

# The Women's Center and Childbirth Education



# Table of Contents

<b>WELCOME TO THE WOMEN'S CENTER</b> . . . . .	<b>1</b>
<b>WHAT TO EXPECT DURING YOUR VISIT TO THE TGH LABOR &amp; DELIVERY UNIT</b> . . . . .	<b>2</b>
<b>MANAGING PAIN DURING LABOR</b> . . . . .	<b>3</b>
<b>WHAT TO EXPECT RIGHT AFTER YOUR BABY IS BORN</b> . . . . .	<b>4</b>
<b>THE BENEFITS OF BREASTFEEDING</b> . . . . .	<b>6</b>
<b>KEEPING YOUR BABY SAFE</b> . . . . .	<b>8</b>
<b>CHILDBIRTH EDUCATION CLASSES</b> . . . . .	<b>10</b>



# Welcome to the Women's Center



Focus on the downtown skyline or tranquil water views from your large private room as you enjoy the soothing spa-like décor, TV with internet access, on-demand movies, Pandora, and private shower and/or bath. Sleeper sofas will ensure your support person is as comfortable as you are. Following delivery, you'll be resting in the postpartum unit, where your baby will stay with you in your room, to promote parent-infant bonding. As a Baby-Friendly designated hospital, our nurses and patient care technicians have been trained to assist new mothers with breastfeeding. We also have several lactation consultants on staff for mothers who need additional support.

## Trusted technology and pampering amenities

At Tampa General Hospital, we believe women's health deserves special attention. So we created a Women's Center dedicated to the comfort and privacy you want, with the advanced technology you expect from Tampa Bay's health care leader. We've thought of every detail to help make your experience more comfortable.

## Special accommodations

Some situations require specialized accommodations. That's why our Women's Center has eight operating rooms dedicated to cesarean sections, in-vitro procedures, fetal surgery and other gynecological procedures. Our large operating rooms provide ample space for moms delivering twins or other multiples.

It's comforting to know that our Level IV Jennifer Leigh Muma Neonatal Intensive Care Unit (NICU) is located on the same floor as the Women's Center. The NICU is where premature infants and critically ill newborns receive the most advanced care. Level IV is the highest rating available.

Our NICU offers NicView®, an innovative small camera system that allows parents, family and friends to view their infant in real time, 24/7, through a secure online portal.



# What to Expect During Your Visit to the TGH Labor & Delivery Unit

## Triage: Evaluation Area

When you arrive at the unit, visitor passes will be issued to your family. We ask that one family member accompany you during the initial evaluation and all others are welcome to wait in the waiting room. We ask that no visitor or family member wait or stand in the hallways. Visitation by children in Labor & Delivery is limited to siblings of the new baby only.

- You will be escorted to a room by a customer service representative where you will put on a hospital gown. Your baby will be monitored with a fetal monitor during this time. This allows us to evaluate your baby's heart rate and your contractions.

We appreciate your cooperation as we provide safe and confidential care to all our patients.

Bedside shift report occurs during each change of nursing personnel. If you do not want your information shared in front of your visitors or family members, please inform your nurse. Your visitors/family members will then be asked to wait in the waiting room during this time.

We strive to **ALWAYS** provide you with safe, quality care, and to make your stay pleasant and enjoyable.

## Induction of Labor

If an induction is necessary, your doctor or midwife will arrange the date and time with the hospital.

## Labor & Delivery

- Once you have been admitted, you will be transferred to a Labor & Delivery suite.
- Don't worry that you were rushed and forgot your hospital bag. We provide a complimentary bag with many personal care items to make your stay more comfortable.
- Clear liquids and ice chips are encouraged during the labor process.
- Two of our labor suites are equipped with jetted whirlpool tubs. All of our private bathrooms have a hand-held shower head for use as hydrotherapy during labor. Dads, please remember to bring a swim suit if you plan to sit in the tub with mom.

**NOTE: Please do not bring valuables or jewelry with you to the hospital. We ask that you keep your personal items, suitcases, etc., to a minimum, as you may be transferred from one area to another.**



# Managing Pain During Labor

Our team members want to do everything we can to help you control your labor and post-delivery pain in the way you choose. Help us help you have a great patient experience.

## Labor pain is very different from everyday pain.

It is normal to have pain or discomfort with contractions when you are in labor.

Remember:

**P:** Pain has a purpose. Without contractions, there is no dilation to deliver baby.

**A:** Pain is anticipated. You know you will have contractions during labor.

**I:** Pain is intermittent. Contraction, resting state, contraction, resting state.

**N:** Pain is normal during labor, and TGH has many options to help control your pain for a better birth experience.

## What are your plans for pain control during labor?

Some women want to have an unmedicated labor. They may use the methods below to help them manage their labor pain:

- Walking and positioning
- Breathing and relaxation
- Warm water therapy (hydrotherapy)
- Birthing balls
- Gliders

Other options for pain management include:

- Medication given through your intravenous (IV) line, which will take away some of the pain.
- Nitrous oxide is offered as an alternative to medication. TGH was the first hospital in Tampa Bay to offer nitrous.

Some women want to have an epidural for labor pain.

It is important to us that your pain is managed in the way that you choose.

No one knows how easy or hard your labor will be.

You may change your chosen pain control method when you are in active labor. That is okay! Labor is painful. Everyone handles pain in their own way. We want to meet your needs.

**If your health care provider determines a cesarean section is necessary, an anesthesia provider will discuss the best anesthesia options with you.**

## Postpartum pain management

- TGH has implemented the use of a medicine on demand (MOD) dispenser. This allows mom the ability to control her own medication for pain.
- If you are still in pain, it is important to tell your nurse. You may need a stronger medicine to help you with the pain.
- We want you to be comfortable so you can enjoy and get to know your baby. Please let us know if your medicine is not working well.
- Pain medicines, when given as ordered, are safe and effective - even if you are breastfeeding.



# What to Expect Right After Your Baby Is Born



## Delayed cord clamping

We wait at least 30-60 seconds before clamping and cutting the umbilical cord. This is called “delayed cord clamping.” During this time, the blood continues to flow from the placenta to the baby.

There is no danger to the baby or the mother by waiting to clamp the umbilical cord.

Delayed cord clamping has the following benefits for your baby:

- Baby gets more iron and will use this iron to form red blood cells and build muscle and brain cells
- Baby is less likely to have iron deficiency at 3-6 months of age
- Decreases risk of bleeding in the brain for premature babies
- Cord blood banking will not be affected by prolonged cord clamping

## Skin-to-Skin

Skin-to-skin is when your baby, wearing only a hat and diaper, is placed next to your naked chest.

We place babies skin-to-skin in the delivery room and operating room right after birth as long as mom and baby are healthy. Your baby will be dried off first. All babies benefit from skin-to-skin. The benefits are:

- Helps steady baby’s heartbeat and breathing
- Helps keep baby warm
- Helps calm baby and mom—remember they have been next to you for nine months!
- Improves bonding between you and your baby
- Gets breastfeeding off to a good start
- Most babies will breastfeed while skin-to-skin.

After the first skin-to-skin in the delivery room, anyone can skin-to-skin—including dads. We encourage skin-to-skin as much as possible while in the hospital. Your baby will enjoy it, and so will you!



## Hold off on that first bath!

We do not recommend a bath for your baby for at least 24 hours after birth.

Benefits:

- Moisturizes skin - less cracking and peeling
- Helps prevent infections
- Baby stays warmer
- Baby's blood sugars are more stable
- Longer skin-to-skin time
- More successful breastfeeding
- Less stressful for baby
- You get to help with your baby's first bath!

We can help you if you want to give your baby a bath before going home from the hospital, or you can give your baby's first bath in the comfort of your own home.



## Planned Cesarean Section

- During your admission, and before surgery, you will have an IV placed and blood samples drawn. If you are planning on cord blood banking, please give your kit to your nurse upon admission so he/she can draw your admission labs and cord blood labs at the same time.
- The anesthesia provider will talk to you about what type of anesthesia is best for you.
- Your support person will be given surgical attire to wear in the operating room (OR). Remember to bring your phone or camera. Your other family members will be directed to the OR waiting room. We ask that friends and family do not wait in the hallway.
- We provide a family-friendly planned cesarean section, which means we offer to "drop the drape" so you can see the birth of your baby. We also support skin-to-skin in the OR.
- You will be in the recovery room for approximately two hours after your surgery. After your recovery period you and your baby will be moved to the Mother-Baby Unit.
- We understand visitors are anxious to see you and your baby; however, we ask that visitors wait until you are stable and comfortable before coming into recovery to visit.



# The Benefits of Breastfeeding



## Breast milk is best for baby

Breast milk is perfect for babies.

- It is human milk for human babies
- Your milk is perfectly designed to support your baby's immune and digestive systems

Breast milk is always the right temperature.

- It is never too hot or too cold

Breast milk is easy to digest.

- Breast milk helps your baby grow strong, healthy and smart
- Baby will have less colic, diarrhea or constipation

Breast milk is always available.

- Colostrum is the first milk and is made during pregnancy and ready just after birth
- It is very rich in nutrients and includes antibodies to protect your baby from infections

Breast milk protects your baby from illness.

Breast-fed babies:

- Have fewer respiratory infections
- Have less chance of asthma and allergies
- May have less risk of diabetes later in life

Breastfeeding provides warm human touch.

- Your baby is calm and cries less while skin-to-skin
- Holding your baby skin-to-skin often will help you know when your baby is ready to feed

Tampa General Hospital is one of only three hospitals in the Tampa Bay area—and the only one in Hillsborough County—to have received international recognition as a Baby-Friendly® designated birth facility. Baby-Friendly designation is awarded to hospitals and birthing centers that provide an optimal level of care for breastfeeding mothers and babies and offer mothers the information, confidence and skills to successfully initiate and continue breastfeeding.





## Breastfeeding is best for mom

Breastfeeding is a special gift only you can give your baby.

- There is no formula that compares to breast milk
- It is the only food your baby needs for the first 6 months of life
- Extra breast milk can be safely stored and fed to baby by Dad and other family members

Breastfeeding saves you time.

- Breastfeeding is relaxing and helps you feel calm and connected with your baby
- You can feed and comfort your baby quickly, leading to less crying and a happier baby
- You will have more time to enjoy baby

Breastfeeding may help you:

- Lose weight faster after birth
- Lower your risk for breast and ovarian cancer
- Lower your risk of heart disease and type 2 diabetes

Breastfeeding saves you money.

- WIC does not cover the complete cost of formula for bottle-fed infants
- Breastfeeding moms receive larger WIC food packages
- Breast-fed babies receive more jars of baby food from WIC when starting on solids

## Dads can be part of the breastfeeding team

- Babies need cuddles and hugs from their dads, too
- Dads can talk, sing, rock, read to, burp and diaper your baby
- Dads can encourage mom to breastfeed
- Dads can be proud mom is providing baby with the many benefits of breastfeeding



## Tips for successful breastfeeding

- Breastfeed your baby as soon as possible after birth.
- Keep your baby close to you in your room during your hospital stay.
- Breastfeed on demand—any time your baby seems hungry.
- Breastfeed often—about 8-12 times a day.
- Wait until your milk supply is established before introducing a bottle or pacifier.
- Breastfeeding is a learning experience for mother and baby. Ask for help whenever you need it.
- Wait until breastfeeding is established before giving your baby a pacifier or artificial nipple.

### If you have questions about breastfeeding call:

Tampa General Hospital Lactation Helpline:  
(813) 844-7613

Pediatric Center at Healthpark:  
(813) 236-5114

### Breastfeeding resources:

#### Breastfeeding Support Group and Latch Clinic

Mondays: 1:30 p.m. – 3:00 p.m.  
Location: Room K4008, 4th Floor, Bayshore Pavilion  
If you have any questions, email: [breastfeeding@tgh.org](mailto:breastfeeding@tgh.org)

#### U.S. Department of Health & Human Services

Call 1-800-994-9662 to speak to a certified lactation counselor. Available Monday-Friday, 9:00 a.m. – 6:00 p.m.  
[www.womenshealth.gov/breastfeeding](http://www.womenshealth.gov/breastfeeding)



# Keeping Your Baby Safe

## YOUR BABY'S SAFETY IS AS IMPORTANT TO US AS IT IS TO YOU



### While in the hospital

- We provide couplet care/rooming in with mom.
- DO NOT give your baby to anyone unless they have a Tampa General Hospital photo identification badge with a blue background. If someone says they are taking your baby for a test or procedure, please ask to see their identification badge. Call your nurse to confirm the information.
- Hospital staff who bring your baby to your room will match your identification bracelet number with your baby's bracelet number. Identification bracelets are removed at discharge.
- If at any time one of the identification bracelets should fall off, please notify your nurse immediately, and it will be replaced.
- Never leave your baby in your room unattended. Take the baby with you to the bathroom if there is not a family member or close friend in the room with you.
- Please keep your baby in the crib unless being held.
- Keep the baby's crib near the head of your bed when you are sleeping or resting. Keep the crib on the side of your bed that is closest to the window.
- For your baby's safety and security, always transport your baby through the halls in the crib provided.



## Going home with your baby

Since nothing is as precious as your new baby, TGH wants to make his/her very first car ride a safe experience. An infant car seat is our gift to you to help ensure your new baby's safety.

### When baby goes home

- If a visitor claims to be from the hospital or a health care agency, ask for identification and call the hospital or agency to verify that person's identity and purpose of visit, before you allow them into your home. TGH team members do NOT make home visits.
- Resist posting a birth announcement to your social media pages.
- Outdoor decorations to announce your baby's arrival are not recommended.

### As your health care providers we are committed

- To providing a safe and secure environment for you and your baby.
- To giving you information on ways you can stay safe and protect your family.



**Always put your infant to sleep in the crib provided. Never sleep with your newborn. To prevent sudden infant death syndrome (SIDS), always remember to put your infant on their "back to sleep."**



# Childbirth Education Classes



## **Labor & Birth Preparation– Five-Week Series**

### **Hybrid e-Class: Labor & Birth Preparation**

**eClass: Labor & Birth Preparation**  
(Available in English and Spanish)

### **Breastfeeding Basics**

**eClass: Breastfeeding Basics**  
(Available in English and Spanish)

### **Breastfeeding Support Group and Latch Clinic**

### **Basic Newborn Care**

### **Car Seat Safety and Check**

### **Becoming a Big Brother or a Big Sister**

### **Infant and Child CPR and Safety**

### **Ready, Set, Grandparent!**

### **Tour of the Women’s Center**

(Tours are available in English and Spanish)

### **Boot Camp for New Dads**

### **Boot Camp for New Moms**

### **Dogs & Storks**

### **Prenatal Wellness–Four-Week Series**

These classes are offered throughout the year. Call (813) 844-2526 or visit [www.tgh.org/calendar](http://www.tgh.org/calendar) for class dates and times, and to register. Please note, class dates may be subject to change. Registrants will be contacted directly regarding any changes.

Childbirth Education and  
Prenatal Outreach Coordinators  
Deborah Esenwein, [desenwein@tgh.org](mailto:desenwein@tgh.org)  
Paula Pizarro, [paulaapizarro@tgh.org](mailto:paulaapizarro@tgh.org)  
(813) 844-8945



## Sign up for our parenting communications.

And get the right information at the right time.

- Receive weekly emails specific to your due date.
- Link to local services and online resources.
- Send secure questions and feedback to your care team.
- Sign up your friends and family! Signing up is easy with your smartphone!
- Text your hospital code: TGFL to (617) 580-3050.
  - You will receive a text message back with a link to an online sign-up form.

Don't have a smartphone? No problem! Register online at: [www.tgh.org/parentingnewsletter](http://www.tgh.org/parentingnewsletter)







### Directions to the Women's Center

When you go to Tampa General Hospital to deliver your baby, follow the signs to EMERGENCY and drive up the ramp to the Emergency & Trauma Center, where you will receive complimentary short-term valet parking.\*

Enter the Emergency & Trauma Center, and staff at the Information Desk will direct you to the Women's Center.

\*Due to limited parking at the Emergency & Trauma Center, you must move your car within 24 hours. Parking is available in the parking garage. A flat \$3 rate is due upon exiting the garage (the first hour is free). You can pre-pay for parking at any kiosk located on campus. The ticket received when entering the garage is needed to pay at the kiosk and to exit the garage.



### W O M E N ' S C E N T E R

1 Tampa General Circle • Tampa, Florida 33606 • [www.tgh.org](http://www.tgh.org)

*Primary teaching hospital for the USF Health Morsani College of Medicine*