

# HACKENSACK MERIDIAN *HEALTH* JERSEY SHORE UNIVERSITY MEDICAL CENTER

## Welcome to Maternity

### Arriving at Hackensack Meridian *Health* Jersey Shore University Medical Center

- Between the hours of 6:30 a.m. and 9 p.m., you may enter the Brennan Pavilion, using the main parking lot spaces closest to the Brennan entrance, or valet parking.
- After 9 p.m., you may enter the Mary V. Black Emergency Department, to be escorted immediately to Labor and Delivery.

### Pre-admission and consents

- Your pre-admission forms should be completed and returned to Access Services in the Brennan lobby before week 36 of your pregnancy. A photocopy of your insurance card should be included.
- A general consent should be signed upon admission to the maternity unit. This gives our team legal consent to take care of your physical and medical needs during and after the birth of your baby, as well as providing routine care of your newborn.

### Triage Room

- Upon arrival at the maternity unit, you may be evaluated in Triage. Contractions, fetal heart rate, and progress in labor will be assessed.
- If active labor is confirmed, your caregiver may order your transfer to a labor and delivery room.

### Scheduled Cesarean and Induction of Labor

- Your doctor will give you information, such as what time to arrive at the hospital and how long to avoid eating or drinking prior to admission.
- Expect to arrive at the hospital 2 hours before the scheduled time of surgery.
- Enter the hospital by way of Brennan Lobby between 6:30 a.m. and 9 p.m. or by way of the Emergency Department between 9 p.m. and 6:30 a.m.

### Family-centered philosophy

- We provide many options for comfort during labor including labor balls, showers in every labor room, and for women cared for by our midwives, a water birth pool. Discuss the use of these options with your doctor or midwife.
- Parents and babies will not be separated during recovery following a normal, uncomplicated delivery.
- We promote parent-infant bonding through skin-to-skin care and rooming in, which also supports breastfeeding by allowing you to observe your baby's feeding cues.



Hackensack  
Meridian *Health*  
Jersey Shore University  
Medical Center

## TV, Phone and Internet

- Cell phone use is permitted throughout the medical center.
- TV and phone service are free of charge. There is no per call charge for calls within New Jersey. Dial 9 + area code 732 + phone number, or dial 9 + 1 + other NJ area code + number.
- Free Wi-Fi service is available for internet connecting with your personal computer.

## Infant Security

- At delivery, two identification bands are placed on your infant, and matching bands are placed on the wrist of each parent, with identifying numbers and information that will be compared when your infant is returned to you from the nursery.
- An additional ankle band integrates your newborn into the electronic security system on the maternity unit. This means, we will recognize if your baby is moved past the secured doors.
- Know your staff nurses. All nurses wear the Jersey Shore colors of navy blue and white as well as a visible photo identification badge bearing a pink stripe.
- Plan to room in with your baby, keeping your baby within your sight at all times.
- All of our maternal child health units are locked units requiring assistance from a staff member for access.

## Baby Photography

- A representative from *Bella Baby* will visit you in your postpartum room and offer a photo session from which you can order pictures of your newborn. This is an optional service provided at the request of the parents. Visit [www.bellababyphotography.com](http://www.bellababyphotography.com) for more information.

## Visiting

- Patients in labor may have two visitors to provide support, including the mother's partner.
- Wrist bands will be given to the designated support persons and may not be transferred to another visitor.
- Postpartum families may have up to four visitors at a time.
- Visiting hours are from 9 a.m. to 9 p.m. daily.
- Children under age 14 are not permitted to visit, with the exception of the baby's siblings.
- The new baby's siblings of any age may visit during regular visiting hours. Be aware that sibling visiting may be restricted during flu season or due to other high risk medical circumstances.
- Newborns admitted to our Level III Neonatal Intensive Care Unit may be visited by two adults at a time, with one of the visitors being the parent of the infant. Grandparents receive a special wrist band which permits them to visit the infant in NICU on their own.  
**Please note:** The NICU closes to all visitors, including the parents, during team member

rounds several times a day. A sign will be posted to alert visitors during those times.

- All visitors will wash their hands upon entering the patient room. Those who are ill or recovering from an illness should not visit.
- Visitors are welcome to use the Family and Friends Lounge at those times when they cannot be in the room with you and your infant.

### **Packing your bag and getting ready**

- Have your infant car seat installed and inspected at one of our area's free child safety seat checkpoints.
- Baby's going-home outfit should include an outfit that allows you to secure the five-point car seat harness, sweater, socks, hat, and receiving blanket. Disposable diapers and wipes will be provided.
- Bring toiletries for mom, comfortable sleepwear, and going-home clothing similar to what you wore in mid-pregnancy.

For more information, please email **Linda Carroll, MPH, RN, IBCLC**, Clinical Program Manager in the Department of Perinatal Education at Jersey Shore University Medical Center at [linda.carroll@hackensackmeridian.org](mailto:linda.carroll@hackensackmeridian.org)



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