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# *Birth*

## SERVICES



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A complete pregnancy guide for the expectant family.



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# Welcome to the World of Motherhood

There is no greater joy than welcoming a new life into the world. At **CHRISTUS Good Shepherd Medical Center - Longview**, we consider it a privilege to assist families as they celebrate one of life's most important milestones: the birth of a child.

Every day of the week, 24 hours a day, our labor and delivery services provide expert care for mothers and babies. We hope this guide will serve as a reliable reference to you as you prepare to bring a new life into this world. Our helpful advice and years of experience are at your disposal, and it is our sincere hope that we may help guide and reassure you throughout this exciting time in your life. We would like to extend our congratulations and offer our boundless, compassionate support to you and your new bundle of joy.

We believe good health begins long before an infant's first breath. In addition to our neonatal services, new mothers can be assured that our physicians and staff offer the highest level of care available for every child, all in a home-like setting.

For more information about our programs or if you have further questions, please visit **[OurFavoriteBirthday.com](http://OurFavoriteBirthday.com)** or call us at **903.315.2003**.



# Family Matters

The birth of a baby is one of the biggest events in a family's life. After nine months of careful planning and preparation, a brand new life is brought into this world, and it affects every family member. The first thing to do is relax, and remember you are not alone. By taking an active role in your pregnancy, you can feel more confident and better prepared to care for your new bundle of joy.

## For mom

Transparency and communication are crucial throughout your entire pregnancy, so remember that your physician is your friend. You'll have countless questions throughout the process. Do not be afraid to ask them. Likewise, don't be afraid to voice any concerns you have about your health or that of your baby.

Here are tips to help ensure as healthy a pregnancy as possible:

- Communicate openly and regularly with your physician
- Eat a balanced diet and get regular exercise
- Get enough sleep at night and rest during the day
- DO NOT smoke, drink alcohol, or take illegal drugs
- Consult your doctor about any medications or herbal supplements
- Avoid stressful situations
- Be wary of dangerous or toxic chemicals around your house
- Avoid X-rays and other forms of radiation
- When in doubt about anything, contact our helpful medical staff

## For dad

Although much attention is focused on the health and wellness of mom and baby, dads have an important role to play, too. The support and confidence a father can lend will make the transition much easier. Being a part of the experience will do wonders for him as well.

To best aid in the process, dads should:

- Support mom by accompanying her to doctor visits and sonograms
- Attend special classes, either as a couple or by themselves
- Help "babyproof" the home by removing hazardous objects and materials
- Familiarize himself with the hospital and programs
- Help mom have a restful and stress-free environment
- Learn about caring for a newborn



## For sibling

Having a new baby brother or sister can be as stressful as it is exciting for any sibling. Help reduce this stress by answering their questions truthfully and assuring them that they are still loved as much as the new addition. Teaching them how to help care for the baby is a great way to make them feel empowered and appreciated.



# Preparing for the Big Day

Expectant parents are encouraged to visit the Birth Center at CHRISTUS Good Shepherd Medical Center - *Longview*. Here, you will be given a tour and an overview of the process – from prenatal care and education through labor, delivery, and discharge. You will want to decide on an obstetrician, if you have not done so already. Your baby will receive the highest-quality care by our Women’s & Children’s team throughout his or her stay, from admission to discharge. Before you deliver, it will be important to establish a pediatrician for your baby. It is required that your baby be seen by his or her own pediatrician within one to three days of discharge.

As mentioned earlier, communication is key throughout the process; not only with your physician or any specialists, but with your partner, parents, and your family. Make sure everyone is on the same page. This is also a great opportunity to talk to neighbors, friends, or other support groups of women who have experienced childbirth. They are likely to offer answers to questions you may have never dreamed to ask.

A few weeks before your due date, it is good to have a plan in place so that everyone knows what to do when you go into labor. Have a bag packed with clothing, toiletries, and a few comfort items for yourself. This is also a good time to stock up on essentials like diapers, wipes, and infant clothing. It’s important that you take this time to properly install your baby’s car seat. You will want to be ready to go when the big moment arrives!

For more information on how to register to deliver at the Birth Center at CHRISTUS Good Shepherd Medical Center - *Longview*, please visit [OurFavoriteBirthday.com](http://OurFavoriteBirthday.com).



## Did you remember to:

- Enroll in our Childbirth Education Class?
- Select your physicians?
- Register for your stay?
- Discuss your pregnancy with your insurance provider?
- Arrange for transportation to and from CHRISTUS Good Shepherd Medical Center - *Longview*?

# Labor and Delivery, Mother-Baby Care at CHRISTUS Good Shepherd

Comfort, compassion, and experience will greet you when you choose to deliver at CHRISTUS Good Shepherd Medical Center - *Longview*, and you can be confident that our caring and expert team will be with you every step of the way.

Our newly renovated five star labor and delivery suites are all private and feature low lighting, infant warmers, a sleeper sofa for your partner or guest, television, free WiFi and all of the necessary monitoring equipment. One suite is equipped with a hydrotherapy whirlpool for labor and is available to patients who meet specific criteria. Please talk with your physician to find out if this is an option for you.

While you are here, you will enjoy:

- The skills of an on-site board-certified neonatologist, should the need arise, 24/7
- Birth certificate registration services
- Information about adoption and paternity services, if required
- Help with Texas immunization records
- Newborn photography services
- Services of a Certified Lactation Consultant

To strengthen the mother and baby relationship, the most important thing you can do following the birth of your child is to spend time together. You will have unlimited access to your child during this "getting to know you" time. You will be able to keep your baby with you day and night, or our experienced team is available to care for your baby in our fully equipped Nursery if needed.



## Mother-Baby Care

We know that once you've met your new baby, he or she becomes your entire world. As part of our family-centered approach, we offer couplet care for your newborn. During couplet care, a dedicated nurse will care for you and your baby in the same room, helping to promote a deeper bonding experience.

Your baby may stay in your room as long as you desire, but our experienced team is available to care for your baby in our fully equipped Nursery if needed. Our Mother/Baby rooms are equipped with a telephone, television, WiFi, chairs and sleeper couch for your partner or overnight guest.



# Childbirth Education

CHRISTUS Good Shepherd wants you to be confident and comfortable as you prepare to welcome your new baby into your life. And to help you get ready for this life-changing event, we offer childbirth education.

With two convenient course options available – in-person and online – we will help you and your partner/coach gain knowledge about the birth process and be able to make personal decisions related to your birth experience. For more information, a complete class schedule or to sign up, call **903.315.2003**.

Cost is \$65 and includes:

- 30-day online access, guided hospital tour and Planning to Breastfeed eClass
- In-person learning session presented by a local OB/GYN & pediatrician



**For a full updated schedule and to register for classes,  
please call 903.315.2003.**

# Breastfeeding Services

Our Certified Lactation Consultants are on hand to help all new moms before, during, and after your stay. Mothers who deliver in our Birth Center receive ongoing support and assistance during their hospital stay. If you need further assistance after discharge, you can receive one FREE lactation consultation at our Lactation Center by appointment.

Our Breastfeeding Services program offers prenatal breastfeeding classes, inpatient assistance for all mothers, FREE follow-up phone calls and emails. For more information about our breastfeeding services, call [903.315.5597](tel:903.315.5597).



CHRISTUS Good Shepherd Medical Center - Longview is a proud recipient of the Texas Ten Step Award from the state of Texas for breastfeeding promotion policies and practices.



# Baby's Arrival, Your Stay, Breastfeeding, and Going Home

Once your baby arrives, we want you to spend as much bonding time together as possible. There's no doubt that your family and other visitors will want to come see you both, but please make sure to take time to rest. You've had quite an experience! Dad, or another designated adult, may stay with you overnight in your private room as part of the healing process. When the times comes for family and friends to visit, we strive to make them feel welcome.

## Visiting hours

For the safety and comfort of everyone, our visiting hours are from 7 a.m. - 9 p.m. We ask visitors to keep noise levels to a minimum and that guests wash their hands before and after handling your new bundle of joy. Siblings of the new baby must be supervised at all times. Mother-baby quiet time is from 1 - 3 p.m. to encourage bonding, education or resting.

## Engaging families

Our skilled nurses involve families with the care of their newborn, including offering tips on how to feed, bathe, and change baby when possible. They are also happy to answer any specific questions you and your family may have. The nursing staff wants to involve moms and dads in the daily care for their baby as much as possible. We encourage family members to learn together.

## Our 365 online nursery

Instead of viewing babies behind a glass window, family and friends see them up close. Access to images are password protected, so you can make sure only the people you want are able to see them. Ask your nurse about this service. *Our 365 Online Nursery is an independent contractor and not an agent of CHRISTUS Good Shepherd Health System.*

## Going home

After your short stay, your pediatrician will clear you to take your baby home so that you may start your new life together. Here are the steps you need to take before heading out the door:

- Mom and baby must be cleared by their respective physicians, who will issue discharge orders.
- Your nurse will assist you in completing your discharge orders.
- The new baby's identification forms must be completed and signed by the mother.



- Notify your nurse when you are ready to depart. You will be escorted in a wheelchair to your waiting vehicle. It is against the law to transport an infant in a vehicle, which does not have a properly installed infant car seat. You will not be allowed to leave if the vehicle does not have a properly installed car seat.

# Specialized Neonatal Services

## Neonatal Intensive Care Unit

Should your baby require a little extra medical attention, CHRISTUS Good Shepherd Medical Center - Longview is staffed 24/7 with board-certified neonatologists specializing in the care of premature infants or newborns. As the region's first NICU, we offer advanced procedures, technology and expertise for premature babies born as early as 23 weeks' gestation and full-term babies needing advanced care.

In addition to board certified neonatologists, our babies are cared for by a team of specially qualified NICU nurses, respiratory, speech and occupational/physical therapists, pharmacists and imaging/radiology specialists. Our multidisciplinary approach ensures that every aspect of your baby's care is met.

## TeleNICU

Babies born with critical medical needs, need the best care available. And at CHRISTUS Good Shepherd, we're proud to be the first hospital in Longview to link its NICU with expert neonatologists staying the Children's Medical Center - Dallas TeleNICU program. Through this service, our neonatologists are able to collaborate on the diagnosis and care for our tiniest, critically ill newborns.

## NicView

With NicView, you have the ability to view your newborn day or night through a secure camera system. So no matter where you are, you can see your child in real time (during scheduled periods) via Internet



# Important Contacts and Notes

Name \_\_\_\_\_

Address \_\_\_\_\_

Obstetrician or Midwife \_\_\_\_\_

Pediatrician \_\_\_\_\_

Certified Lactation Consultant \_\_\_\_\_

Hospital \_\_\_\_\_

Emergency Contact \_\_\_\_\_

Notes \_\_\_\_\_





# Prenatal Records

Age \_\_\_\_\_ Parity \_\_\_\_\_

LMP \_\_\_\_\_ EDC \_\_\_\_\_

Sig Med Hx \_\_\_\_\_

Sig OB Hx \_\_\_\_\_

Allergies \_\_\_\_\_

Medications \_\_\_\_\_

## Laboratory results

| Test        | Date | Results |
|-------------|------|---------|
| Blood Type  |      |         |
| Ab Screen   |      |         |
| Rubella     |      |         |
| RPR         |      |         |
| Hepatitis B |      |         |
| HIV         |      |         |
| UA          |      |         |
| AFP/TAST    |      |         |
| Amino       |      |         |
| H&H         |      |         |
| Pit         |      |         |
| Pap Smear   |      |         |
| Glu-Screen  |      |         |
| 3-Hr. GTT   |      |         |
| H&H 28-wk   |      |         |
| Ab Screen   |      |         |
| Rhogam      |      |         |
| GBS         |      |         |

Completed childbirth, breastfeeding, and baby care classes:    Yes    No

Completed pre-admission at hospital 60 days prior to delivery:  
 in person    by fax    by phone    by mail

## Appointment record

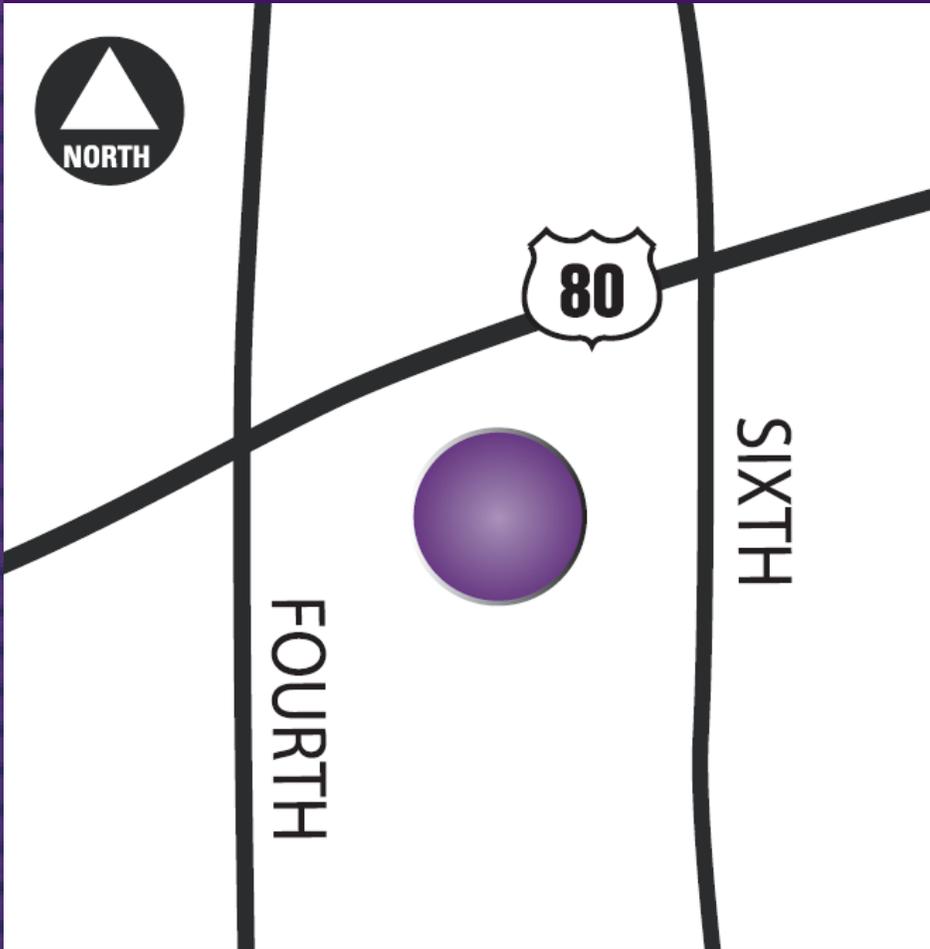
| Date | Week Gest | BP | Weight | Urine Protein |
|------|-----------|----|--------|---------------|
|      |           |    |        |               |
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|      |           |    |        |               |
|      |           |    |        |               |
|      |           |    |        |               |
|      |           |    |        |               |

## Ultrasound

| Date | Gest Age | Placenta | AFV |
|------|----------|----------|-----|
|      |          |          |     |
|      |          |          |     |
|      |          |          |     |

# Map

Once you arrive home, remember that you can always call us at 903.315.1200 if you have any questions. Enjoy the brand new miracle in your life, and remember that CHRISTUS Good Shepherd Health System has facilities and programs for everyone in your family and for every stage of life.



CHRISTUS Good Shepherd Medical Center - *Longview*  
700 E. Marshall Ave. | Longview | TX 75601



903.315.1200 | [OurFavoriteBirthday.com](http://OurFavoriteBirthday.com)

CHRISTUS Good Shepherd Health System complies with applicable Federal civil rights law and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn.