



## The Myrtue Medical Birthing Center Welcomes You and Your Family

Myrtue Medical is honored that you have chosen us to assist you and your family during your birthing process. We love being there for that exceptional moment when your baby's life begins, and they take their first breath of air and you hear their first cry. The birth of a baby is a life changing event, therefore, we at Myrtue, want to make it our mission to ensure your experience is as special and enjoyable for you and your family as possible.

Our staff believe in family-centered care by promoting rooming in, involving family as much as possible with cares and providing one on one support with breastfeeding. Our staff stays up to date on the latest obstetric and breastfeeding best practices. We maintain a working relationship with our very own certified lactation consultant, Cara Cacy, IBCLC.

Our birthing center is equipped with three labor/delivery/recovery/postpartum (LDRP) rooms. These rooms make it possible for the mother to stay in the same room during the labor and delivery process, until her discharge. We also have two recovery/postpartum rooms available for our cesarean delivery families. Our rooms are equipped with all the necessities a new family would need while away from home, including mini refrigerators and pull out couches for dad or siblings to stay the night.

Each labor is unique and not without pain; therefore, we provide multiple pain management options including focal points, aromatherapy, epidural, intrathecal and a whirlpool. Our nurses understand that this is a life changing event for you and your family, so we strive to meet your goals through your birthing plan giving you the best experience possible.

Our postpartum care ensures that you and your family feel comfortable going home with your new baby. We provide one on one teaching daily while promoting family interaction during newborn cares. We can also provide a postpartum spa experience for moms in our whirlpool room to help relax sore muscles used during birthing. We have also partnered with Secret Serenity to offer all moms a postpartum massage.

Below are a few key features we would like you to keep in mind to make the most of your stay with us:

**Security:** Our birthing center is a closed unit. This means that all doors leading into the unit are locked at all times. The only way into the mother/baby unit is by being let in by staff. All birthing center staff wear plum colored hospital grade scrubs while on the unit as well as a visible ID badge with photo. After baby is born, four matching ID bracelets will be used to identify your baby to you. Your baby will have a bracelet attached to one wrist and one ankle, while the other two bracelets will be given to mother and her main support person. Before releasing your infant into the care of a staff member the bracelets must be verified as well as a detailed report of where they will be going, what procedure is going to be done and an estimated time frame for baby's return. All babies must remain in an approved crib when traveling through the hallway.

**Quiet Time:** We are introducing a very special experience for our mothers and babies. During the hours from 2 p.m. to 4 p.m., we conduct quiet time. This allows for mothers, fathers and babies to have that private bonding time to become familiar with each other, work on breastfeeding and even rest. Visitors are asked to refrain from visiting during this time so that our patients may enjoy this very special experience. You may choose this time to schedule your complimentary massage by a licensed massage therapist that we provide for you or a relaxing whirlpool experience.

**Waiting Area:** Families and friends are welcome to visit our waiting room located at the north end of the Birthing Center unit just off the elevators. It is equipped with a television and children's toys.

**Snacks and vending:** Just outside of the waiting room is a snack station. Our dietary staff ensure this is kept stocked daily for our guests. Available items include a small selection of soda, water, coffee, popcorn and granola bars to name a few. There is also a microwave and toaster for your use. Fresh, baked cookies are made every afternoon in the Birthing Center kitchen in our Otis Spunkmeyer oven. Vending machines are located on the 1<sup>st</sup> floor across from the cafeteria. Inside the cafeteria are food and snack machines as well. Our cafeteria is open from 8 a.m. through 6 p.m.

**Pictures:** Photos are offered for all newborns during their stay at Myrtue. Parents have the option to have these pictures posted on the Myrtue website, Facebook page and Harlan/Audubon Newspaper. You can see the pictures by visiting our website at [www.myrtuemedical.org](http://www.myrtuemedical.org) and selecting Birthing Center- New Arrivals. Pictures are shown with newborns first and middle name, birth date, time and weight and parents' first names. We encourage parents to bring in an outfit they would like baby to wear as well as blankets they would like them placed on. A flash drive will also be sent to families following their stay so that they may have a digital copy of the pictures and Facebook post if consent is given.

**Safe Sleep Sacks:** Our facility promotes safe sleep for baby by providing a Halo sleep sack to all newborns. During your stay, your infant will be placed in a sleep sack following their initial bath. While you can still dress your infant in their own clothing, we ask that you place them in the sleep sack while at rest. Following safe sleep guidelines, we also do not allow stuffed animals or bulky blankets in baby's crib.

#### Visitation Guidelines:

1. Mother's preference takes precedence over any other requests.
2. "Quiet time" is from 2 p.m. to 4 p.m. for our postpartum mothers and babies daily. We prefer no visitors at this time.
3. During the immediate recovery phase, "the golden hour", only the support person and siblings are encouraged to visit. Close monitoring of mother and baby are being done at this time and the family is beginning their bonding.
4. All visitors must check in at the nurse's station.
5. Visitors, including siblings, with diarrhea, fever, respiratory infection, communicable disease, and cold sores **should not** visit the unit due to the risk of exposure to the newborn.
6. Visitors must wash hands prior to holding the baby and are advised not to kiss the baby due to the risk of causing illness to the newborn.
7. Children must be accompanied and supervised by a responsible adult whose only responsibility is the children. Children should not be left under the care of the OB patient.

For more detailed information regarding any of our policies or to schedule a tour of our Birthing Center please contact our Birthing Center Manager, Michele Monson RNC-OB. We thank you for choosing Myrtue Medical Birthing Center for the birth of your baby and the opportunity to care for you and your family during your stay.

Michele Monson RNC-OB  
Birthing Center Director

[mmonson@myrtuemedical.org](mailto:mmonson@myrtuemedical.org)  
712.755.4299