



Your Personalized Birth Experience



Dear Mom To Be

Congratulations and welcome to Ochsner Lafayette General Medical Center. We are honored to be sharing this memorable experience with you and your family!

The birthing center at Ochsner Lafayette General Medical Center is state of the art and staffed by nurses, physicians and childbirth educators dedicated to providing you with a safe, secure and memorable experience focused on the health of you and your new baby. We perform vaginal births, caesarean sections, multiple births and premature deliveries, and we are still the only Lafayette hospital to provide critical care services to new mothers in the same location, if needed.

Our staff recognizes that every woman is unique, and so each childbirth experience will be distinctive and personalized. We believe in keeping your family together, so no special moment is lost.

If you are interested in a model of care where you have choices in all aspects of your pregnancy, labor and delivery, then you'll feel right at home here.

Our Mother-Baby unit is suited to feel like home. Our rooms are equipped with special amenities such as sleeper sofas and in-room refrigerators. We have a family waiting room designed with patients and families in mind.

This brochure will tell you more about our family centered care and the special benefits that are unique to Ochsner Lafayette General Medical Center. We hope it will also answer any questions you may have about what to expect from pre-admission, childbirth classes, labor, delivery and your stay with us. We encourage you to take a tour and attend some of our classes to prepare yourself and your family for that special day.

At Ochsner Lafayette General Medical Center, you'll never miss a wondrous, miraculous moment of this incredible journey.

Best wishes,
Al Patin
CEO, Ochsner Lafayette
General Medical Center



Our Mission

Our mission is to provide a high quality and individualized birthing experience in a family centered environment. We are committed to providing education that supports women and their families from early pregnancy through early parenthood—and provides guidance through the many choices women and their families make during the birthing experience.

Our Philosophy

At Ochsner Lafayette General Medical Center, we believe childbirth is a normal life process and one of its most special events. We are committed to making your birth experience unique and individualized.

We recognize that this exciting time is filled with great expectations and many questions. We are dedicated to meeting your expectations with our state-of-the-art facilities and our experienced, committed and compassionate staff.



Why We Are Unique

Ochsner Lafayette General Medical Center has the total package — specialized medical experience in a beautiful, home-like setting. We offer the most progressive maternity care in Acadiana.

Family Centered Care

We recognize that the family, however you define it, is mom's main source of strength and support. With that in mind, all baby care, including baths, physicals, and pediatrician checks, is completed in your room. Your doctors, nurses and equipment come to you at your convenience, even on the hospital's rigid schedule. Moms and families get one-on-one instruction and personal assistance with taking care of baby — from feeding to diapering to care of the umbilical cord. We promote skin to skin in the first hour after birth as this is referred to as the "Golden Hour" and a special time for bonding and attachment.

Mother-Baby Nursing

Instead of having two nurses — one for you and one for your baby — mothers and infants will be cared for as a 'couplet' by one dedicated nurse. Families spend more time together because your baby won't have to leave the room for nursing care, physician exams or shift changes. Your mother-baby nurse is expertly cross-trained to understand both parent and newborn needs. Though you have more 'quality time' care with your nurse, you'll also have fewer interruptions.

YOU HAVE CHOICES

- Set up a flexible routine that works for you. Because the baby care takes place in your room, you share the special moments and have more quiet time getting to know your baby.
- Decide how you want to feed your baby. You learn to respond to your baby's hunger cues—without waiting on a nurse. If breastfeeding, we also offer special support.
- Determine when and how you rest. Family centered care is not the same as rooming-in. You and your nurse will work together as a team to care for your infant.
- Feel more confident with better communication. Mother-baby nursing improves the lines of communication between the family, nurses and doctors. Your questions are answered quicker and the nurse can respond to your needs more easily.

Get Ready to Say Hello

Early preparation can ease your worry and take the stress out of your hospital visit.

Take a Tour

There is no better way to get you and your family mentally prepared for birth than with a hospital tour.

For more information on tours, please contact us at 337-289-7210.

Childbirth Education Classes

These classes provide essential information to assist you in preparation for your upcoming childbirth experience. All classes are free, but registration is required. **For specific dates and times, find our class calendar at ochsnerlg.org.** Registration may also be completed online within each class's listing.

Labor & Delivery Process/Cesarean Childbirth

Discusses anatomy and physiology, the labor and delivery process, medications and anesthesia.

A childbirth film will be shown as part of this class. It discusses reasons for planned or unexpected Cesarean Birth (c-section) and postpartum care of mothers and infants. A film about pain management during labor and delivery will be shown.

Newborn Care

Discusses normal variations of the newborn, feeding techniques and basic care needs of the infant.

Parent of Multiples Support Group

For parents or expecting parents of multiples, of any age, this support group will focus on the unique joys and challenges of raising twins, triplets and more.

Children's Class for Big Brothers and Big Sisters

For children expecting a new baby in the family, this group discusses characteristics and capabilities of the newborn, feeding, diapering and adjusting to new family member(s).

Infant CPR

Parents, grandparents and other interested persons learn basic infant CPR. This course is instructional only and does not offer official certification.

Breastfeeding Your Infant

Discusses preparation, techniques and potential concerns of breastfeeding.

Breastfeeding Support for the Working Mother

For pregnant moms who plan to combine working and breastfeeding; discusses pumping, milk supply and more.

Ochsner Lafayette General Medical Center was the first hospital in the Lafayette area to achieve baby-friendly designation. We were also the first Acadiana hospital to achieve the Guided Infant Feeding Techniques (G.I.F.T.) certification awarded by the Louisiana Maternal & Child Health Coalition. The G.I.F.T. certification recognizes that Ochsner Lafayette General Medical Center has implemented policies and procedures to uphold the Ten Steps to a Healthy Breastfed Baby, which is based on World Health Organization/UNICEF guidelines. We are committed to encouraging, educating and supporting breastfeeding throughout our services. Learn more about our Breastfeeding Resource Center on Page 11.

YOU HAVE CHOICES

- Choose your childbirth preparation. With our extensive class schedule, moms can choose what classes work best and when.
- Decide how to pre-register. With three convenient options, pre-admission can be completed on your time, not according to office hours.



Admission Process

For Vaginal Deliveries

If you are in labor when you come to the hospital, it is not necessary to stop at the admit desk. From the Main Entrance, use the lobby elevators (located to the right of the main entrance) to reach the Labor & Delivery department on the second floor. These are the only elevators with Labor & Delivery access. Wheelchairs are available at the entrance for your use, if needed.

The staff of the Labor & Delivery department, in consultation with your doctor, will determine if you will be admitted or observed for labor and/or testing. Please Note: based on the extent of your verified insurance coverage, you may be asked to pay a deposit to cover the uninsured portion of your account.

For Planned Inductions

Your physician will let you know what time to be at the hospital; we suggest arriving a few minutes early. Come to the Labor & Delivery department to check in.

- In Labor & Delivery, a nurse will review the induction orders, apply a fetal monitor, start an intravenous (IV) line and administer the medication to start labor.

For Planned Cesarean Sections

Your physician will let you know what time to be at the hospital; it is usually two to three hours before your surgery starts. Come up to the Labor & Delivery department and staff will complete your admission information. Other preparations include:

- Inserting an intravenous (IV) line
- Placing a catheter in your bladder
- Delivering the spinal epidural
- Monitoring your baby's heartbeat
- Preparation of the surgical area

Please Note: If you are unsure if you are in labor or not, you will be evaluated in our Obstetrical Emergency Department (OBED), which is staffed with trained nurses and obstetricians 24/7. In coordination with your obstetrician, your situation will be assessed and a plan for your care will be determined.

You will need to pre-admit to the hospital, and we have several ways for you to do this. We recommend that you **pre-register online at OchsnerLG.org**.

Your second option is to use a postage-paid form, included in this packet or obtained from the Admissions office, and mail it to the hospital. You may also call 337-289-7162 between 8 a.m. and 5 p.m. to pre-register.



YOU HAVE CHOICES

- Decide who visits your room and when. After the birth, mom can keep family and friends in her room during her stay. If mom needs a break, there's a comfortable waiting area and family break room where visitors can gather.
- Plan your environment for labor and delivery, from specific music choices to your choice of pain control.
- Bring your own snacks and drinks.
- Keep your newborn with you after delivery. Our "stork nurse" will keep baby with you, with the option of you holding baby skin-to-skin and initiating breastfeeding immediately—even after a c-section (if medically appropriate).



Get Mentally Set

As the special day approaches, these preparations will make your stay here a breeze.

What to Bring

Four to six weeks before your estimated due date, begin to make preparations for your baby's birth and hospital stay. Below are some suggested items that you could include in your hospital bag.

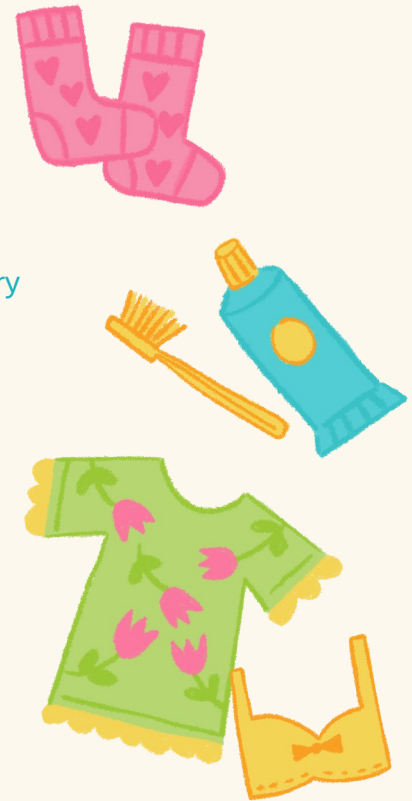
Checklist for Labor

- ☐ Admit booklet and paperwork for pre-admission
- ☐ Two of your favorite bed pillows (with two of your not-so-favorite pillowcases on them)
- ☐ Cellphone and charger
- ☐ Reading materials or other light entertainment for mom and/or support person
- ☐ Hand fan
- ☐ Lip balm or chapstick
- ☐ Snacks for support person during labor so they can stay close by
- ☐ Cash/change for the cafeteria and vending machine
- ☐ Camera



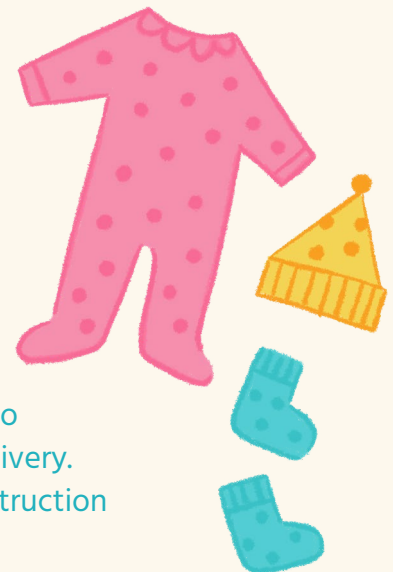
Checklist for Mom After Birth

- ☐ List of phone numbers for family and friends
- ☐ Cellphone and charger
- ☐ Boppy pillow or breastfeeding support pillow (if breastfeeding)
- ☐ Comfortable pair of socks/slippers and bathrobe
- ☐ Two nightgowns or sleep clothes for mom and support person; nursing gowns or pajama tops are very convenient for middle-of-the-night feedings
- ☐ Nursing bras/comfortable underclothes
- ☐ Breast pads or shields (if applicable)
- ☐ Toiletries for mom and support person (toothpaste, toothbrush, soap, sanitary pads, etc.)
- ☐ Change of clothes / going-home outfit for mom and support person. Make sure mom's outfit is loose fitting and comfortable
- ☐ Snacks for mom after the birth



Checklist for Baby

- ☐ T-shirt / undershirt
- ☐ Onesies, socks and scratch mitts (at least two or three days' worth)
- ☐ "Going Home" outfit
- ☐ Two or three baby blankets of varying weights
- ☐ Hat
- ☐ Disposable diapers and wet wipes are provided with the infant's admit pack
- ☐ Rear-facing, infant-only car seat - be sure you know how to use it and that it is secured in your vehicle before your delivery. Hospital staff are not responsible for the installation or instruction of car seat usage.



For information on selecting and installing a car seat, visit the National Highway Traffic Safety Administration (NHTSA) online at [nhtsa.gov/safety/CPS](https://www.nhtsa.gov/safety/CPS)

Other Things to Bring

Your choice of pediatrician

The baby will need a pediatrician during the hospital stay; you will be asked for your preference at admission. We strongly suggest that you ask for recommendations and/or conduct prenatal interviews well before your due date. Having a pediatrician you are comfortable with greatly increases your peace of mind. A pediatrician will be assigned to you if you will be using a doctor in another city, or if your pediatrician does not practice at this hospital.

Ochsner Lafayette General offers a listing of all on-staff pediatricians at doctors.lafayettegeneral.com/.

Your choice of a name

Even if you haven't decided on the baby's name, it is recommended that you have some strong options in mind as this is necessary to complete the birth certificate. You will be contacted by a birth certificate clerk after the birth of your baby to finalize all information, so it's best to come to the hospital with a name (or names, if you don't know the sex) in mind.

Father's Information

Other items that will be required, and that are commonly forgotten in the excitement, are the father's place of birth and Social Security number. If you are a single parent and the father of the baby chooses to complete a paternity form, the baby may then carry the father's last name. In that case, we will still need his place of birth and Social Security number. Know, too, that the father must be present for the completion of the paternity form and signing of the birth certificate.

Gift Shop

The hospital gift shop, located on the first floor, is open seven days a week and is stocked with personal and unique gift items, snacks, fresh flowers and balloons. Other sought-after items include gifts for new babies, moms and siblings.

Lori's Gifts

337-289-7194
lorisgift.com



Stay Connected

Ochsner Lafayette General Medical Center provides free wireless internet (Wi-Fi) access so patients and their families can stay connected throughout their stay.



When to Go to the Hospital

Is this labor?

Your body will usually give some clues that labor is beginning:

- Bloody show: the plug of mucous that fills your cervix discharges and looks cloudy, and is often streaked with bright red or darker blood
- Water bag breaks
- Uterine contractions

Labor Contractions

During a contraction, your uterus becomes tight and hard. When these tightenings come before true labor has started, they are called Braxton-Hicks, also known as false labor, and are “practice contractions” to prepare your uterus for labor. To help you determine if labor has truly started, you should keep track of how long your contractions are and how often they occur. Write down the time when a contraction begins and when it ends. Then, note when the next begins and starts. The timing of contractions is measured from the beginning of one to the beginning of the next.

Contractions further than 10 minutes apart, or those that follow no regular pattern, are typically just Braxton-Hicks or very early labor. Go about your daily activities until they either stop or get closer together or more regular. Your physician will let you know when you may need to call — usually when the contractions are about five minutes apart and lasting about a minute for over an hour. If you have had a baby before, you may be asked to call sooner.

The differences between ‘true’ and ‘false’ labor

True Labor

- Contractions become stronger, last longer and come closer together as labor progresses
- Contractions are in a regular pattern, or regularly get stronger, longer and closer
- The cervix thins (effacement) and opens (dilation), as determined by a pelvic exam given by a caregiver
- Walking or changing positions makes them stronger, but does not affect the duration
- Usually felt beginning in the back before moving around to the front and lower abdomen

False Labor

- Contractions stay the same or diminish in intensity
- Contractions are irregular in length and strength
- There is no cervical dilation
- Pain or pressure is in the front and high up
- Walking or changing positions does not make them stronger. Pain may decrease altogether

YOU HAVE CHOICES

- Individualize your labor support. Activity, positioning, walking and special techniques such as the birth ball and hydrotherapy can shorten labor, reduce stress and decrease the need for pain medication.
- Choose your method of pain control. Whether you decide on natural child-birth, pain medication or an epidural, our experienced staff will support your choice.
- Visitation rules can change at any time, so determine who will be present at your birth ahead of time. Make sure you stay up-to-date with any changes to our policies by contacting Labor & Delivery 337-289-7210.
- Receive specialized care if needed. Ochsner Lafayette General Medical Center offers comfortable, home-like rooms if your doctor decides you need to arrive earlier or stay later at the hospital for observation.

Facts About Labor Induction and Augmentation

As every woman is different, so is her labor experience. Sometimes, labor needs assistance either getting started (induction) or becoming more effective (augmentation).

Labor is most commonly induced when a woman goes past her due date. Current medical guidelines recommend that induction not be done before the 39th week of pregnancy unless medically necessary and 40 weeks if it is your first pregnancy.

Reasons for labor induction include:

- If your water bag breaks or is leaking
- Medical conditions, like diabetes and pre-eclampsia
- Child stress (discovered through fetal testing)
- Previously difficult deliveries
- A baby with special conditions

Discuss the risks and benefits of induction with your physician. In most cases, it is better to let baby decide when he/she is ready to come.

Labor is most often augmented if your contractions are not close enough or strong enough to cause dilation and effacement to progress. Both induction and augmentation are most often done by breaking your water bag or with medication. The method should be individualized to your needs and explained by your doctor.



Cesarean Birth

A Cesarean birth, commonly known as a C-section, is delivery of the baby through an incision in the lower part of the abdomen. It is a surgical procedure and pain control is usually performed with an epidural (a spinal injection of anesthesia), which allows you to be awake but numbed from the waist down. See the Admission section on page 8 for more information on surgery preparation.

The decision for a C-section can be made by your doctor before or after you begin labor.

Reasons for a C-section include:

- Your baby is in the wrong position, such as a breech (head not facing down), face presentation or lying side to side
- Changes in your baby's heartbeat that may signal they are not tolerating labor
- The water bag has been broken for an extended amount of time and your baby has not been born
- Your baby is too large to fit through the pelvis, or the pelvis is too small
- Medical conditions of the mother
- The uterine opening will not dilate
- The placenta covers the opening of the uterus (placenta previa) or comes away from the wall of the uterus before delivery (placental abruption)
- The umbilical cord comes through the birth canal in front of your baby (prolapsed cord)

Labor & Delivery

Our skilled nurses will help you maintain labor in whatever way makes you comfortable. We support your choices when medically feasible and recognize this is your birth experience.

Another unique feature of your family centered care is our 'Stork Nurse' program. At delivery, each mom will have a personal stork nurse will assess the baby in recovery. This nurse will place baby skin-to-skin with you immediately to promote the mother-baby bond, even if you've had a C-section.

Though each labor is unique, based on mom's birth plan, here is the general process you can expect.

Vaginal Childbirth

- A nurse will evaluate your labor's progression, contact your obstetrician and possibly start an IV
- A fetal monitor (a 'belt' around your belly) is connected to monitor the baby's condition
- The obstetrician and nurses will perform labor checks to track the labor progress and explain what's next
- Mom is usually not able to eat while in labor. For safety reasons, we ask that visitors eat in the break room next to the waiting area or in the cafeteria
- Mirrors are available to help mothers see the birth of their baby
- Mothers generally stay in Labor & Delivery for two hours after giving birth. Unless there are medical complications, babies also stay with their mothers to promote bonding
- Once stable, mother and baby are transferred to the Mother-Baby suites

Cesarean Section

- An anesthesiologist will discuss anesthesia options. A spinal or epidural anesthesia will be given which allows mothers to be alert and awake, but numb from the waist down, during labor (See page 8 for more information)
- Your support person and one other person may be present during surgery, which will take approximately one hour, unless conditions do not allow for this.
- Clear drapes are used in every C-section to allow you to see the baby at delivery
- Once your baby is born, the stork nurse does the initial assessment, including weighing the baby, in the operating room. Then, the stork nurse brings the baby to the recovery room (where dad and/or your support person(s) can be waiting) to complete the assessment while mom finishes up with her surgery
- Mom will join the baby and her visitors in the recovery room and then both will be moved to our Mother-Baby suites barring any complications

Ochsner Lafayette General Medical Center has three fully equipped operating rooms to accommodate C-section deliveries. We make every effort to make baby's birth special no matter the circumstances.





A Family is Born!

The beauty of family centered care is that your baby stays by your side after delivery. You, your support group and your new baby will stay in Labor & Delivery through recovery before being moved to your Mother-Baby suite.

Your Stay With Us

In the Mother-Baby suite, your Mother-Baby nurse will take care of both you and your baby's needs. Our experienced nurses are specially trained to medically care for both adults and infants, and will enhance communication between you, your doctor and your family. They will also provide hands-on education throughout your stay, and not only tell you how to properly care for your baby, but teach and guide both you and your family members as needed.

Feeling hungry? We also provide snacks between meals and offer room service as requested directly to your suite. If you've had a C-section, your doctor will prescribe a special diet complete with fluids between each meal. And, to celebrate your birth, we offer a one-time prime dining experience for you and a guest.

Breastfeeding Resource Center

Ochsner Lafayette General Medical Center offers an extensive support system for breastfeeding mothers. We have Internationally certified lactation consultants on staff, as well as nurses trained as lactation counselors.

For additional information, please call 337-289-7227.



Additional Information

Security

A safe and secure environment is our highest priority. Bracelets with identifying information will be placed on the mother, her support person and the baby prior to leaving Labor & Delivery. Footprints of the baby and a print of mom's index finger will be placed on the baby's chart. A security tag will also be placed on your baby's leg for extra protection.

Security Reminders

- Mothers should never leave their baby alone in the room. If you need to leave, you must have someone you trust to care for your baby in your room or notify your nurse
- Mothers should never give their baby to anyone unless they are wearing a pink OLGMC employee ID badge
- If you have any questions about anyone that comes to your patient room, or if you see anyone suspicious, notify the nurse's station immediately
- Outside vendors should not call you in your room. Please do not give any information over the phone

Birth Certificate & Social Security Number

As mentioned previously, you will be contacted soon after the birth of the baby to gather the required information that we will forward to the Office of Vital Records. After the application is processed, that office will mail your new baby's birth certificate and Social Security Number to your home. Though we do provide a commemorative certificate, we cannot provide an official, legal copy. **For more information, contact the Louisiana Department of Health at 225-342-9500.**

For Our Visitors

We are happy to have your friends and family visit us. Our facility is designed so that both patients and family members feel more at home. The following guidelines have been established for baby's safety and are subject to change, so please contact us to ensure nothing has changed before your delivery:

- Mother's support person may be present 24 hours a day
- Two to three visitors at one time are welcome in Labor & Delivery. We ask that children under the age of 12 wait to visit until after the birth unless they are the baby's siblings. No one under 18 is allowed in the operating room unless it is the father of the baby.
- Once baby arrives and mom is settled in her Mother-Baby suite, other visitors are welcome from 8 a.m. to 8 p.m.
- To give our patients the option of decreasing visitors, mommy nap time is held daily from 2 p.m. to 4 p.m.
- Ochsner Lafayette General has a break room where waiting visitors can eat and drink. Complimentary coffee and a microwave are also available
- Our cafeteria is also open seven days a week with a variety of dietary options for visitors to enjoy

Important Numbers

Labor & Delivery

337-289-7210

Breastfeeding Resource Center

337-289-7227

Mother-Baby Suites

337-289-7226

Lori's Gifts

337-289-7194



Special Medical Services

All parents hope for a pregnancy, labor and delivery that goes smoothly and without complication, but it's comforting to know that Ochsner Lafayette General Medical Center offers full-service intensive care for mom and baby.

Level III Neonatal Intensive Care Unit

Newborns who need special or intensive care are often admitted into the Neonatal Intensive Care Unit (NICU). Caring for the tiniest patients requires a combination of precise skills, complex technology, specialized facilities and a caring, compassionate and knowledgeable staff. Our caregivers include dedicated neonatal nurses practitioners, registered nurses, neonatologists and subspecialty pediatricians like pediatric cardiologists and gastroenterologists. In addition, Ochsner Lafayette General Medical Center provides a team of other professionals including respiratory therapists, dietitians, lactation consultants, speech and occupational therapists, social workers and hospital chaplains.

We recognize that not all NICU patients need the same level of care; therefore, our unit is structured with different levels so that, as babies progress, they and their parents can transition to more independence and spend more time together. At each step, parents are educated on how to care for their baby so that families are ready for discharge. Additionally, our lactation consultants are well versed in helping mothers provide nutrient-rich breastmilk — even while baby is in the NICU.

Perinatal Care

For mothers and infants at high risk for medical complications, we have perinatologist-dedicated rooms to provide comprehensive care before, during and after labor and birth.

Adult Intensive Care Unit

Ochsner Lafayette General Medical Center's Intensive Care Unit (ICU) is a key benefit to expecting mothers and one they won't find at the same location anywhere else in Lafayette. As a full-service hospital, we have a physician on staff to care for almost every adult specialty. This means if mom encounters any complications, she can still remain at the same hospital as her baby.

Pediatric Treatment Area

Our regular Emergency Room (ER) staff is certified to treat pediatric patients. The pediatric treatment area within the ER also has a pediatrician on staff during set hours. Ask your nurse for more information.

Obstetric Emergency Department

Our Obstetric Emergency Department is staffed 24/7 with trained obstetrical nurses and board-certified obstetricians. Patients at 20 weeks gestation or greater and up to 6 weeks postpartum are evaluated here for pregnancy-related complications and to rule out labor.





1214 Coolidge St. Lafayette, LA 70503 / 337-289-7200
ochsnerlg.org