

# Planning for the Birth

Pregnancy and Childbirth  
Patient Education Information

Obstetrics and Gynecology  
**Women's Health Program**



**University of Michigan**  
**Von Voigtlander Women's Hospital**

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## Choosing Your Baby's Healthcare Provider

Before giving birth, you will also want to select a healthcare provider for your baby. Once you make your decision, you can call that provider's office to make arrangements for care.

Tips for choosing a healthcare provider:

- Ask friends and family if they know of a provider they prefer.
- You can choose a physician who specializes in general pediatrics, internal medicine and pediatrics, or family medicine.
- To locate UMHS healthcare providers in your area, call: 1-800-211-8181.

## Family and Support

### The Von Voigtlander Women's Hospital

There is no set number of support people you can have in your birthing room. However, if it becomes too crowded, some of your guests will have to wait in one of our waiting rooms.

- Birth is a very special time. It's best to limit guests during labor and birth.

- Children under 14 must be accompanied by an adult, other than you and your birth partner, who will stay with them in case they become uncomfortable and would rather go to a waiting area.
- It's your decision who is with you during birth. If you would like someone in your group to leave the birthing room, you can discretely let a nurse know and he or she will ask the family member to leave for you.

## **The Operating Room**

To help maintain a clean sterile environment, only your primary support partner can be with you in the OR. Your partner will be provided operating room attire. Although you should not eat anything before entering surgery, your partner should eat a light meal before entering the OR.

- Obstetricians will perform the surgery. Nurses will aid them in your care.
- Anesthesiologists will monitor your pain medication.

## **Tour and Orientation**

A tour of the Women's Hospital is a great chance for you and your support partner to become familiar with the hospital. The tour is free and should be taken in your 7th or 8th month of pregnancy.

If you would like to set up a tour:

- Call (734) 763-6295 if you are seeing an OB/GYN.
- Call (734) 764-1406 if you are seeing a Certified Nurse Midwife.

## **What to Bring**

Sometimes, it is easier to have your things packed and ready before labor starts. Also, by law it is necessary for your newborn to ride home in an infant car safety seat. If you need help installing it please call Buckle-Up Hotline (734) 763-2251.

### Documentation

- Your blue hospital registration card.
- Health insurance cards or documentation.
- Picture identification.
- Contact information for your newborn's health care provider
- List of current medications or allergies.
- A copy of your birth plan if you have one

### Personal Items

- Bring a bag with a toothbrush, toothpaste, face wash, lotion, shampoo, conditioner, body wash, comb/brush, and other toiletries you may want from home.
- Lip balm (your lips may get dry during labor).
- Bring your own pillow with a colorful pillowcase to identify that it belongs to you.

## Clothes

- Night gown, robe, slippers.
- Extra socks and underwear
- Comfortable, loose fitting “going home clothes.” (You can also have these brought in on the day of your discharge)
- Your baby’s first outfit for pictures and going home.

## Electronics and Phones

Note: wireless internet access is available in patient rooms.

- Camera or Video Camera.
- Label any personal electronic devices such as laptops, iPods, MP3 players, etc.
- Before entering the hospital, disable the push-to-talk function on your cell phone (if equipped) as it interferes with the medical equipment.
- Cell phones are permitted in the patient rooms.
- Please do NOT bring any 2-way radios or walkie-talkies.
- You can also bring a long distance phone card to use.

Disclaimer: This document is for informational purposes only and is not intended to take the place of the care and attention of your personal physician or other professional medical services. Talk with your doctor if you have Questions about individual health concerns or specific treatment options.

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