



BABY BOOK

Family Birth Center



The Medical Center
of Aurora



Congratulations on your pregnancy and thank you for choosing the Family Birth Center at The Medical Center of Aurora for your delivery. We are delighted to help make your childbirth experience a beautiful and lasting memory.

This guide is designed to help prepare you for childbirth and the hospital stay following delivery. Inside you will find valuable information, checklists, photos and available services to help you plan for the arrival of your baby. Also included is information about our Parent & Family Education program, along with descriptions of classes offered through the hospital.

Whether this is your first baby or your fourth, we know childbirth comes with many questions and concerns. The staff of the Family Birth Center at The Medical Center of Aurora is here to guide and support you and your expanding family. We look forward to celebrating with you!



PLANNING FOR CHILDBIRTH

Hospital Pre-Registration

To take care of financial matters as soon as possible and give you peace of mind, begin by pre-registering for your hospital stay.

There are three ways to pre-register:

1. Complete the pre-registration form located on **A1** of this guide,
2. Visit AuroraMed.com/register and complete the online pre-registration form, or
3. Call the Admissions Department at 303-695-2750. The information requested will help us expedite your admission to the hospital.

What you'll need to Pre-Register:

- a. Your personal contact information including occupation information
 - b. Insurance information, group name and number, policy number, address and phone number
 - c. Emergency contact information
 - d. Physician name
 - e. Expected Delivery Date/Approximate date of Last Menstrual Period
- If pre-registering online, please complete the online form **at least 48 hours before** your visit to the hospital to allow adequate time for processing
 - If pre-registering using the paper form in this guide, please return it along with a copy (front and back) of your insurance card to:

The Medical Center of Aurora, Attn: Admission Department
1501 South Potomac Street, Aurora, Colorado 80012
Phone: 303-695-2750 Or fax to: 303-695-2913

Financial Responsibilities

Some insurance companies do not cover the full cost of maternity care. Your personal payment for maternity care will depend on your length of stay, choice of accommodations and type of insurance. If you have minimal or no insurance coverage, the total hospital bill is your responsibility. We will gladly assist you in making arrangements for payment.

We strongly recommend that you obtain pre-certification from your insurance carrier. Obtaining pre-certification involves calling your insurer to confirm that The Medical Center of Aurora is an approved provider of obstetrical care under your insurance plan.

Failure to pre-certify may increase your insurance bill. During the pre-certification call, you will also want to double-check the full range of maternity benefits available under your plan. Because the hospital stay following a delivery is brief, we also suggest that you check with your insurance carrier regarding certified length-of-stay and post-delivery benefits, such as Circumcision coverage, home visits or post-delivery assistance for you and your baby.

If after contacting your insurance carrier you have any questions regarding your financial responsibility, call our Pricing Hotline at 1-888-824-7655.

Your Baby's Birth Certificate and Social Security Number

Soon after delivering your baby, you will be asked to provide information for his/her birth certificate. State law requires that a Certificate of Birth be filed with the Colorado State Registrar within 10 days following birth. After you complete the required paperwork, we will send it to the State Registrar's Office. While at The Medical Center of Aurora, you may also begin the process of obtaining a Social Security number for your child through the state offices of Vital Records and Social Security. You should receive a Social Security card for your child about 12-13 weeks after filing.

Certified birth certificates are processed and purchased through The Colorado Department of Health's Vital Statistics department.

Medical Records

All requests for medical records must go through the HealthONE Centralized Release of Information Center. As such, medical records will no longer be available for pick-up at the facility. To request your medical records you will need to complete an Authorization form, which can be downloaded at AuroraMed.com/records. Once you have completed the form, you may fax it to the number on the bottom of the form or mail it to: Release of Information, 4590 Geneva Street, Denver, CO 80238.

Celebrating with Visitors

Your loved ones may visit you at any time during your stay. We ask that this is limited to one visitor at a time. All visitors will be screened upon entry to the hospital and asked to wear a mask for the duration of their visit. Please note, any visitors with symptoms of illness will not be permitted to enter. The main entrance is open daily from 5am-8pm. After hours (8pm-5am), please enter through the Emergency Department. We recommend limiting visitors during Family Bonding Time between the hours of 2-4pm. **Our visitors policy may change at any time based on local health department guidelines. Please contact the hospital or your physicians office prior to inviting any visitors to the hospital.**

Connect With Us

Subscribe to The Medical Center of Aurora's Pregnancy e-Newsletter to receive week-by-week guidance tailored to your specific stage of pregnancy.

Sign up by texting "TMCA" to 720-605-7599.

'Like' us on Facebook to stay up-to-date on the latest health news, upcoming community events and wellness tips. We're more than a hospital - we're your community health partner! Find us at [Facebook.com/AuroraMed](https://www.facebook.com/AuroraMed).

CAR SEAT SAFETY

Safety First! Have your car seat installed and inspected 6 weeks before your due date. To find a car seat inspection program near you visit one of these websites:

SaferCar.gov or
CarSeatsColorado.com.



ABOUT THE FAMILY BIRTH CENTER



The Family Birth Center at The Medical Center of Aurora is located on the second floor of the hospital. The completely renovated Labor & Delivery and Mom/Baby Units offer first-class amenities, as well as the most advanced equipment and technology available. Our goal is to give your baby a beautiful beginning, while providing you and your support person all the comforts of home.

Amenities during Your Stay

- 13 Private Labor, Delivery and Recovery Suites
- 24 Private postpartum Mom/Baby Suites
- Comfortable overnight accommodations for mother's support person
- Plush robes and toiletries
- Aroma therapy and sound machines
- Studio-style photography with web access
- Complimentary Wi-Fi
- Room service menu with late night options, sibling meals, snacks and desserts
- Complimentary meal for support person and siblings
- Chef-prepared take-home meal at discharge



High Quality Care for You and Your Baby

The safety of you and your baby is our top priority. You can be sure that our highly experienced healthcare team will not only keep you comfortable and pampered during your stay, but that they will deliver exceptional medical care. In fact, our nursing excellence is recognized through our Magnet designation, which means your nursing team will be among the best in the country. And should you or your baby require specialized care, our board-certified obstetric, perinatology and neonatology physicians are available around the clock.

- Level III Neonatal Intensive Care Unit (NICU), specializing in caring for infants as young as 28 weeks or those born seriously ill and, in the event your baby has an extended stay in the NICU, our NicView webcam allows parents to have a secure view of their baby in real-time, even when they are far away.
- Highly skilled Magnet-designated nursing staff with 24/7 physician coverage
- Neonatal Nurse Practitioners on-site 24/7
- Customized birth planning
- Low C-section rate for first-time mothers, below the national average
- A wide variety of pain management options provided by an experienced team and board-certified anesthesiologists
- Patient satisfaction scores that exceed the national average
- Breastfeeding help by certified lactation consultants
- Two dedicated surgical suites in the unit allowing family to stay nearby

As part of the HealthONE network of care, you can also feel more secure knowing that we specialize in maternal-fetal care, having 24/7 high-risk perinatologists and the most experienced high-risk OB physicians, nurses and transport teams in the eight-state region. Additionally, as a HealthONE hospital, The Medical Center of Aurora is committed to the Perinatal Safety Initiative, which includes:

- Management of jaundice
- Maternal medication safety
- Fetal heart monitoring education
- The “Don’t rush your baby’s birth day...wait until 39 weeks” program





Labor, Delivery & Recovery Suite



Mom/Baby Suite



Labor & Delivery Visitor Lobby

What to Expect

Parking: Free parking is available in the hospital lots and the garage. Look for our Expectant Mom parking spaces in the front parking lot. Free valet parking for new moms/support persons is available from 6:00am-5:00pm.

When you arrive at The Medical Center of Aurora, you will be directed to the Labor & Delivery Unit on the second floor. You may spend some time in a triage room to assess the progress of your labor prior to being moved into a private Labor, Delivery & Recovery Suite. Your dedicated Labor & Delivery nurse will help you get settled in your suite, and will be your guide throughout your childbirth experience.

Following delivery and time spent skin-to-skin with your baby, you will be moved to a private postpartum Mom/Baby Suite, where you will remain for the duration of your stay. At The Medical Center of Aurora healthy babies will remain with their parents in the mother's suite. Rooming-in encourages breastfeeding success, promotes bonding, and allows families to become comfortable with infant care before going home. Your postpartum nurse will check on you and your baby frequently.

After a vaginal birth, most moms can expect to be discharged within 48 hours. Your hospital stay may be longer after a C-section, if your baby is born early, or if you experienced a complication during delivery. Prior to discharge, you will be visited by your physician or mid-wife, your baby's pediatrician, a lactation consultant and a financial counselor. Finally, your postpartum nurse will review all home-care instructions and answer any questions you may have before heading home.

Your Birth Plan

We are committed to helping you achieve your birth plan vision as closely as possible, while ensuring that mom and baby's safety are always paramount. We encourage you to consider the details of your birth experience, and discuss these wishes with your physician or midwife before your delivery date. Use the enclosed birth plan as a starting point for these discussions, and bring the completed plan with you to The Medical Center of Aurora to share with your Labor & Delivery nursing team.

Infant Security

The Family Birth Center is a fully secure unit with a state-of-the-art infant security system. You and your support person will receive ID bracelets to indicate that you are allowed on the unit. Additionally, you will receive a code to share with your loved ones and friends that you want to visit. They will need this code to enter the secure unit.



PACKING YOUR HOSPITAL BAG

Items you will **NEED**:

- ID and insurance card
- Installed Infant car seat
- Outfits for mom and baby to wear home

Items you may **WANT**:

- Personal care items including toothbrush and glasses/contacts
- Camera or video camera
- Your birth plan (see Pg. B1)
- Special baby outfit for studio-style photography session
- Breastfeeding pillow

The Family Birth Center provides the following items during your stay:

- Breastfeeding-friendly hospital gowns
- Non-skid socks and plush robes
- Bedding and pillows for mom and her support person
- Luxury brand toiletries
- Hospital-grade breast pump
- All postpartum feminine-care supplies
- Baby bassinette in the Mom/Baby room includes everything you need to care for baby while you're staying in the hospital: onesies, hats, blankets, diapers and wipes

*Please leave all non-essential valuables at home.

IMPORTANT INFORMATION



Visitor and Parking Information

The Main Entrance is open daily from 5:00am to 8:00pm. After hours (8:00pm-5:00am), all patients and visitors must enter the hospital through the Emergency Department entrance.

Free parking is available in all hospital surface lots and the parking garage. Look for designated spaces for Expectant Moms in the front parking lot. Additionally there is complimentary valet parking available at the Main Entrance between the hours of 6:00am-5:00pm

The patient's support person is allowed to visit the Family Birth Center at any time. Children under the age of 12 are not permitted at the hospital.

If your baby is in the NICU, you will be given additional information related to visiting hours

Specialized OB/GYN Emergency Care

The Medical Center of Aurora is staffed 24/7 by a board-certified OB/GYN who can provide the expertise you need, whenever you need it. Patients needing emergency obstetrics care will be provided with detailed follow-up instructions to ensure continuity of care as needed.

OB/GYN 24-Hour Emergency Phone Line: 303-695-2690

If you believe you are experiencing a life-threatening emergency, have someone take you to the closest Emergency Room or call 9-1-1.

COVID Testing

We are committed to aligning our screening with the recommendations of the CDC and WHO along with Federal, State, and Local mandates and recommendations. Please ask your physician what the current screening guidelines are as you get closer to your delivery date.



CHOOSING A PEDIATRICIAN

Selecting a physician prior to your baby's arrival is an important step. You may elect to meet with several pediatricians before choosing the one that best fits your family's approach to healthcare. Visit [AuroraMed.com/doc](https://www.AuroraMed.com/doc) to search our directory of pediatricians.



PARENT EDUCATION CLASSES ONLINE

This is a unique online learning experience that provides comprehensive information that will help you prepare for your upcoming birth and parenthood. During these classes you will learn through instructive video clips, animations, and interactive games.

These self-paced courses, which are offered in both English and Spanish, can be completed in the comfort of your home at a convenient time that works with your schedule. Instructions for accessing the online course and live session will be emailed approximately 7 days prior to the virtual date session. You will need Internet access.

After completion of the online portion, you will have access to a live, virtual Question & Answer session with a certified Childbirth Educator.

To register for any of our Online classes, our Virtual Tour, and Q&A sessions, please visit our website at www.auroramed.com/classes-events or call **(303) 873-0630**



Understanding Birth eClass

This interactive online course covers essential information on labor and more, and highlights ways partners can help throughout the process. You'll also get a sense of what labor is really like as you watch several birth stories. You'll even have an opportunity to create your own birth plan! Allow 4-6 hours to complete.

eClass Chapters:

- Pregnancy
- Labor
- Birth Stories
- Comfort Techniques
- Medical Procedures
- Cesarean Birth
- Newborns
- Postpartum

Understanding Birth Online is \$45. Only the expecting mother needs to register.

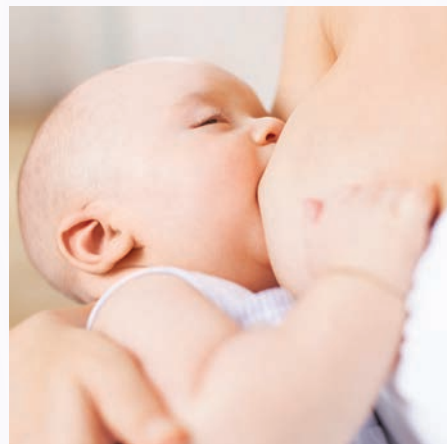
Understanding Breastfeeding eClass

This interactive online course covers the essentials of breastfeeding, including clear animation and plenty of video examples. It lets you know when to call for help and includes partner tips throughout. You will also have the opportunity to track feedings with an easy-to-use tracker! Allow 2-3 hours to complete.

eClass Chapters:

- How Breastfeeding Works
- How to Breastfeed
- When to Feed Your Baby
- Getting Enough Milk
- Breast Care
- Breastfeeding Lifestyle

**Understanding Breastfeeding is \$25.
Only the expecting mother needs to register.**



Understanding Your Newborn eClass

This interactive online course covers essential information for the first six weeks and beyond, including clear video examples of bathing, feeding and diapering, and lets you know when to call the doctor. You will also stay organized with a variety of helpful checklists and trackers! Allow 2-3 hours to complete.

eClass Chapters:

- Newborn Traits
- Newborn Behaviors
- Crying and Comforting
- Feeding
- Diapering
- Bathing, Nail Care & Dressing
- Newborn Health
- Newborn Safety

Understanding Newborn Care is \$30. Only the expecting mother needs to register.

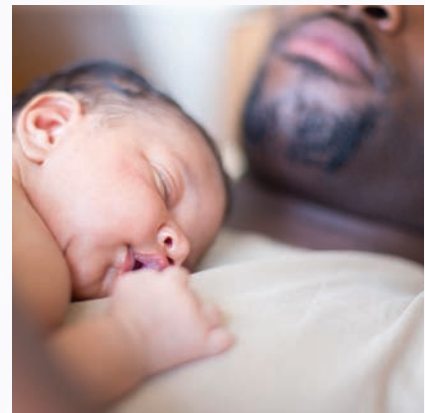
Understanding Infant & Child Safety

Statistics that show infants and children are most often injured in homes and cars. This can be scary for any new parent. Do you know all the ways you can reduce your child's risk of being hurt from a preventable accident? Learn life-saving information by taking this online safety class! Allow 2-3 hours to complete.

eClass Chapters:

- Car Safety
- Safe Baby Care
- Safety Products
- Home Safety
- Poisons
- Choking, suffocation and strangulation hazards
- Childproofing, Safe Baby equipment & toys
- Emergency Preparedness & Fire safety

Understanding Multiples is \$30. Only the expecting mother needs to register.



Virtual Tour & Information Session

During this online Virtual Tour of the Family Birth Center at The Medical Center of Aurora, you will virtually visit the Labor & Delivery and Mom/Baby units, get informed about the admissions process, and have an opportunity to learn about the high quality care and amenities that make us a beautiful destination for your baby's beginning.

This session will highlight each step in your experience from admission to discharge. This is a wonderful way to learn about the hospital and to ask questions.

Highlights of tour:

- 13 private Labor & Delivery/Recovery suites and 24 private Mom/Baby suites
- Comfortable overnight accommodations for your support person
- Room service menu with snacks and desserts, complimentary meal for support person and older siblings
- Chef prepared take-home meal at discharge
- Sound machines for relaxation
- Hotel style robes and toiletries
- Studio baby photography and web access
- Complimentary Wi-Fi
- High quality care for you and your baby:
- Board-certified OB/GYNs, anesthesiologists, neonatal nurse practitioners in house 24/7
- Highly experienced staff offers exceptional care for you and your family
- Level III neonatal intensive care unit (NICU), specializing in caring for babies that are born prematurely or seriously ill
- Patient satisfaction scores that exceed the national average
- Help with breast-feeding by certified lactation consultants

This is a free event. Only the expecting mother needs to register. Virtual Tour will take approximately 1 hour.

**To register for any of our online classes
or virtual tour visit our website at
www.auroramed.com/classes-events
or call (303) 873-0630**



Important numbers

Main Switchboard	303-695-2600
Class Information and Registration	303-873-0630 or AuroraMed.com/classes
Tour of The Family Birth Center at The Medical Center of Aurora	303-873-0630
Online Hospital Pre-Registration	www.AuroraMed.com/register
Hospital Pre-Admission Line	303-695-2750
OB/GYN 24-Hour Emergency	303-695-2690
Financial Counselor	303-873-5649
Pricing Hotline	888-824-7655
Labor and Delivery	303-695-2690
Birth Records	303-584-8201 or AuroraMed.com/records
Mom/Baby Support	303-695-2671
Physician Referral Line	303-873-0630 or AuroraMed.com/physicians
Breastfeeding Support Line	303-873-5812
Mother's Milk Bank - A Program of HealthONE Alliance	303-869-1888
Gift Shop / Breast Pump Rental	303-695-2733
Rocky Mountain Hospital For Children 24/7 Parent Resource Line	303-584-8477

Mail:
Attention: Admission Dept.
1501 South Potomac Street
Aurora, Colorado 80012

Fax Number
(303) 695-2750

The Medical Center of Aurora

OB PRE-ADMISSION FORM

(Please Print Clearly)

OB PHYSICIAN _____ CERTIFIED NURSE MIDWIFE _____

PRIMARY CARE PHYSICIAN _____

BABY'S PHYSICIAN _____ EXPECTED DUE DATE _____

PATIENT INFORMATION

NAME _____
(Last) (Maiden) (First) (Middle Initial)

ADDRESS _____
(Street) (City, State, Zip) (County)

TELEPHONE NUMBER () _____ SOCIAL SECURITY NUMBER _____

DATE OF BIRTH _____ MARITAL STATUS _____ SPOUSE'S NAME _____

RELIGIOUS PREFERENCE _____ PATIENT OCCUPATION _____

PATIENT EMPLOYER _____ TELEPHONE NUMBER () _____

EMPLOYER ADDRESS _____
(Street) (City, State, Zip)

SPOUSE/GUARANTOR/INSURED (IF MINOR) INFORMATION

NAME _____ DATE OF BIRTH _____

SOCIAL SECURITY NUMBER _____ OCCUPATION _____

NAME OF EMPLOYER _____ TELEPHONE NUMBER () _____

EMPLOYER ADDRESS _____
(Street) (City, State, Zip)

EMERGENCY FAMILY CONTACT (NOT LIVING AT PATIENT'S ADDRESS)

RELATIONSHIP TO PATIENT _____ TELEPHONE NUMBER () _____

NAME _____
(Last) (First) (Middle Initial)

ADDRESS _____
(Street) (City, State, Zip)

INSURANCE INFORMATION

Primary Insurance Coverage

NAME OF INSURANCE _____ INSURED'S NAME _____

BILLING ADDRESS _____
(Street) (City, State, Zip)

TELEPHONE NUMBER () _____ INSURED'S SS #/CERTIFICATE # _____ GROUP # _____

Secondary/Supplemental Insurance Coverage

NAME OF INSURANCE _____ INSURED'S NAME _____

BILLING ADDRESS _____
(Street) (City, State, Zip)

TELEPHONE NUMBER () _____ INSURED'S SS #/CERTIFICATE # _____ GROUP # _____

Medicaid Coverage

MEDICAID STATE ID # _____ (Please present your current card.)

Mail:
1501 South Potomac Street
Aurora, Colorado 80012
Attention: Admission Dept.

Fax Number
(303) 695-2913

The Medical Center of Aurora

PRE-REGISTRACIÓN PARA EL DÍA DEL PARTO

(Por favor escriba claramente)

GINECOLOGO O DOCTOR OBSTETRA _____ ENFERMERAS PARTERAS DE AURORA (SÍ O NO) _____

FECHA PREVISTA QUE NAZCA EL BEBÉ _____

INFORMACIÓN DE SU SEGURO MÉDICO

(Si usted tiene su tarjeta la copiaremos y no tiene que completar la siguiente sección.)

NOMBRE DE SU SEGURO MÉDICO _____ TELÉFONO () _____

DIRECCIÓN _____
(Número y Calle) (Ciudad) (Estado) (Código Postal)

NUMERO DE POLIZA _____ NÚMERO DE GRUPO _____

SI ES MEDICAID, NÚMERO DE MEDICAID _____

INFORMACIÓN DEL PACIENTE

NOMBRE _____
(Apellido) (Primer Nombre)

DIRECCIÓN _____
(Número y Calle) (Ciudad) (Estado) (Código Postal)

TELÉFONO () _____ FECHA DE NACIMIENTO (MES/DÍA/AÑO) _____

DE SEGURO SOCIAL _____ ESTADO CIVIL (CASADA O SOLTERA?) _____

PREFERENCIA DE RELIGION _____ OCUPACION _____

NOMBRE DE TRABAJO _____ TELÉFONO DE TRABAJO () _____

DIRECCIÓN DEL TRABAJO _____
(Número y Calle) (Ciudad) (Estado) (Código Postal)

PRIMERA PERSONA PARA NOTIFICAR EN CASO DE EMERGENCIA

NOMBRE _____
(Apellido) (Primer Nombre)

DIRECCIÓN _____
(Número y Calle) (Ciudad) (Estado) (Código Postal)

TELÉFONO DE CASA () _____ TELÉFONO DEL TRABAJO () _____

RELACIÓN A LA PACIENTE _____

SEGUNDA PERSONA PARA NOTIFICAR EN CASO DE EMERGENCIA

NOMBRE _____
(Apellido) (Primer Nombre)

DIRECCIÓN _____
(Número y Calle) (Ciudad) (Estado) (Código Postal)

TELÉFONO DE CASA () _____ TELÉFONO DEL TRABAJO () _____

RELACIÓN A LA PACIENTE _____

Para Poder Completar Esta Forma Debe Ser Completamente Llenada

BIRTH PLAN

Welcome to The Medical Center of Aurora

At The Medical Center of Aurora, our wish is to share in your joyous celebration! We look forward to participating in this amazing moment in your life and helping you welcome your new baby into the world. To support you during the birth of your child, we want to understand your expectations so that we may customize your stay to best meet your needs. Please discuss this plan with your doctor or midwife prior to delivery. Knowing that the labor and delivery process can be unpredictable, we will work with you to consider other methods if we are unable to respect the wishes you have outlined.

We want your experience to be beyond expectations. Thank you for choosing our team to be part of your special day.

MY INFORMATION

Full Name: _____ Due Date: _____

Partner's Name: _____ Sibling's Name(s): _____

Doctor's/Midwife's Name: _____ Doula's Name: _____

What would you like us to know about you and/or your support person? _____

What is your greatest hope and/or greatest concern about labor and delivery? _____

PLEASE NOTE:

I have:

- Group B Strep
- An Rh incompatibility with baby
- Gestational Diabetes
- Other: _____
- Not applicable

BIRTH PLAN

MY DELIVERY PLAN

- Vaginal C-section Vaginal Birth After Cesarean (VBAC)

WHO I WANT IN THE DELIVERY ROOM

- I would like visitors during labor
 Visitors may stay in the room during vaginal exams or procedures
 I am planning to have the following people attend the birth of my baby. For safety reasons, we limit visitors during delivery to a support person plus 3 others.

Please list names and relationships here: _____

- I would like to have my baby's sibling(s) present during:
 Labor Delivery Postpartum

**For your family's safety, we require siblings to have an adult other than the patient present to care for them at all times.*

LABOR AND DELIVERY ENVIRONMENT

I would like:

- | | | |
|--|---|---|
| <input type="checkbox"/> Music | <input type="checkbox"/> To wear my own clothes | <input type="checkbox"/> To wear my contact lenses, if possible |
| <input type="checkbox"/> Dim lights | <input type="checkbox"/> Photos and/or videos before and after delivery | <input type="checkbox"/> Hospital staff limited to my own doctor/nurse-midwife and nurses |
| <input type="checkbox"/> Extreme quietness | <input type="checkbox"/> As few interruptions as possible | |
| <input type="checkbox"/> Aromatherapy | | |
| <input type="checkbox"/> Other: _____ | | |



BIRTH PLAN

DURING LABOR

I would like:

- To return home if I am not in active labor
- To move around freely
- To stay hydrated by drinking clear fluids
- To eat and drink as approved by my provider
- The preference of a saline lock, if an IV is needed
- Intermittent or wireless fetal monitoring, as long as baby and I are fine
- To be allowed to progress naturally, as long as baby and I are fine
- My water to break naturally
- Other: _____

PAIN RELIEF DURING LABOR

I would like to try the following pain management techniques:

- Hot shower and/or jacuzzi (hydrotherapy)
- Breathing techniques/distraction
- Massage
- Pain medication
- Epidural
- Don't offer me any pain medication; I plan to use natural pain relief techniques
- Whatever is suggested and feels right at the time
- Other: _____



BIRTH PLAN

DURING PUSHING

I would like to:

- Push instinctively, when and how I feel I should
- Use
 - A birthing ball
 - A peanut ball
 - A squatting bar
 - Other: _____
- Be coached on when to push and for how long
- Stay hydrated by drinking clear fluids
- Eat and drink as approved by my provider
- Have the preference of a saline lock, if an IV is needed
- Choose the position in which I deliver
 - Semi-reclining
 - Side-lying position
 - Squatting
 - Hands and knees
 - Use people for leg support
 - Use foot pedals for leg support
 - Whatever feels right at the time
- Progress naturally through the pushing stage, as long as baby and I are fine
- Other: _____



BIRTH PLAN

VAGINAL BIRTH

I would like to:

- Use a mirror to view the birth
- Touch the head as soon as it crowns
- Have my partner/support person cut the cord
- Avoid an episiotomy, if possible
- Delay cord clamping
- Deliver placenta spontaneously, with no assistance
- Have immediate skin-to-skin contact with my baby, if baby and I are fine
- Breastfeed as soon as possible
- Other: _____

CESAREAN SECTION BIRTH

I would like to:

- Make sure all options have been exhausted
- Stay conscious/remain awake during the operation
- Have my partner/support person stay with me the entire time
- Have a clear drape so I can see the baby
- Have immediate skin-to-skin contact
- Have my hands left free so I can touch the baby
- Have the surgery explained as it happens
- Have my partner hold the baby as soon as possible
- Have my baby stay with me the entire time
- Breastfeed in the recovery room
- Other: _____



BIRTH PLAN

AFTER DELIVERY

I would like:

- To hold my baby skin-to-skin immediately after delivery (vaginal and C-section)
- To delay newborn procedures such as bathing and measuring for the first hour to allow me to feed and bond with my baby
- All procedures done and all medications given to my baby to be explained to me beforehand
- To have my partner/support person go with my baby if he/she has to be taken from me for medical treatment
- To bank my baby's cord blood (Please note: the collection kit must be provided)
- To see the placenta before it is discarded
- To save the placenta
- My family members, including children, to
 - Join me and baby immediately after delivery
 - To join me and baby in the room later
- To meet with the lactation consultant
- To be consulted before my baby is offered a bottle or pacifier
- Other: _____

BABY CARE

My baby's doctor is: _____

IF MY BABY IS A BOY

- I would like him circumcised at the hospital
- I will have him circumcised later
- I do not want him circumcised

FEEDING CHOICES

- I plan to breastfeed my baby; Please DO NOT give my baby any supplemental feedings without my approval
- If my baby needs extra milk while in the hospital, I prefer (circle one):
 - Donor breast milk from the Mother's Milk Bank
 - Formula
- I plan to formula feed my baby
- I plan to combine breastfeeding and formula feeding



WELLNESS FOR EVERYONE

Managing Everyday Life

It's normal to feel a range of emotions during and after pregnancy. We are here for you throughout the course of motherhood. At HealthONE's Behavioral Health & Wellness Center, we offer wellness support in a variety of settings.

Mom's Mood Support Group every Monday, 10 AM - 11 AM

No cost support group that is open to the public. Non-ambulatory children are welcome in group. To sign up, please call 303-360-3577.

Virtual options are available.

Women's Outpatient Group Therapy

The Women's Intensive Outpatient Program provides an interdisciplinary treatment team that integrates the latest clinical research to provide treatment specifically addressing practical challenges women face in everyday life.

To schedule an appointment please call 303-360-3736.

Virtual options are available.

Outpatient Psychiatric Clinic

To sign up, please call 720-282-8015.

Virtual options are available.

Women's Inpatient Services

Our wellness program is staffed solely by women in a safe, comfortable, spa-like atmosphere.

24/7 Assessment & Referral Center

Walk-in services or call 844-556-2012.



Behavioral Health & Wellness Center

A Campus of *The Medical Center of Aurora*



Rocky Mountain Hospital for Children

At Presbyterian/St. Luke's



Rocky Mountain Hospital for Children (RMHC) at Presbyterian/St. Luke's Medical Center is HealthONE's full service pediatric hospital and 24/7 ER just for kids. Located at 20th Ave and N. High Street (about a mile from downtown Denver) at RMHC, you have access to 300+ board-certified pediatric physician specialists and resources to help new and growing families navigate complex pediatric medical questions.

If your pediatrician's office is closed and you want to talk with a pediatric nurse right away, call our free **First Call for Children: 303-563-3300 or 877-647-7440.**



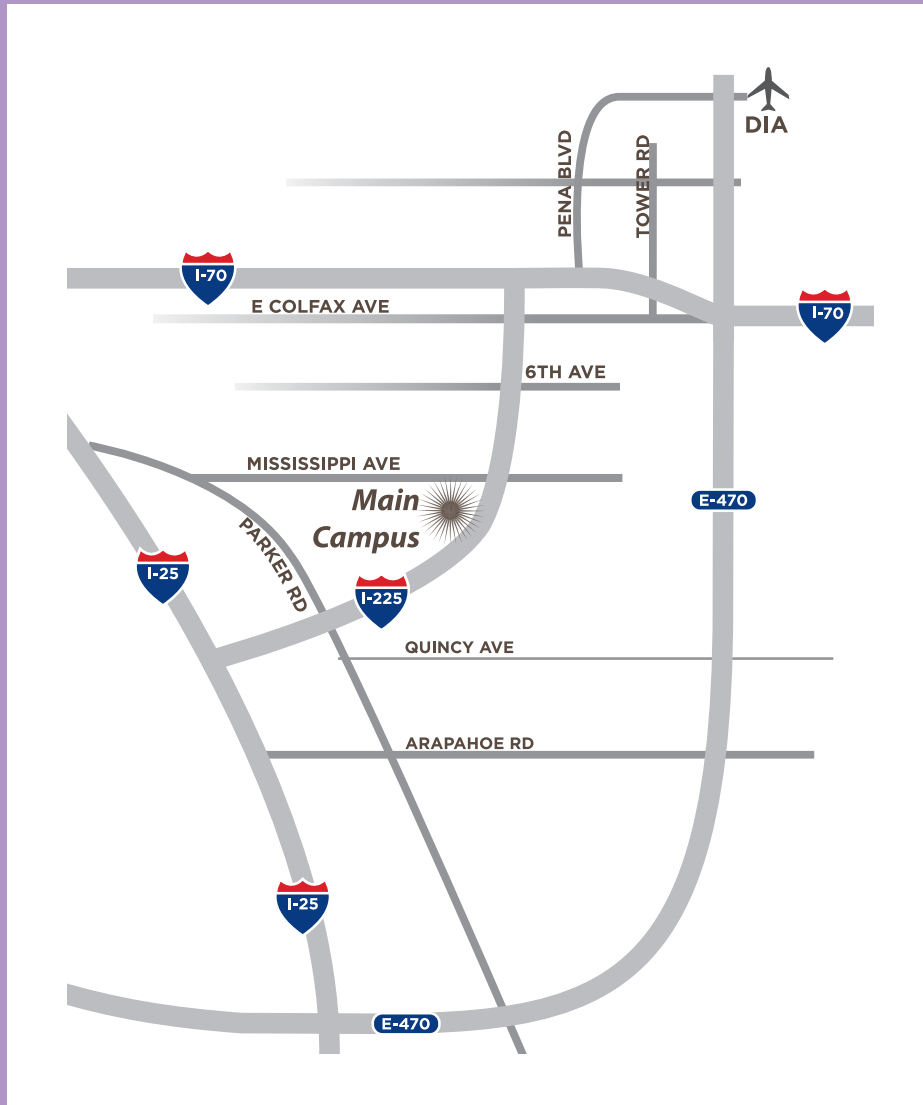
Watson Health.
15 TOP
HEALTH SYSTEMS
2020

IBM Watson Health named HealthONE, including Rocky Mountain Hospital for Children, the **Top Large Health System in the Country**



**Scan the QR Code to
Learn More About RMHC**

It's easy to keep your family's care in the HealthONE system. Learn more about the pediatric services that RMHC offers.



The Medical Center of Aurora

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