

# Welcome to Boone Health Labor & Delivery

Welcoming a new baby can be an exciting time for everyone in your family – it can also be scary or confusing for new parents. Our goals are to help you feel comfortable and to keep you informed about the care you receive at Boone Family Birthplace, including what you can expect during your stay in Labor and Delivery.

## **After you are admitted, a few things must be done when you arrive to your Labor and Delivery room:**

- Your physician has ordered lab work to give us information about your current health and to use for comparison for future lab work. You may also be started on intravenous (IV) fluids at this time. IV fluids are used to keep you well hydrated and to allow us to give you medications during labor.
- Your baby's heart rate and your contraction pattern will need to be monitored. We do this by placing uterine and fetal monitors on your belly.
- A nurse will take care of you while you are in labor. Your doctor will visit with you as needed. If you deliver your baby during the night or on the weekend, it is possible the on-call doctor will deliver your baby.
- Your nurse will talk to you about different ways to manage your pain during labor, including comfort techniques, pain medicines, or an epidural.
- If you ask for an epidural, an anesthesiologist will perform the procedure.

## **What to expect during Vaginal Delivery:**

- Your nurse will help you get into the pushing position that works best for you.
- After your baby is born, your doctor may place your baby on your belly, then your support person may cut the cord.
- Your nurse will dry and assess your baby's health and, if you desire, will place the baby on your chest for skin-to-skin contact. If your baby needs extra care, they may be taken to the radiant warmer for more assessment and special care.
- After delivery, your nurse may bathe your baby, help you get to the bathroom, and assist you with any other needs.
- 2 to 4 hours after delivery, you and your baby will be moved to a Postpartum suite, where you'll begin learning how to care for yourself and your new baby.

## **If you need a Caesarean section (C-section):**

- You will be taken to the Labor and Delivery unit operating suite.
- Our Neonatal Intensive Care Unit (NICU) Team will attend your delivery, assess and care for your baby at the time of birth.
- Our goal is to start skin-to-skin care in the operating suite with nursing staff at your side, but if there are medical concerns with you or your baby, this might not be possible.
- If your baby needs treatment in the NICU, a family member who is present for the delivery will be invited to follow.
- If your baby does leave the operating room, our goal is to get them back to you as soon as you arrive in the recovery area, so we can implement skin-to-skin care as soon as possible and support the mother-baby bonding process. If you plan to breastfeed, your nurse will assist you at this time.
- 3 to 4 hours after delivery, you and your baby may be moved to a Postpartum suite.

**Our staff is dedicated to providing you with an excellent experience.  
Please let a member of your care team know if you have any questions or concerns.**