



Frequently Asked Questions

常见问题

Welcome to the University of Michigan Health System – Von Voigtlander Women’s Hospital (VVWH). The purpose of the information session and tour is to help familiarize you with our hospital. All care related to your pregnancy and birth, and care for well newborns, is provided in private rooms. Moms and babies are cared for in the same room unless the baby needs specialized moderate or intensive newborn care. If you’d like more information about the health care providers who staff our hospital, please visit our website:

欢迎来到密西根医疗系统方 芙格兰德 妇女医院(Von Voigtlander Women's Hospital, 简称 VVWH)。说明会及参观的目的是为了帮助您熟悉我们的医院。所有有关您怀孕与生产以及健康新生儿的照护，都是在单人病房进行的。母亲和婴儿会在同一个房间接受照护，除非婴儿需要中度或重度的特别看护。如果您想要知道更多有关我们医院医护人员的资料，请浏览我们的网站：

UofMHealth.org at: <http://www.uofmhealth.org/our-locations>

UofMHealth.org 的网址是:<http://www.uofmhealth.org/our-locations>

What is the address and phone number of the hospital?

医院的地址和电话是什么？

Von Voigtlander Women’s Hospital - Floor 9
1540 E. Hospital Drive
Ann Arbor, MI 48109-4256
Phone: 734-764-8134

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电话：734-764-8134

What should I do when I think it may be time to come to the hospital?

当我认为该是到医院的时候了，我应该怎么办？

When you feel your labor has begun and are ready to come to the hospital or if you need help deciding:

当您觉得产兆已经开始，也准备要到医院了，或是您需要有人帮您作决定时：

- If you see a **Family Practice Doctor** please call your doctor directly (anytime of the day) with the phone number they have given to you. Call OB Triage at 734-764-8134 if you are unable to reach your doctor.

如果您看的是家医科的医生，请直接（一天中的任何时间）打他们提供给您的医生连络电话号码。如果您无法连络到您的医生，请拨 734-764-8134，连络产科分流中心（OB Triage）。

- If you see a **Certified Nurse Midwife** please call their Administrative Assistant 734-763-2311 during regular office hours. After hours, or on weekends and holidays, call OB Triage at 734-764-8134.
如果您看的是认证合格的护士助产士，上班时间时请拨 734-763-2311，联络行政助理人员。下班时间、周末或假日时，请拨 734-764-8134，联络产科分流中心。
- If you see an **Obstetric Doctor** please call OB Triage at 734-764-8134.
如果您看的是产科医师，请拨 734-764-8134，联络产科分流中心。

What should I pack to bring with me to the hospital?

我应该收拾什么带到医院呢？

- ✓ Hospital registration card, if you have one
医院蓝卡（如果您有的话）
- ✓ Copy of your Durable Power Attorney or Living Will, if you have one.
您的法定代理人或生前遗嘱的影本（如果您有的话）
- ✓ Lip balm or Vaseline (Your lips may get dry during labor)
护唇膏或凡士林(Vaseline)(生产时您的嘴唇可能会发乾)
- ✓ Your own pillow may be more comfortable - with a colored or print pillowcase so it is not confused with the hospital pillows
您自己的枕头可能会比较舒服- 套上有颜色或图案的枕头套， 以与医院的枕头有所区别
- ✓ Robe
外袍
- ✓ Nightgowns, if desired, although hospital gowns are always available
睡袍（如果您想要的话）， 不过， 医院都有袍子任您使用。
- ✓ Underwear and a well-fitting bra
内衣裤和合身胸罩
- ✓ Slippers, non-skid
拖鞋（防滑的）
- ✓ Socks
袜子
- ✓ Going home clothes for you and your baby - Remember, loose-fitting clothes will be most comfortable for you. Many women will wear their maternity clothes home from the hospital.
出院时您和婴儿穿的衣服-记得宽松的衣物最舒服。很多妇女会穿孕妇装从医院回家。
- ✓ Shampoo
洗发精
- ✓ Deodorant
腋下除臭剂
- ✓ Comb / brush
梳子
- ✓ Hairdryer

吹风机

- ✓ Toothbrush / toothpaste

牙刷/牙膏

- ✓ Cell phone & charger or a phone card for long-distance calling

手机和充电器、或长途电话卡

- ✓ Camera

相机

- ✓ Music and a player

音乐和播放机

- ✓ Wi-Fi is available if you'd like to bring a laptop, tablet, etc.

如果您想带笔记本电脑、平板电脑等的话，有无线网络的提供，

- ✓ Name and address of the baby's doctor

婴儿的医生姓名和地址

- ✓ Infant car seat

新生儿汽车安全座椅

- Installation assistance is available in advance of your baby's birth through the Mott Buckle-up Program. Please call 734-763-2251 to schedule an appointment.
在婴儿还没出生前，您可以透过马特系安全带方案 (Mott Buckle-up Program) 得到安装安全座椅的协助要预约时间，请拨 734-763-2251。

Where should we park when we come to the hospital to have our baby?

当我们来医院生产时，应该在哪里停车？

Urgent Access - Valet Parking

紧急许可-免费代客停车

- For patients coming into the hospital to have your baby
提供给到医院生产的病人使用
- Located just off East Hospital Drive at the entrance to the C.S. Mott & Von Voigtlander Women's Hospital
位于妇幼医院入口，即在 East Hospital Drive 上。
- Staffed by UMHS Security Guest Service Specialist: 24 hours a day / 7 days a week to assist you
由 UMHS 安检客服专业人员每周 7 天每天 24 小时为您服务

Where should family and visitors park?

家属和访客应该在哪里停车？

Parking Structure P4

P4 停车大楼里

- Located just off East Hospital Drive across the street from the C.S. Mott & Von Voigtlander Women's Hospital
位于 East Hospital Drive 上，即妇幼医院的对面。
- Available for a fee of \$2.00 for the first 4 hours
头 4 个小时收费 \$2.00

- Staffed by parking attendants
有停车场收费员在

Valet parking 代客停车

- Located just off East Hospital Drive at the entrance to the C.S. Mott & Von Voigtlander Women's Hospital
位于妇幼医院入口，即在 East Hospital Drive 上。
- Available for a fee of \$5.00
收费是\$5.00
- Staffed by Valet Services
有代客停车员在
 - Monday - Friday: 5:30am - 9pm
周一至周五上午 5:30- 晚上 9:00
 - Weekends and holidays: 8am-6pm
周末和假日：上午 8:00- 下午 6:00

What will happen when it's time to be admitted into the hospital?

该是住院的时候，当如何办理？

As a University of Michigan Health System patient you are automatically registered for your hospital stay. However, during your pregnancy, if you have any changes to your insurance, name or address, make sure you tell the clerical staff at your health care provider's office.

您已经是密西根大学医疗系统的病人，您就已经自动登记住院。不过，如果怀孕期间，您的医疗保险、姓名或住址有任何的更动，请务必告知您的医护提供者的诊所办事员。

Go directly to the Guest Service desk in the Lobby. The staff will assist you to the 9th floor Birth Center Triage. If family and/or friends (other than your support person) accompany you, they will be asked a couple of questions about their health status and a receive visitor badge to be worn at all times when in the Mott and Women's Hospital.

直接走到大厅的宾客服务台。服务人员会协助您到九楼的生产分流中心。如果有家属和/或朋友（但不是您的陪产人）陪您来医院，他们会被询问几个有关健康状况的问题以取得访客识别证。访客待在妇幼医院时，一定要随时戴着该识别证。

Can my family and friends come to the hospital to support me?

我的家属和朋可以到医院陪产吗？

During labor and birth, up to 4 support persons are able to be with you in your room. After the birth, there is no set limit to the number of people you can have with you.

分娩和生产时，在产房里最多只能有 4 个陪产人。产后，陪产人数就不受限制了。

While in the hospital, you'll need to get some rest and will be busy getting to know your baby and learning how to care for him or her. Consider asking your extended family and friends to wait to visit until you and your baby return home.

住院时期，您需要休息，且也会忙着认识您的宝贝，并学习如何照顾他/她。可以考虑请亲戚朋友等您和孩子回家以后再去看您们。

If your room becomes too crowded, your friends and family can wait comfortably in one of the family waiting areas on the floor.

如果您的房间太拥挤，您的朋友和家人可以舒适地待在该楼层的家属等候区。

For safety reasons, all visiting children, including siblings, must be accompanied at all times by an adult who is not the patient. During labor and birth this adult must be someone other than the patient's primary support person. Siblings and other children may visit between 9am and 9pm, but may not stay overnight.

基于安全的考量，所有来访的孩童，包括兄弟姐妹在内，必须随时有大人（但不可是病人）陪伴在旁。产程和生产中，这个大人不可以是病人的主要陪产人。兄弟姐妹和其他孩童可以在上午 9:00 - 晚上 9:00 之间来院探访，但不可以留下过夜。

There are two opportunities for siblings at the hospital:

兄弟姐妹在医院时有两个活动可以参加：

1. The Sibling Program is held at the Jones Family Center on the 2nd floor of the hospital. The Sibling Program is available on Saturday and Sunday during the school year (Sept. - June): 1pm -4pm and every day during the summer (approx. July - August): 1pm - 4pm. Children who attend the Sibling Program must be:

兄弟姐妹计画(Sibling Program)在医院 2 楼的琼斯家庭中心 (Jones Family Center) 进行。兄弟姐妹计画举办时间在学期中 (九月-六月) 是：星期六和星期日下午 1:00-4:00；暑假期间 (大约七月-八月)每天：下午 1:00-4:00。参加兄弟姐妹计画的孩子必需是：

- 3 years of age and older
三岁或三岁以上
- Toilet trained
已经如厕训练过了
- The child's hospitalized family member must not be in isolation or under droplet precautions
孩子的住院家属不可以是被隔离的或是飞沫传染预防监控中的病人。

2. The Michigan Game Day Experience - 8th floor indoor playground

密大美式足球赛体验- 八楼室内游玩区

- Sunday - Tuesday & Thursday - Saturday: 8:00 a.m. - 8:00 p.m.
星期日至星期二与星期四至星期六：上午 8:00 - 晚上 8:00
- Wednesdays: 8:00 a.m. - 4:30 p.m.
星期三：上午 8:00 - 下午 4:30
- Parents/guardians must be present and supervise their children at all times.
父母/监护人务必随时在旁监督他们的孩子。
- Parents/guardians are responsible for their children's safety.

父母/监护人要为他们孩子的安全负责。

- All guests must sign-in and sign-out at the 8th floor Security Welcome Desk before entering and after leaving the play area.
所有的访客在进入或离开游玩区时，都必须在八楼的安检迎宾柜台签入或签出。
- If a Parent/guardian leaves for any reason, his or her children must leave too. Children may not be left in the care of a sibling or non-family member.
如果父母/监护人因故要离开，他/她的孩子也必须一同离开。不可随意把孩子留给他/她的兄弟姐妹或非家属的人看管。
- Parents/guardians will assure that children are respectful to others; take turns, and use the equipment in a safe and appropriate manner.
父母/监护人务必确保自己的孩子尊重他人，以安全合宜的方式与其他人轮流使用游乐器材。
- No Food or Drink is allowed in the playground
在游玩区不可吃喝东西。

Can cell phones be used in the Birth Center?

在生产中心可以使用手机吗？

Cell phones can be used on the 9th floor Birth Center. They should be used at least 1 foot away from the fetal heart monitor that sits at the head of your bed.

九楼的生产中心可以使用手机。手机的使用必须距离床头的胎心监测器至少 1 英尺远。

Please note that cell phone reception is not consistent in the building. You may want to bring a prepaid long distance calling card just in case.

请注意:医院里的手机收讯并不稳定。您也许可以考虑带着预付长途电话卡，以防万一。

If you unintentionally leave your charger at home, a charging station is available in the Jones Family Center on the 2nd floor of the hospital.

如果您不小心把充电器留在家里，在医院 2 楼的琼斯家庭中心有个充电的地方。

Will my baby get any medicines and tests while in the hospital?

在医院的时候，我的孩子会使用药物和测试吗？

Your baby will receive 3 medications at birth. Please talk with your health care provider or a pediatrician before your baby's birth if you have questions about the following medications:

出生时，您的孩子会接受 3 种药物。如果您对以下的药品有疑问，请在孩子出生前，询问您的医护提供人员或小儿科医生。

- Erythromycin ointment in both eyes
红霉素药膏-点双眼
- Vitamin K (a shot in the thigh)
维生素 K-注射在大腿上

- 1st Hepatitis B vaccination
第一剂乙肝疫苗

Your baby will also have a Newborn Screen blood test and a hearing screening performed while in the hospital.

您的孩子还在医院的时候，也会有新生儿筛检验血和听力筛检。

- The **Newborn Screen blood test** is a test for metabolic disorders and is required by the State of Michigan. About 24 hours after birth, your baby will have a heel stick blood draw to collect the blood for the test.

新生儿筛检验血乃在检测新生儿是否有代谢异常的问题；该项检查是根据密西根州法律规定而进行的。孩子出生后 24 个小时，会以刺脚跟的方式来取得血液进行验血。

- The **hearing screen** tests your baby's ability to hear. If you have questions about this test, please talk to your health care provider or a pediatrician before the baby's birth.

听力筛检乃在检查您的孩子的听力。如果您对该项检查有任何疑问，请在孩子出生前询问医护人员或小儿科医生。

Is breastfeeding support available while in the hospital?

还在医院时，是否会有喂母乳的协助？

Following the birth of your baby, your nurse will help you to begin breastfeeding your baby. We also have nurses on staff with advanced training in breastfeeding and Certified Lactation Consultants if you and your baby need an increased level of breastfeeding support.

孩子出生后，您的护士就会帮助您开始喂母乳。如果您和孩子需要更进一步的哺乳协助，我们也有受过高级哺乳培训的在职护士，以及认证合格的哺乳咨询人员为您服务。

Effective August 2013, the purchase of a breast pump may be a benefit covered by your insurance provider. Please call your insurance provider for specific details.

从 2013 年 8 月开始，您的保险公司可能会给付购买挤奶器的费用。请联络您的保险公司取得详情。

What should I know about applying for my baby's birth certificate and social security card?

有关申请孩子的出生证明和社会安全卡等事宜，我应该注意些什么？

Birth Certificate

出生证明

In order for the hospital to file your baby's birth certificate in Washtenaw County, a work sheet that you will receive at admission must be filled out completely for the Health Information staff to pick up before your discharge to home. The baby's name must be included on the worksheet in order for the birth certificate to be filed with the Washtenaw County Division of Vital Records.

如果您让医院代您提出华郡 (Washtenaw County) 出生证明的申请, 您将会在入院时拿到一张申请表, 该表格必须在出院前填写完成, 医疗资料部门的员工会来拿取。婴儿的姓名务必填写在出生证明的申请表上, 才能送交华郡人口动态记录科(Washtenaw County Division of Vital Records)。

To obtain a copy of the birth certificate, you must request a copy from Washtenaw County. The birth certificate will be available approximately 4 week after the birth of your baby. 欲取得出生证明, 您必须向华郡提出申请。出生证明将在婴儿出生后约四周可以取得。

Social Security Card

社会安全卡

By checking the appropriate box when you fill out the birth certificate worksheet you will automatically receive a social security card for your baby within 12 weeks. If you require a social security card for your baby sooner than 12 weeks please contact the Social Security administration at 1-800-772-1213.

填写出生证明申请表时, 如果您在适当的空格内打勾, 您将会在 12 周内自动收到孩子的社会安全卡。如果您希望在 12 周前收到孩子的社会安全卡, 请连络社会安全行政单位 (Social Security Administration), 连络电话: 1-800-772-1213。

What should I know about going home from the hospital?

有关出院回家, 我应该注意些什么?

- If you have a vaginal birth without complications, you will generally be ready to go home about 24 hours after your baby's birth.
如果您是顺产, 通常可以在孩子出生后约 24 小时准备回家。
- If you have a cesarean birth and have no complications, you will generally be ready to go home about 48 hours after the birth.
如果您是剖腹产且没有并发症, 通常可以在孩子出生后约 48 小时准备回家。
- The time you'll be in the hospital will go quickly. Make plans before your baby's birth for transportation home.
在医院的时间将会过得很快。在孩子出生前就当计划好回家的交通工具。
- Your nurse will give you a "checklist" to remind you of all the things your nurses, doctors or midwives have taught you during your hospital stay. If you have questions about anything on the checklist be sure to ask your healthcare providers about it before you go home.
您的护士会给您一份清单, 提醒您所有护士、医生或助产士在您住院时曾教过您的事项。如果您对清单上的任何事项有疑问, 请您务必在回家前向您的医护提供人员提出询问。
- A key to comfortable adjustment to new motherhood is to have help at home. For the first 2 weeks, your primary job is to rest, recover and get to know our baby. It is worth taking the time before the birth to make arrangements for someone to be with you at home for a while.

能够顺利调适初为人母的角色其关键乃在回家后有人帮忙。刚开始的两个星期，您的主要任务是休息、复原和认识您的宝贝。生产前花时间安排产后有人在家陪您是件挺值得的事。

- If you did not get a Tdap (Tetanus, Diptheria and Pertussis) vaccination during your pregnancy, you will be asked to get the vaccination before you go home. There has been an increase in Pertussis (whooping cough) both in Michigan and across the country. While this disease can be mild in adults, it can make newborn babies very sick. Babies typically get whooping cough from their parents or other adults who have not been vaccinated.

如果怀孕期间您没有接种破伤风、白喉和百日咳疫苗，您将会在出院回家前被要求接种疫苗。百日咳病例在密西根和全国他处有增加的趋势。对大人而言，这种疾病属轻微的，但它却可以让刚出生的婴儿病得很严重。婴儿通常从父母或其他未接种过的大人感染到百日咳，

- During flu season, you will be asked if you have received or would like to receive the flu vaccine. The flu vaccine is recommended for all pregnant and postpartum women. 在流行感冒期间，医院会询问您是否已经打过或想要注射流感疫苗。所有的孕妇和产后的妇女应当接种流感疫苗。

- After you return home, if you are to receive a home visit, you will get a call from Michigan Visiting Nurses. A nurse will make an appointment with you to help be sure that you and your baby are healthy and to provide help and instructions in caring for yourself and your baby. The visit with the nurse usually occurs within 3 days of leaving the hospital.

如果您有家访的安排，回家后您将会收到密西根家访护士(Michigan Visiting Nurses) 的电话。将会有护士与您预约时间，到府上帮助确定您和孩子都健康无恙，并提供协助教您如何照顾自己和孩子。护士的探访通常是在出院后 3 天内。

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