

Welcome to Community Hospital's Maternity Services

It is our number one priority that you have a safe and comfortable birth at Community Hospital. Since your baby will be born by C-Section, there are some very important things you need to know about your delivery:

- ☐ Please Do Not Eat or Drink **ANYTHING** after midnight prior to your surgery unless otherwise directed by your physician. This includes food, water, coffee, tea, juice, chewing gum, or sucking on a mint. Having anything in your stomach can be potentially dangerous during any type of surgery, and your C-Section may be delayed if you eat or drink anything without your doctor's express permission. Certain scheduled medications may be allowed and taken with a small sip of water if your physician directs you to do so.
 - ☐ It is important that you arrive at least 2 hours prior to your scheduled time surgery time. For example, if your surgery is scheduled for 8am you should arrive no later than 6am. This is necessary to complete lab work and to prepare you for the surgery. Allow 30 minutes extra for parking and admission. Arriving late may result in rescheduling your surgery.
 - ☐ You are welcome to use the **Valet Parking** available at the main hospital entrance. This service is free of charge. If you do not wish to use the Valet service, please park in the parking garage.
 - ☐ Please come directly to **Maternity Services on the Fifth floor**.
 - ☐ You will be escorted to the pre-op **triage room**. In this unit you will have a private cubicle, and the nurse will begin your preparation for surgery. For your privacy and because these triage cubicles are not very big, only one visitor is allowed at your bedside during this process. You will be transferred to your private **Maternity Suite** after surgery.
 - ☐ Although everyone is excited about seeing the new baby, it is important that the recovery nurse has a chance to make sure you and your baby are doing well before allowing visitors into the room. Please allow at least 20 minutes after you have returned from the operating room before inviting visitors into the suite. Family and friends may wait in the **main lobby** on the fifth floor.
 - ☐ **One support person** may accompany you in the surgery suite. It is important that the support person eat a meal or snack before joining you in the surgery suite.
 - ☐ If you wear contact lenses, **bring your glasses** just in case. The anesthesia provider will determine the safest way to see your baby clearly.
 - ☐ **No jewelry** is allowed in the operating suite. This includes toe rings, body piercing jewelry, necklaces, earrings, and bracelets. We suggest these be removed and left at home.
 - ☐ Per state mandate, all patients having a **Living Will** or a **Durable Medical Power of Attorney** should bring a copy with them to the hospital any time they stay.
 - ☐ Security is a top priority in Maternity Services. When you are admitted you will be given a **5 digit visitor access code** that is unique to you. You are the only one who will be given this code, and you may give it to whomever you wish to visit. Maternity Services employees are not allowed to let visitors onto the unit without this code. They must obtain the code from you prior to visiting.
 - ☐ Only one adult family member, who must be over the age of 18, may spend the night in your Maternity Suite. Children are welcome to visit, but may not spend the night.
 - ☐ You are encouraged to bring items that will comfort you during your stay: music, pillows from home, photos, etc.
 - ☐ Due to the unpredictable nature of patient flow on the Maternity Services unit, it is occasionally necessary to postpone or reschedule your surgery. In this event, you will receive a phone call from the Charge Nurse.
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- ☐ Your doctor may have additional instructions for you.
 - ☐ We are looking forward to meeting you and your family.

Sincerely,
The Maternity Services Staff