

Frequently Asked Questions Regarding Obstetric Care at Mount Auburn Hospital Updated November 2023

What is the policy regarding support persons and visitors?

We welcome continuous support person(s) who will accompany the birthing person throughout their childbirth experience. LABOR SUPPORT PERSONS are those individuals who continuously stay in the Labor & Delivery room to provide emotional and physical support to the birthing person. Support persons may leave the unit to attend to necessary matters, they are encouraged to be continuous support people throughout the entire labor and birth experience with limited comings and goings.

Typically birthing persons invite 1-3 individuals to be labor support people. We recognize that some birthing persons may desire additional people for their birthing experience. Additional support people may be able to be accommodated. Due to space limitations in our birthing rooms coupled with the need to provide high-quality, safe care to our patients, additional support persons may be limited.

Depending on the clinical situation, Labor & Delivery staff may request any support person to leave the birthing room. This would only be done if staff feel the support people in the room are limiting the provision of safe and appropriate clinical care.

Support person(s) should be 12 years of age or older. If a labor support is younger than 18 years of age, there must be a separate support person present who is 18 years of age or older who can be responsible for an under 12 year old individual

Following delivery, one of the support persons present for delivery may remain with the patient throughout their entire postpartum stay.

MAH Postpartum Visitor Policy allows for healthy, asymptomatic visitors for postpartum patients, during designated visiting hours of 1 PM - 8 PM daily. Your one support person is not considered a visitor but all other visitors, including siblings and grandparents, are subject to these visiting hours. It is important that rooms are not overcrowded in order to protect the privacy and healing environment for patients. Please follow any guidance and instructions from our staff about the need to limit visitors as necessary.

Will I be tested for COVID-19?

- We have discontinued all *routine* pre-procedure and pre-labor testing for COVID-19.

What should I bring when I go to the hospital?

- If the likelihood is high that you will be staying at the hospital once you arrive, it is wise to bring everything you need with you to the hospital. The car seat can remain in your car until it is time for discharge, and anything else you don't need for labor can remain in the car to be retrieved for your postpartum stay.
- The hospital will be able to provide you with any basic necessities such as toothpaste/toothbrush, shampoo, sanitary pads, towels, swaddle blankets, diapers, etc.
- Remember to bring a charger for your electronic devices.
- You may bring snacks or food to be kept in your room; however, rooms do not contain refrigerators. The hospital will provide meals for you and one support person. The cafeteria on the second floor is open from 6:30 AM to 7PM Monday-Friday and 7AM to 6:30 PM on the weekends. The Stanton Café located in the lobby is open 7AM to 2PM Monday-Friday. There is a 24-hour self-serve snack kiosk on the second floor outside the cafeteria that provides a wide range of beverages, snacks and microwaveable meals.

How can I tour the hospital and take childbirth education classes?

- Information about online and in-person childbirth education classes, as well as sign-ups for in-person tours, is available at <https://www.mountauburnhospital.org/care-treatment/womens-health/pregnancy-birth/classes/a-message-to-our-parents-to-be/>
- There is also a virtual tour of the MAH Bain Birthing Center at <https://www.mountauburnhospital.org/care-treatment/womens-health/pregnancy-birth/classes/>

Are routine circumcisions being performed at the hospital?

- Per parents' request, circumcisions are performed at the hospital prior to discharge.

Is help available for breastfeeding/lactation?

- Yes! Prior to arrival we encourage you to take the online breast-feeding class. You can find information about these classes using the link listed above
- All of the nurses on Labor and Delivery and the Postpartum Units are trained to help you with breastfeeding. If you and your baby are experiencing difficulty with breastfeeding, Lactation Consultants are also available to help.

Is the baby able to remain with the family during their entire hospital stay?

- We encourage rooming in and family centered care for all mother-baby couplets whenever possible. Healthy babies are not taken to the nursery.

When can I go home?

- Usually, the typical stay for patients who have a vaginal delivery is 2 nights, and patients who have a cesarean delivery go home 3 to 4 days after their surgery.
- If patients wish to go home sooner after delivery, they may be able to leave as soon as 24 hours after their vaginal delivery or 2-3 days after cesarean delivery, depending on their recovery and any other complications.

When can my baby go home?

- The Pediatrics Department at MAH encourages discharge of newborns **after** 36 hours of age.
- Requests for early discharge (between 24-36 hours of age) will be considered by the pediatrician, and will be accommodated if it is thought to be safe.