

# Welcome to world-class care



Childbirth is one of life's most important events! That's why at the UC Davis Health birth center we're honored to share your special moment and to partner closely with you on your goals, while providing extraordinary expertise for you every step of the way.

## Expect the best expertise and partnerships

We know it's important to fully understand your birth plan choices, and to respect them as much as possible. That's why our breadth and depth of expertise can provide additional flexibility and support.

Learn more below about our birthing center and how we can partner together with you during your pregnancy!

## **Support for natural childbirth and VBAC-friendly (vaginal birth after cesarean)**

We support natural childbirth whenever safe for mother and baby, and provide care and support throughout the labor process. Doulas are also welcome during your labor.

We encourage women to attempt a vaginal delivery after cesarean section (VBAC). We routinely handle VBAC deliveries, and provide a safe environment for enhanced monitoring, pain management, and more.

## **24/7 pain-management options**

Anesthesiologists are on-site 24 hours a day and offer a variety of pain relief options during labor, including epidurals and intravenous medicines. We now offer nitrous oxide, which can be used on a contraction-by-contraction basis and won't interfere with pushing.

## **Delayed cord clamping and cord blood donation**

We welcome delayed cord clamping due to the health benefits for most newborns, including term infants (increased iron levels) and preterm infants (lower risk of neonatal complications).

We are honored to lead California's Umbilical Cord Blood Collection Program. This life-saving donation is available at no cost and at no risk to you or your baby. The umbilical cord blood can be safely collected after birth and be donated for public use in lifesaving transplantations or research. If you are interested in cord blood donation contact us at **844-734-CORD (844-734-2673)** or talk to your health care team.



## **Experts in high-risk pregnancies**

Childbirth is a natural process, that usually occurs without complications. But if they do arise, our birth center offers rapid access to subspecialists in high-risk obstetrics. If your baby is born early or with a life-threatening disorder, our academic medical center is uniquely equipped and provides:

- Highly-rated experts in maternal-fetal medicine, labor pain management and obsterics
- The region's only nationally ranked level IV NICU (the highest level of care)
- The region's only center for on-site fetal surgery, with internationally known surgeons
- The area's only hospital with Magnet designation — the nation's highest recognition for nursing excellence

## **24/7 advice line**

Personalized support never stops, so you'll always have someone available for pregnancy-related questions. For guidance, contact your UC Davis Health primary care physician's office directly.

If you do not have a UC Davis Health primary care physician, contact the Obstetrics Advice Office at **916-734-6900**. After 5 p.m. Monday through Friday, as well as on weekends and holidays, contact Labor and Delivery at **916-703-3030**.



We're the area's only hospital with Magnet designation — the nation's highest recognition for nursing excellence.

## Experience a home away from home

Your delivery is an extraordinarily special — and personal — moment, and our private birthing suites will provide a comfortable, home-like atmosphere that help to blend amenities for your comfort and safety.

### What to bring to the hospital

- Comfortable clothing for yourself and your baby
- Any personal hygiene items
- An approved infant car seat
- Baby blankets
- Laptops, tablets, phone chargers or music players
- Favorite snacks

### One room for labor and delivery

Our spacious birthing suites are large, specially appointed private rooms equipped with private bathrooms, wireless fetal monitoring for freedom of movement, helpful aids such as squat bars and birthing balls, free Wi-Fi and more.

During labor, we highly encourage the presence of a support person or a close friend to be with you during your special time.

*\*If your doctor schedules you for an induction of labor or a Cesarean section, please contact our birthing center at 916-703-3030 one to two hours before coming to the hospital to confirm your appointment.*

### Filming and photography

Capturing family moments is priceless and having your special day on camera is memorable. Video and photography are only permitted before and after delivery. Filming and photography of any kind is not allowed during delivery or any surgical procedures.

### Uninterrupted skin-to-skin bonding time

We practice couplet care, which means that babies and mommies stay together after birth. We perform our routine recovery care tasks at mom's bedside — and whenever possible, while baby is resting on mom.

We also highly encourage skin-to-skin contact with your newborn immediately after delivery and strive to provide uninterrupted skin-to-skin time during the first hour to give you and your baby the opportunity to bond (and begin breastfeeding, if you choose to).

### Celebrate with a farm-to-fork meal

After your baby is born, celebrate your new arrival with a farm-to-fork-inspired gourmet meal prepared by our Executive Chef

Santana Diaz. Then share your moment with loved ones.

We encourage family and friends to visit so they can meet your little one (see visiting policy on page 4).



### Getting your newborns birth certificate

Before you are discharged from the hospital, our birth certificate clerk will help you fill out your baby's birth certificate and provide information on how to obtain certified copies from the California Office of Vital Records.

## Hospital stay and policies

A hallmark of our care is providing around-the-clock expertise and management of your health during and after delivery.

### Your stay after delivery (postpartum)

Depending on the health of you and your baby, your hospital stay may vary. If you have a vaginal delivery, you and your baby can expect to stay in the hospital for 24 to 48 hours.

If you have a Cesarean section, your length of stay will be 48 to 96 hours depending on your medical condition and the health of your baby.

### Parking information

The hospital's main entrances and parking areas, including long-term parking, are located off X Street. The best option is to park in Parking Structure 3, located near the X Street entrance.

Parking is \$2 per hour (or a fraction thereof) with a \$12 daily maximum. Five-day extended stay permits are also available for purchase. Cash or credit cards are accepted. For additional information on parking, visit [health.ucdavis.edu/parking](http://health.ucdavis.edu/parking).

*\*Please note that parking within the surrounding residential areas is not permitted.*

## Security

For the security of our patients, surveillance cameras and locked nursing units are used on the third floor. All infants wear a state-of-the-art pediatric Hugs® tag system, in addition to a name band. Your newborn's band will be matched with your name band prior to all contact between you and your baby.

All personnel at UC Davis Health wear identification badges that include their name, job title and photograph. Never give your baby to a person who is not wearing an appropriate UC Davis Health photo ID badge. If you are unsure about anyone, press your call button for staff assistance.

## Smoke-free environment

For the health and safety of our patients, visitors and staff, UC Davis Health is a smoke-free hospital and campus. There are no designated smoking areas on campus.

## Visiting policy

During labor, visitors are welcome 24 hours a day. However, the number of visitors may be limited for safety reasons. Only healthy adults and children should visit you and your newborn. Children are allowed to visit if they are being supervised by a responsible adult other than the patient. General visiting hours are from 9 a.m. to 9 p.m.

## Postnatal support

Support and expertise is part of the continuum of care we provide around your first days of motherhood.

### Expert breastfeeding support

We support your choice to make an informed decision about breastfeeding, which can have a host of benefits for your baby.

All of our perinatal nurses have received special training to assist with breastfeeding needs (including moms with gestational diabetes). We also offer phone support, classes and free support groups in the Sacramento area.



## Promoting safe sleep

To reduce sleep-related causes of death, we've trained our providers in safe sleep practices, including monitoring for any objects in the crib, observing unsafe sleep locations, and providing sleep sacks for infants.

New mothers are taught how to properly swaddle their newborns and are given a free sleep sack after being discharged home.

## Nursing advice at home

We encourage our new moms to reach out to us for help! After leaving the hospital, specially trained nurses are available for guidance and support, as well as helpful advice about other ways to care for your new arrival.

## Going home with your baby

It's time to enjoy your newborn and experience motherhood. Here's what to expect as you gear up to go home:

- On the day of your discharge you and your baby will be released by two different groups of doctors.
- Your baby will be discharged after clearance by the pediatric team\* and you will be discharged by your obstetrics provider.
  
- Transportation arrangements should be made prior to the day of your discharge. You must have a car seat safely installed before leaving. Our Trauma Prevention and Outreach Program offers a free inspection and installation check for car seats. To make an appointment prior to your due date, call **916-734-9798**.

\*Your baby will not be discharged home until a follow-up appointment has been made with a pediatrician. Please make every effort to select a pediatrician prior to your delivery.



## Frequently asked questions

### Do you have birthing tubs or birthing balls?

Yes, we have birthing balls and peanut balls. All rooms have private bathrooms but only a few rooms have bathtubs. You can labor in the tub as long as your doctor says you do not require continuous monitoring of your baby. We do not offer tub births.

### How many people can I have at my delivery?

In general, you can have up to four people attend your delivery, but it is ultimately up to your health care team. Your nurse or doctor may restrict the number of visitors for medical reasons. Family will need to remain in your room or in the waiting area. They may not stand or wait in the hallways.

### Do I have to share a room?

If all the birthing rooms are full and laboring moms are waiting, we will move patients based on order of delivery. We will make every attempt to keep you in a private room for at least 24 hours after delivery. There are a few private rooms on our postpartum unit that are available on a first-come, first-served basis.

If you are transferred to a postpartum room, you may have a roommate. Overnight visitors are generally not permitted in order to protect the privacy of each patient. Please speak with your nurse to discuss your options.

### Can I get an epidural right away? Will it be too late for an epidural if I'm fully dilated?

We have a dedicated anesthesiologist on the unit 24 hours a day. For the most part, our doctors will put in an epidural at any time, as long as you can remain still. Occasionally, there may be a wait for an epidural if the anesthesiologist is attending to another patient. In that case, we can also offer you I.V. pain medication while you wait.

### Will my doctor be there for delivery?

This discussion should be had with your doctor prior to your due date. Most private doctors are part of a call-group where the partners each cover deliveries one or two days a week.

If you are an OB clinic patient, you will be delivered by the doctors who are working in labor and delivery on the day you come in.

### Who else will be a part of my care team?

Every shift has a charge nurse who is available to discuss any concerns you may have regarding your medical or nursing care. Please ask to speak with the charge nurse if you have any questions or concerns during your stay.

### Why are resident doctors' part of my care team?

UC Davis Medical Center is a teaching hospital, where resident doctors will generally be involved in your care. Residents are licensed doctors who have completed medical school and are receiving additional training in obstetrics. Residents are supervised by an attending physician who will also be present during your delivery.