthcare provider, and I would prefer to have the following type(s) of monitoring: (Note: Electronic Fetal Monitoring is used to see when you are contracting and how the baby is responding to labor. If your doctor, nurse or midwife is concerned, then (s)he will want to monitor more frequently or continuously).

☐ Continuous Monitoring—except when up to the bathroom
☐ I would like to use portable telemetry monitoring if I need to be monitored continuously, knowing it may be used while walking or in the tub or shower
☐ Monitoring Intermittently—monitor on and off to allow walking.
☐ I would like to discuss internal monitoring with my healthcare provider
☐ Other: ____________________________________________________________

☐ I understand ice chips will be offered during labor, however, I would like to discuss clear fluids (popsicles, gummy bears, broth, Jell-O, Gatorade, apple juice, and soda) with my healthcare provider
☐ Other: ____________________________________________________________

Support People During Labor and Delivery

I know support in labor is important and my visitors are welcome to visit any time in my room or wait in the main lobby as long as my medical condition allows. In order to keep my baby healthy, everyone will be asked to wash their hands/use hand sanitizer before holding my baby and children under the age of 14 (unless the baby’s sibling) will not be able to visit the baby, but will be able to see him/her through the Newborn Treatment Room window. After delivery, visiting hours are 11 am - 3 pm & 5 pm - 8 pm. Snooze and Snuggle Time is 3 - 5 pm. You have a sign on your door to let visitors know when they can visit.

These are the people I would like with me during labor: _____________________________________________
These are the people I would like with me during birth: _____________________________________________
(Note: Those staying for the delivery will sign a consent form)

☐ I have a Doula (name): __________________________

☐ I would like to be a “No Information” patient (hospital staff will not acknowledge to anyone that you or your baby are patients. It will be your responsibility to inform the visitor(s) of your room number if you want them to visit.

☐ If you want visitors, they must know your legal name and room number to be admitted.

☐ I would like information about My Baby’s First Photo and the Web Nursery

☐ Other: _______________________________________

**Labor Induction/Augmentation:**

☐ I would like to discuss options with my healthcare provider on inducing labor

☐ I would like to discuss the breaking of the water with my healthcare provider

☐ I would like the option of returning home if my labor is not progressing

☐ Other: _______________________________________

**Pain Management**

Childbirth classes are recommended. You can find them at iuhealth.org/bloomington under Events & Classes. Detailed information about the various classes can be found at iuhealth.org/bloomington/women-and-childrens-services. Childbirth classes teach breathing and relaxation techniques, plus your partner learns skills to help you cope. IV and epidural medications are available in active labor, however, not always as soon as you desire. Many find that breathing and relaxation helps them cope until birth or medications are an option.

☐ I would like to use breathing and relaxation techniques only

☐ I would like to use positional changes, Thermacare heat, shower or tub

☐ I realize IV or epidural medications exist — I will ask for them if I need them

☐ I would like to avoid having an epidural

☐ I would like an epidural and will discuss this with my healthcare provider (an IV, blood pressure, urinary catheter and continuous fetal monitoring in bed are necessary)

☐ I would like to try the following: ________________________________

☐ Other: _______________________________________

**Birth**

☐ I would like to be allowed to vary the birthing positions, which may include:
  - ☐ Squatting Position
  - ☐ Hands and Knees Position
  - ☐ Other: _______________________________________

☐ I prefer to use Spontaneous Pushing (listening to my body and pushing)

☐ I prefer to use Directed Pushing (being told to push at certain times)

☐ If I am fully dilated and my baby is tolerating labor, I would prefer to wait until I feel the urge to push before beginning the pushing stage

☐ I would like a mirror so I can see my baby’s head when it crowns

☐ I would like to touch my baby’s head when it crowns

☐ I would like to discuss the advantages/disadvantages of episiotomies or tearing with my healthcare provider

☐ I realize birth is a very special event and prefer to have the TV/cell phones off, lights dimmed, and be prepared to participate in the miracle of birth

☐ I would like my baby, once dried, to be put skin-to-skin after birth

☐ I would like to keep my baby skin-to-skin through the first feeding and whenever possible

☐ I would like ________________________________ to cut the cord

☐ I would like to bank my baby’s umbilical cord blood (you are responsible to contact the cord banking center prior to delivery and bring materials with you for the collection at the time of birth)

☐ I would like to breastfeed as soon as possible

☐ I would like to delay the eye medication and Vitamin K injection for my baby up until 1 hour after birth
I would like to have my baby evaluated and bathed in my presence. Baths are given after 4 hours once the baby’s temperature is stable.

I would prefer to have my baby on my abdomen during the newborn evaluation.

If my baby is taken for medical treatment to the Special Care Nursery, I would like ______________ to accompany him/her.

I would like to have visitors limited during the Golden Hour following birth to allow time for bonding and breastfeeding.

Other: ______________

Cesarean

IU Health Bloomington Hospital allows one support person in surgery and recovery. I would like ______________ to be present if a cesarean birth is necessary (ask your nurse for educational information regarding a cesarean birth). Your baby will stay with you throughout your recovery unless she/he needs to go to the Special Care Nursery for medical attention.

If possible, I would like to view the birth by use of a hand-held mirror.

I would like a description of the surgery as it progresses.

I would like to touch my baby as soon as possible after birth.

I would like ______________ to be the first to hold the baby.

I would like to breastfeed in the recovery room.

_______________ will be taking pictures/videotaping during birth.

Postpartum

Your Mother/Baby nurse will provide care for both you and your baby as you room-in together. We encourage someone to stay with you, especially during the night because it helps to have an extra set of hands to hold the baby, and it will make you feel more secure. To help you get the rest you need to recover, visiting hours are from 11 am - 3 pm & 5 pm - 8 pm. A quiet nap time (Snooze and Snuggle) is observed from 3 - 5 pm. The pediatrician will evaluate your baby in your room.

I would like my partner to stay with me.

I would like to rest as much as possible and have my care coordinated. I can use the sign on my door to say when I’m resting or ready for visitors.

I would like to use comfort products to ease pain as needed (Tucks, Dermaplast, ice packs and sitz baths).

My partner, or another adult I choose, can take my baby to the Lullaby Lounge for bonding if I need to rest.

Breastfeeding

Lactation consultants provide education prenatally, during your hospital stay or by phone and appointment following birth. They make daily rounds to breastfeeding mothers. No formula will be given to your baby, unless you are bottle feeding.

I would like to have more information about breastfeeding.

I plan to breastfeed my baby and would like to begin nursing shortly after birth.

I do not wish to have any bottles or pacifiers given to my baby.

I would like my baby’s discharge blood work done during breastfeeding to provide comfort for my baby during the procedure.

I do not plan to breastfeed my baby.

Circumcision

Penal blocks provide anesthesia for male infants during circumcision which is usually performed by your baby’s doctor the day following delivery. A consent will be signed and a Vitamin K shot given prior to circumcision.

I would like more information about circumcision.

I would like to be with my baby during circumcision in the Newborn Treatment Room.

I do not want my baby circumcised.
Preparing to go home checklists

Mom
- Birth Certificate
- Paternity Affidavit within 72 Hours (if unmarried)
  - Both parents need picture IDs
- Postpartum Depression Screening
- Lactation Consultation (if breastfeeding)
- Whooping Cough (Pertussis) Vaccination - Tdap
- Flu Vaccine Screening
- Pneumonia Vaccine Screening
- Discharge Order from Obstetrician/Midwife
- Mother’s Teaching
- Purple Crying Education
- Medication Prescriptions
- Reminder: Add baby to your health insurance plan (recommended within one week of birth)

Baby
- Car Seat (parent to bring car seat to room)
- Infant Hearing Screening
- Pulse Oximetry Screening
- Male Circumcision (if desired)
- Pediatrician Follow-up Appointment (parent to schedule with office of pediatrician)
- Newborn Screening (Heel Stick)
- Jaundice Screening
- Hepatitis B Vaccination
- Discharge Order from Pediatrician
- Newborn Teaching
- Duck Thermometer