

WHAT TO EXPECT AT SMH

Sarasota Memorial's Maternity Services team is here to support you on your childbirth journey, every step of the way.

Preparing for Birth

- ▶ Keep all your prenatal appointments.
- ▶ Eat a healthy diet and take prenatal vitamins.
- ▶ Work with your care provider to outline a birth plan.
- ▶ Sign up for a tour of our Labor & Delivery and Mother-Baby units.
- ▶ Register for childbirth and parenting classes at babies.smh.com or call (941) 917-1700.
- ▶ Choose a pediatrician; meet with him/her to discuss all aspects of baby care, baby-feeding choices and the schedule for well-baby visits and vaccinations.

What to Bring to the Hospital

Pack your hospital-stay bag ahead of time, so you'll have everything you need when labor begins.

Must-haves include:

- ▶ Your photo ID and insurance card. (There's no need to pre-register.)
- ▶ Your birth plan, so your care providers know what's most important to you.
- ▶ Items for comfort during labor (music, family photos, warm socks, aromatherapy, etc.).
- ▶ Toiletry items for you and a warm sweatshirt for your support person.
- ▶ A "going home" outfit and blanket for baby.
- ▶ Infant car seat (wait to bring until the morning of your discharge day).



SARASOTA MEMORIAL HEALTH CARE SYSTEM

Sarasota Memorial provides the region's most advanced women's and children's services with the highest safety ratings in the nation. It's a depth and breadth of care no other hospital can offer – and peace of mind that really does matter when you're about to bring a new life into the world.

Thank you for choosing Sarasota Memorial. It is a privilege to be part of your birth experience.

**For more information, please call
Labor and Delivery/Mother-Baby
Clinical Manager
(941) 917-7499**



Having Your Baby at SMH



CWC-134 (4/19) 2K/TAR



1700 S. Tamiami Trail, Sarasota, FL 34239
(941) 917-9000 | smh.com



DELIVERY DAY

Be sure you have your photo ID and insurance card when you leave for the hospital.

- ▶ **Arrival:** Enter SMH at the main Emergency Care Center (ER) entrance for 24/7 access to the OB Registration and Emergency Care Center (OB ECC). Free car valet is always available.
- ▶ **Labor:** Your nurse will discuss your care plan and guide you through position changes, relaxation strategies and breathing techniques to better manage labor discomfort and to optimize labor progression.
- ▶ **Pain Relief:** If you feel you need pain-control medication, discuss options with your care providers, so you can make the best choice for you and baby.
- ▶ **Mother-Baby Unit:** After labor recovery, you and baby will move to the Mother-Baby Unit. At SMH, mother and baby room together to support successful breastfeeding and boost parent confidence in caring for baby, among many other benefits.
- ▶ **Feeding Baby:** SMH nurses are experts in helping newmoms learn to feed their babies. You will have one-on-one support during your stay.

IMPORTANT POLICIES TO KNOW

- ▶ **Visitor Policy:** Keeping you and baby safe is our priority. All maternity units have visitor checkpoints that require sign in and security-code clearance. Upon arrival, you will be given a security code to give family and friends you wish to have visit. The only children allowed to visit you during your stay are your children.
- ▶ **Photos/Videos/Livestreams:** Video, audio recordings and livestreaming the birth are not permitted. Your care providers will let you know when photography is allowed in the delivery room.

TAKING BABY HOME

On your discharge day, you'll join us for a Celebration Brunch, where we will review newborn and self-care basics, discuss feeding baby and create a lasting memento with baby's footprints.

New Parent Support

- ▶ **Latch Clinics:** SMH offers free, weekly drop-in breastfeeding support clinics. New moms can get one-on-one help with a board-certified lactation consultant or simply connect with other nursing moms. Visit smh.com/calendar or call (941) 917-1700 for details.
- ▶ **Mom-Baby Support Groups:** Moms and babies are invited to join our free, weekly support group meetings. Learn new tips and connect with other new moms. Visit smh.com/calendar or call (941) 917-1700 for details.
- ▶ **Expert Advice:** Visit smh.com/blogs to get pregnancy and parenting tips from our experts.



EMERGENCY CARE CENTER DIRECTIONS

- ▶ To drive to Sarasota Memorial Hospital's Emergency Care Center:
 - From I-75 (North or South) – take exit 207 (Bee Ridge Rd./SR 758)
 - Travel west for approximately 6 miles to U.S. 41/Tamiami Tr.
 - Turn north on U.S. 41/Tamiami Tr.
 - Turn west at the traffic light at U.S. 41/Tamiami Tr. and Waldemere St.
- ▶ Make the first left turn in front of the hospital, and follow the signs to the Emergency Entrance.
- ▶ The Emergency Entrance has free valet parking, as well as curbside drop-off and pick-up.
- ▶ From the Emergency Entrance, follow the signs to the OB ECC located on the first floor between the D and G elevators.