

Suggested Guidelines for Your Stay

Visiting Guidelines

General visiting hours at the hospital are over at 9:00 PM each night. Visitors who are authorized to visit after 9:00 PM must sign in at the nurse's station and wear a visitor identification badge.

During labor, a maximum of two to three support people are allowed in the patient room. All others should remain in one of the two waiting areas, Visitors are not allowed to linger in the BirthCenter hallways or outside the door of your room.

After a C-Section birth, mom is many times recovered in her patient room. During this time, only the banded support person is allowed in the room; other visitors/support people must remain in the external waiting room.

Unlimited visiting hours are allowed for one identification wrist band support person, the baby's grandparents, and the baby's siblings.

- If a visitor is ill, ask him or her to visit later. Ask a friend or family member to limit visitors for you so you don't become overly tired or exposed to illnesses. You also may ask your nurse to place a "Do Not Disturb" sign on your door.
- Visitors' children may visit if you wish. However, if they are ill, they should not be allowed to visit.

Cell Phones

Avoid using your cell phone while your healthcare provider is in the room.

Rooming In Guidelines

Your baby can be in your room with you as you wish, to promote bonding and family togetherness. Your baby may go back to the nursery as you wish, depending upon your personal care and need for rest.

Suggestions to protect the comfort and safety of you and your baby during your hospital stay are as follows:

- Wash your hands before handling baby, and have visitors wash their hands before you allow them to handle the baby.
- Your baby will be released from the nursery only when nursery ID is shown. No one should enter the nursery unless accompanied by a nurse under special conditions.
- Your baby should not be left unattended or alone on your bed. Always keep an eye or hand on baby when baby is out of the crib.
- Put your baby in the crib when using the bathroom or call a nurse if you need help.
- For night rooming-in, you must meet the following guidelines:
 - You may not take a sleeping pill.
 - You may use mild pain pills, but not strong medications such as Morphine or Demerol.
 - You must be able to get in and out of bed without assistance.
 - Your baby must not be experiencing problems such as frequent spitting up or gagging on mucous.
 - Your baby should be entirely stable by nurse's assessment after delivery.
- When rooming-in, have your baby sleep in the bassinet at your bedside. Call a nurse if you need any help. Your nurse will look in on you during the night.
- If a visitor or staff member is unfamiliar to you, ask for ID and call the nurse.
- Ask questions when someone comes to remove your baby from your room. Details of a test or procedure, where it will be done, and how long baby will be gone are legitimate questions to ask. Stay informed.
- Transport baby only in the plastic bassinet. Do not carry your baby in the hallway.