

## WOMEN AND CHILDREN'S HEALTH VISITING POLICY

The nursing staff of the Women and Children's Health Department is eager to ensure the safety of you and your baby during your hospital stay. We take precautions to ensure you and your baby are safe. You can help us by doing the following:

- In the birthing rooms, the father or significant other and two (2) other people 14 years or older of your choice may be present for your birth. **Children under the age of 14 will be accompanied at all times by a responsible adult other than the patient. They may be present for the birth as long as prior arrangements have been made with the OB physician, and an adult is present to escort them out of the room if needed.** Any other visitors are asked to wait in the waiting room located just outside of Labor and Delivery. **Due to the need for your privacy and the privacy of other patients, we ask that no one stand or wait outside of your room.** Clear hallways are important for a quick response in emergency situations.
- In order to maintain an orderly, safe environment for our mothers and babies, if a visitor is asked to step out of the room for staff or doctors to perform patient care, the visitor should proceed immediately and directly to the waiting room.
- During epidural placement, only one person will be allowed to stay with you. There may be times when no visitors are allowed. This is at the discretion of the anesthesiologist.
- **If your delivery is by cesarean section, one support person will be allowed in the operating room if you are having regional anesthesia (spinal or epidural).** Patients requiring general anesthesia may not have a support person in the operating room. This is at the discretion of the attending Obstetrician and/or Anesthesiologist.
- Following your delivery, you will need time to recover and bond with your new baby. We ask that visiting times be brief to allow time for the staff to assist you with caring for your new baby; breastfeeding instruction and assistance; assessments; and most of all much needed rest.
- Siblings may visit in the birthing area with adult supervision. We ask that anyone visiting wash their hands before handling the baby. Anyone with recent illness should refrain from visiting.
- **One adult person may stay overnight** with you, the new mom, and baby through the hospital stay. **Other children or siblings are not allowed to spend the night.** Please make arrangements for their care prior to arrival at the hospital.

You will be transferred from Labor and Delivery to the Post Partum suites following your recovery period. Visitors other than the father/significant other, siblings and grandparents are encouraged to visit during the **regular hospital visiting hours of 12 p.m. to 8 p.m.**

## WHAT ARE VITAMIN K INJECTIONS?

Vitamin K is an essential part of blood clotting. All babies are born with low levels of this vitamin. When vitamin K levels are too low, babies may develop Hemorrhagic Disease of the Newborn (HDN). HDN can be seen in many ways, the most life-threatening including bleeding into the brain, abdomen and chest which can occur from birth until 12 weeks of life.

To reduce the risk of HDN, doctors prescribe vitamin K. The vitamin K is given in a shot to babies during the first day of life. The success of vitamin K injections has been so dramatic that many doctors have never seen an infant who has HDN, now known as vitamin K deficiency.

It is a popular trend in some areas for parents to refuse to allow Vitamin K to be given to their baby. They want to keep things “natural” for the infant, but it is important to keep in mind that the infants most at risk for this disease are the “healthy babies” who are only breast fed.

Although formula has vitamin K in it, absorption of the vitamin K in formula is less reliable than absorption from an injection. Therefore, the vitamin K in formula does not replace the need for a vitamin K injection.

**BHC Health Information**