



**VON VOIGTLANDER
WOMEN'S HOSPITAL**
MICHIGAN MEDICINE

Moms & Babies



Preparing for Birth

Frequently Asked Questions

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:

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

What is...

The address and phone number of the hospital?

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



What should I do...

When I think it may be time to come to the hospital?

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

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

**Call for a
FREE
Appointment!
Mott Buckle UP!
Program
734-763-2251**

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

- ✓ Hospital registration card, if you have one.
- ✓ Copy of your Durable Power of Attorney or Living Will, if you have one.
- ✓ Lip balm or Vaseline (your lips may get dry during labor)
- ✓ Your own pillow may be more comfortable—with a colored or print pillowcase so it is not confused with the hospital pillows.
- ✓ Robe
- ✓ Nightgowns, if desired, although hospital gowns are always available
- ✓ Underwear and a well-fitting bra
- ✓ Slippers, non-skid
- ✓ Socks
- ✓ 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.
- ✓ Shampoo
- ✓ Deodorant
- ✓ Comb/brush
- ✓ Hairdryer
- ✓ Toothbrush/toothpaste
- ✓ Cell phone and charger or a phone card for long-distance calling
- ✓ Camera
- ✓ Music and player
- ✓ Wi-Fi is available if you'd like to bring a laptop, tablet, etc.
- ✓ Name and address of the baby's doctor
- ✓ Infant car seat
 - 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.



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

- Please use Valet Parking at the front entrance of C.S. Mott Children's & Von Voigtlander Women's Hospital or Parking Structure P4.
- There is a fee at both parking locations.

What will happen...

When it's time to be admitted into the hospital?

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.

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.



Can cell phones...

Be used in the Birth Center?

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.

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.

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.

Will my baby...

Get any medications and tests while in the hospital?

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:

- Erythromycin ointment in both eyes
- Vitamin K (a shot in the thigh)
- 1st Hepatitis B vaccination

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

- 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.
- 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. The test is done at the bedside at, or after, 24 hours of age.



At your baby's first health care appointment, the vaccination schedule will be discussed with you.

Can my family and friends...

Come to the hospital to support me?

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

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.

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

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 cannot stay overnight.

There are two opportunities for siblings at the hospital:

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): 1 pm–4 pm and every day during the summer (approx. July–August): 1 pm–4 pm. Children who attend the Sibling Program must be:
 - 3 years of age
 - Toilet trained
 - The child's hospitalized family member must not be in isolation or under droplet precautions
2. The Michigan Game Day Experience — 8th floor indoor playground
 - Sunday – Tuesday & Thursday – Saturday: 8:00 am–8:00 pm.
 - Wednesdays: 8:00 am–4:30 pm.
 - Parents/guardians must be present and supervise their children at all times.
 - Parents/guardians are responsible for their children's safety.
 - All guests must sign-in and sign-out at the 8th floor Security Welcome Desk before entering and after leaving the play area.
 - 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.
 - Parents/guardians will assure that children are respectful to others; take turns, and use the equipment in a safe and appropriate manner.
 - No food or drink is allowed in the playground.



What should I know about...

Applying for my baby's birth certificate and social security card?

Birth Certificate

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.*

To obtain a copy of the birth certificate, you must request a copy from Washtenaw County. The birth certificate will be available approximately 4–6 weeks after the birth of your baby.

Social Security Card

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.

IMPORTANT PHONE NUMBERS:

Your pregnancy care provider's office:

Birth Center Triage:

734-764-8134

Lactation Services:

734-232-7885

Outpatient Lactation Services Appointment Line:

734-232-2600

Birth Certificates:

734-936-7481

Women's Health Resource Center:

734-936-8886

Is breastfeeding support...

Available while in the hospital?

A variety of breastfeeding support is available to all new mothers. Following the birth of your baby, your nurse will provide you with assistance to breastfeed your baby.

In addition to your nurse, there is also a team of Breastfeeding Support Nurses, who have received additional training to assist you with any advanced level of support.

We also have highly trained and experienced International Board Certified Lactation Consultants on staff, who are available, by referral from your nurse, to assist with any complex breastfeeding concerns. A referral to the Lactation Consultants will be made if your baby is having difficulty latching and/or suckling at the breast or if you are feeding multiple infants or feeding preterm infants.

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





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Hospital Birth Center Triage**
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What should I know... About going home from the hospital?

- If you have a vaginal birth without complications, you will generally be ready to go home about 24 hours after your baby's birth.
- If you have a cesarean birth and have no complications, you will generally be ready to go home about 48 hours after the birth.
- The time you'll be in the hospital will go quickly. Make plans before your baby's birth for transportation home.
- 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.
- 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 your baby. It is worth taking the time before the birth to make arrangements for someone to be with you at home for a while.
- If you did not get a Tdap (Tetanus, Diphtheria 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.
- 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.
- 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.