



FAQs About Having a Baby At IU Health Bloomington Hospital

I am pregnant and uninsured. How do I find a doctor?

It is very important that all women receive regular pre-natal care throughout their pregnancy to protect the health of both mother and baby. There are many options available to you and we will help make sure you and your baby get the healthcare you need. Please call Indiana University Health Bloomington at 812.353.5252. We will help connect you with the care and services you need.

I will be having a baby at Indiana University Health Bloomington Hospital. How soon can I start childbirth classes?

There are two different childbirth class offerings, an all-day condensed version and a four-week series. It is best to finish a class by your 35-37th week. Class size is limited to eight couples and may fill up quickly, so it is best to enroll early to ensure your first choice for class dates. A few people change their class dates, so checking regularly about availability. Being on the waiting list can help you get the dates that best fits your schedule.

Why should I take prepared childbirth classes?

We know that when a woman and her support person have knowledge about the process of birth they have a more positive birth experience. We can teach a woman and her partner what to expect and help them learn coping skills to ease pain and anxiety. Partners learn what to expect and how to offer support.

I would like the birth of my baby to be as natural as possible. How can I learn about options offered at IU Health Bloomington Hospital?

IU Health Bloomington Hospital has a [My Birth Wishes List](#) of many of the options we offer. You will want to discuss these options with your partner and your health care provider and then decide which options will be best for you and your baby. Our goal is to help you have the birth you are hoping for in the safety of a hospital environment.

I am planning to have an epidural. Should I still take prepared childbirth classes?

Yes. Even if you are planning to have an epidural, you will have some time before epidural anesthesia is an option. We will teach you and your partner a number of comfort measures to be used before and after an epidural.



I want to deliver with a midwife. Is one available in this area?

Yes, there is a certified nurse midwife who is available at [John Labban, MD Women's Health](#). Call 812.334.0698

I would like to learn more about breastfeeding. Is there a class I can take or someone I can call?

IU Health Bloomington Hospital has classes for free and our lactation services can provide information about breastfeeding and using a breast pump. Many of your questions will be answered during class by the lactation consultant, after birth while you are in the hospital or at home. You may call the lactation consultant for a consultation or just to ask questions. Other classes and support are available at your pediatrician's office, WIC, BABS and La Leche League. We also rent breast pumps.

Can I have a water birth?

We have tubs with Jacuzzi jets in ten birthing rooms that women may use to relax and be more comfortable during labor. Talk to your care provider and nurse about when you can use the tub. Some care providers prefer you only use the tub until your water breaks, while others allow you to use it until birth. At this time, we have women leave the water to give birth.

How soon after birth do the mother and newborn go home?

Usually women remain in the hospital for 48 hours following birth providing there are no complications. Some choose to leave earlier. Your healthcare provider will need to release you and your pediatrician will release your baby. Both will provide educational information. The nurse will ensure you have the knowledge you need before going home. There is no "check out" time, so you can leave anytime during your second postpartum day. If you have questions about your insurance's hospital coverage, contact them directly and let them know when you come to the hospital. If you have questions, ask your nurse. Do let us know when you are planning to leave as this helps coordinate the paperwork and tests that need to be completed before you go home.

What kinds of tests does my baby have while in the hospital?

After birth, your baby will be adjusting to the outside world. Your newborn will be placed on a blanket on your abdomen and dried off. Then your baby will be put skin to skin so it can stay warm and be ready to breastfeed. An Apgar score will be given at one and five minutes. Routine vital signs and your baby's height and weight will also be measured. A sample of your baby's cord blood will be sent to determine their blood type. A Vitamin K shot and erythromycin eye ointment will be given within the first hour of life. Later, a hearing screen, certain blood tests (newborn



screen for your baby's risk for jaundice or PKU) and a pulse oximetry screen for congenital cardiac problems will be done. These may all be done while you hold your baby, skin to skin or in the nursery.

Can I room in with my baby?

You and your baby will not be separated during your hospital stay unless there is a medical reason. Your nurse will care for both you and your baby to coordinate your care and provide opportunities to teach you the skills of caring for your newborn. Studies indicate mothers who room-in have babies who breastfeed more frequently and rest more than mothers who send their babies to the nursery. We encourage you to have your baby with you at all times.

How do I obtain the birth certificate and social security number for my baby?

Before you are discharged, you will need to fill in an Indiana state worksheet. This information will be put on an official request for a birth certificate and sent to the Monroe County Health Department. You will review and sign this request to make sure the information is accurate. After four to six weeks, the birth certificate will be available to be picked up for a small fee at the [Monroe County Health Department](#). There is a box on the worksheet to check if you want a social security card for your baby. This request will be sent to the social security office and they will send you a card in the mail.

What if I am not married to the father of the baby, can I put his name on the birth certificate?

If you are not married, you may request to fill out paternity papers while you are in the hospital. A paternity affidavit is a document that establishes a legal father for your baby. You can also decide to share joint custody (this requires you to have genetic testing). Information will be given to you in the hospital and must be completed within 72 hours of the birth. For more information, contact the [State Department of Health](#) or call 317.234.543.

What items are provided for me while at the hospital and what should I bring?

We have a [packing checklist](#) available with a list of recommended items.

When can I have visitors?

Visitors are welcome whenever you are going to have a baby. We have Snooze & Snuggle time from 3 pm – 5 pm so mom and baby can have time to rest and bond. Up to five people can be with you at the time of your baby's birth and you may sign a paper giving them permission. Visitors may be in your room or in the lounge. Children under 14, who are not your baby's siblings,



may view the baby through the window of our treatment room. We encourage women to have time to rest and breastfeed so there might be times when you need a break. A sign on your door will help your visitors know whether you want privacy or company.

Will the hospital do a car seat check on my infant carrier before I leave the hospital?

We encourage all new car seats to be in the car and adjusted for an infant prior to coming to the hospital. Since not all car seats fit all cars, there might be adjustments necessary before a safe ride home is possible. Almost 90 percent of people install the car seat incorrectly. We have information about car seat safety online and a car seat safety technician available for safety checks prior to your baby's birth. It is important to read both manuals for the car seat and car prior to installing. Because there are a number of different types of infant carriers today and concerns about liability, it is challenging for the person transporting you to your car to be responsible for your infant's safety. We offer [free car seat safety checks](#) by appointment only.