

A close-up photograph of a pregnant woman with long dark hair, smiling and gently holding her pregnant belly with her right hand. She is wearing a grey t-shirt over a blue patterned garment.

You're Expecting

A Maternity Planning Guide



BayCareMaternity.org



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Preparing for your baby's birth is an exciting time in your life. To help make your birth experience personal and special, BayCare encourages you to start planning early for your delivery.

An important part of getting ready for your baby is to create a birth plan for your baby. A birth plan is a list of your choices and includes your labor coach and pain control. BayCare encourages you to take time to think about the type of birth experience you want. We'll do our best to support and respect the decisions made by you and your health care provider to ensure you and your baby are safe throughout the entire delivery. In the event plans change for medical reasons, rest assured our doctors and nurses will provide exceptional care for you and your baby.

The months leading up to your baby's birth can be busy and event filled. To help you get a head start on the paperwork, we offer online registration for most of our maternity hospitals. You can also register from the comfort of your own home or your doctor's office.

Visit BayCareMaternity.org and click on "Maternity Preregistration" to complete the required forms for admission to almost any BayCare maternity hospital you choose. You may do this as early as 90 days from your expected due date.

*Enjoy this beautiful, life-changing time.
Your BayCare team will be with you every step of the way.*





1 | The Big Announcement

Being pregnant can be one of the most important experiences of a woman's life. Along with the anticipation of welcoming a new baby, parents-to-be also receive a lot of new information and must prepare for a growing family. Sometimes this can feel overwhelming, but don't worry—we've delivered thousands of babies and thought of everything for you!

For example, establishing a good relationship with an obstetrician (OB) early in your pregnancy is highly recommended. They'll advise you on important matters such as nutrition, exercise and standard testing. They'll also tell you the different ways your baby's growth and development will be measured up until birth. If you don't have an obstetrician, you can call 1-800-BayCare (1-800-229-2273) for a referral, or search our physician list online at BayCareMaternity.org to find one close to home.



BayCare has many
expert doctors
on our team.

If you need a doctor
for your baby, call
(800) 229-2273 for
a referral or visit
BayCareMaternity.org.

Choosing Your Baby's Doctor

You'll need to choose a doctor for your baby before he or she is born. It's important to make that choice based on the qualifications or experience you value most. The American Academy of Pediatrics has provided some helpful questions to ask as you interview a possible pediatrician.

- What hospital would be used if your child needed to be admitted?
- Can you get to your baby's doctor's office easily? Is it accessible by car or public transportation, and close to work, home or daycare?
- Will their office hours work for you? If you're a working parent, you may need evening or weekend hours.
- What's the pediatrician's policy on taking and returning phone calls? Is there a nurse in the office who can answer routine questions?
- Is this a group practice with other pediatricians? Do they cover for each other? Who handles phone calls when the office is closed or during vacations?
- Do the doctor and office staff appear courteous, attentive and patient, or did you feel rushed?
- How are visits for acute illnesses handled? Can you make an appointment on short notice if your child needs to see the pediatrician because of a sore throat, for example?
- Do the doctor and nursing staff communicate clearly, using clear language (not medical jargon) to explain illnesses and treatments? Does the doctor make an effort to answer all your questions?
- What are the doctor's fees for sick visits, routine exams and immunizations? What's the office policy for processing insurance forms? In which managed care programs does the doctor participate?
- Will the doctor coordinate care among other doctors or specialists, should your child ever need it?

More tips from the American Academy of Pediatrics are available at HealthyChildren.org.

Important Milestones

Some parents like to keep a record of important dates during their pregnancy, such as the ones listed below.

Milestone	Date
Learned we were expecting	_____
First doctor visit	_____
First ultrasound	_____
Heard heartbeat	_____
Learned gender	_____
Went into labor	_____
Gave birth	_____

Important Contact Information

Prenatal Classes:

Register early by calling the BayCare Customer Service Center at 1-800-BayCare (1-800-229-2273) or visiting BayCareMaternity.org and selecting "Classes and Events."

Breastfeeding Support:

- Mease Countryside Hospital: (727) 725-6821
- Morton Plant Hospital: (727) 462-7749
- St. Joseph's Women's Hospital: (813) 872-3932
- St. Joseph's Hospital-North: (813) 872-3932
- St. Joseph's Hospital-South: (813) 302-8734
- South Florida Baptist Hospital: (813) 757-8343
- Winter Haven Women's Hospital (863) 294-7068

Car Seat Inspection:

Car seat inspections and private installation lessons are available by calling the BayCare Customer Service Center at 1-800-BayCare (1-800-229-2273). You may also go online to BayCareEvents.org to register, or visit SeatCheck.org to search for certified technicians in your area.





2 | As Your Baby Grows

Your obstetrician will advise you on the best activities and behaviors throughout your pregnancy. They check on the baby at different stages during your pregnancy using diagnostic tests, including several ultrasounds.

Ultrasounds are painless and can be fun because sometimes you'll see your baby sleeping, moving, tumbling and rolling around. As your baby grows, you may also see moving arms and legs, and even thumb-sucking. Taking these "sneak preview" photos home gives you something to enjoy as you wait for your baby to arrive, and it's a meaningful keepsake to remind you of this special time.

Pregnancy Ultrasounds at BayCare

From the moment you discover that you're expecting, the health and welfare of that child will be all you can think about. Thanks to ultrasound technology, you won't have to wait nine months to see your baby. At BayCare, we offer a wide range of maternity services, one of which is pregnancy ultrasounds during various stages of your pregnancy. A pregnancy ultrasound uses high-frequency sound waves to produce an image of your baby developing in the uterus. An ultrasound is used to monitor a variety of things, including due date, growth and position, as well as determining the number of babies.

What to Expect

There are two different types of ultrasound: abdominal and transvaginal. The most common image you'll see is two dimensional, which gives a flat picture of one view of your baby. Ultrasound images appear best when the mother has a full bladder. Patients may be asked to drink a few glasses of water an hour before the test.

The abdominal ultrasound is the most common and will be the primary method of looking at your baby throughout your pregnancy. The technician or nurse performing the test will spread a clear gel on your belly while moving a handheld probe over the area. The probe will transmit sound waves and create an image on the monitor.

A transvaginal ultrasound is typically done only once or twice during the early stages of pregnancy, when a sharper image is needed. A small, long transducer wand is inserted into the vagina and moved internally to perform the ultrasound. Using the same technology to create an image through sound waves, the transvaginal ultrasound produces a 2-D image as well.

As your baby grows, you will have to take very good care of yourself, since everything you do to your body impacts the growth and development of your baby.





3-D and 4-D Ultrasounds

Typically, all necessary information can be found using the traditional 2-D image. However, if more detail is needed, a 3-D ultrasound can be performed. Using a special ultrasound machine, a 3-D image is produced, and your doctor can measure width, height and depth of the baby, as well as the placenta. A 4-D ultrasound is very similar to the three-dimensional image, except the baby's movements and behaviors can be seen in real time. These images often have a golden color, which helps show shadows and highlights.

The number of ultrasounds allowed will depend on your insurance company. Also, 3-D and 4-D ultrasound imaging may not be offered at all BayCare locations or physician offices. For more information on insurance coverage, check with your insurance company. Call our imaging locations to check on which ultrasounds are available. **For a physician referral, call 1-800-BayCare (1-800-229-2273) or visit BayCareMaternity.org.**

Ultrasounds by Trimester

Ultrasounds are typically performed at various times during your pregnancy.

First Trimester: First 14 Weeks

- Approximate due date
- Identify fetus and placental structures
- Examine uterus and pelvic anatomy

Second Trimester: 14–26 Weeks

- Assist in prenatal tests
- Check the amount of amniotic fluid
- Observe fetal behavior and anatomy (determine gender, if possible)
- Measure length of the cervix

Third Trimester: 26–40 Weeks

- Monitor fetal growth
- Assess the placenta
- Check amniotic fluid
- Determine fetal position



Preregister at the hospital in person or online:

BayCareMaternity.org

Building Your Nest

Bringing a new baby home requires a lot of preparation. You'll need plenty of diapers, blankets, clothing, a safe place for baby to sleep and everything on hand that's required to feed your baby. At first, many parents don't want to be alone with a newborn because their needs seem overwhelming - both parents are usually a little sleep-deprived, and excited, all at once. So anything you can prepare before going into labor will be helpful when you get home from the hospital with your newborn. You might also consider having a support person nearby to help with cooking, cleaning and caring for other children.

Getting everything ready for your baby's arrival can be fun and educational as you learn to assemble cribs, swings, strollers and play centers. Make sure you preregister at the hospital, which can be done online at BayCareMaternity.org. Parents are encouraged to attend prenatal classes such as prepared childbirth, breastfeeding and newborn care, and attend a birth center tour.

And of course, family and friends will want to celebrate with you. Maybe you'll plan a reveal party to let everyone know the baby's gender. More traditionally, someone may want to throw a baby shower to help you get all the supplies you'll need. These are great opportunities for you to think about practical and enjoyable items you'd like to have for your baby and their nursery.

Getting Ready for Your Baby

This checklist will help you stay on course as you get closer to the big day.

1 Trimester

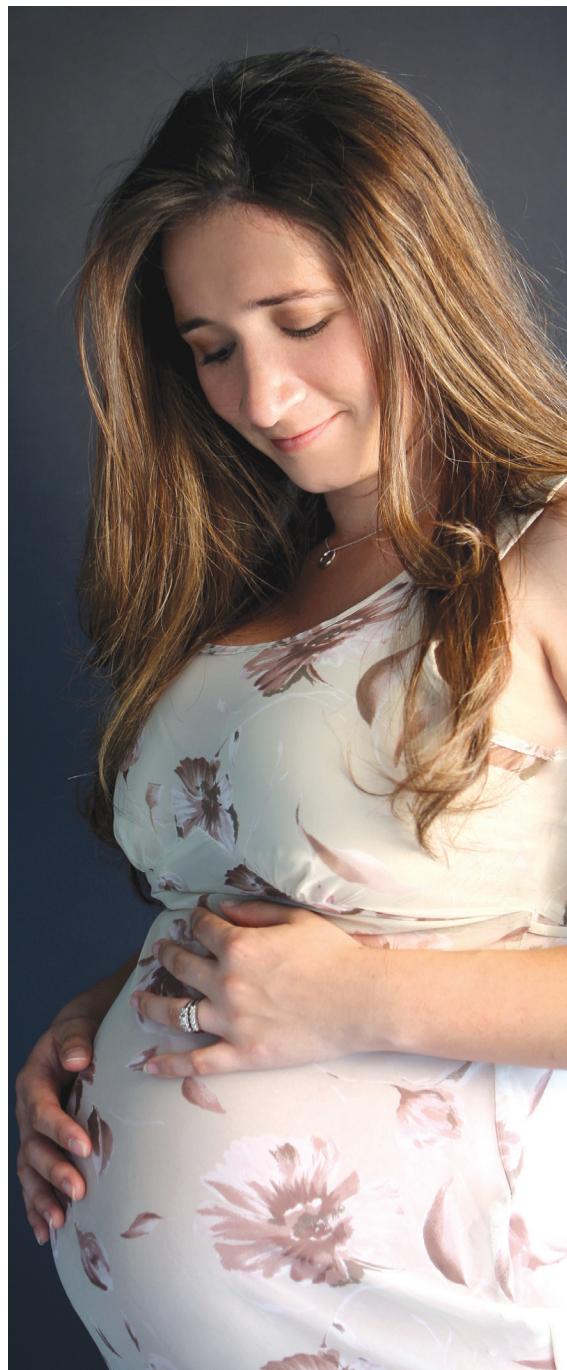
- Announce the upcoming event to family and friends.
- Stop smoking, drinking alcohol and taking any medications not prescribed by your doctor.
- Schedule your first prenatal visit with doctor/midwife.
- Contact your insurance company and ask if you need a pre-certification/authorization number.
- Consider starting a pregnancy diary and photo album of you and your expanding shape each month.
- Take prenatal vitamins with folic acid.
- Start drinking lots of water.
- Begin reading about pregnancy.
- Choose a doctor and schedule an appointment. For a referral to an obstetrician, call 1-800-BayCare (1-800-229-2273), or use our online physician finder at BayCareMaternity.org.

2 Trimester

- Preregister at the hospital online at BayCareMaternity.org.
- Check with your employer about maternity and family leave benefits.
- Attend prenatal classes. Register at BayCareMaternity.org.
- Start thinking about baby names. You'll need to fill out the birth certificate in the hospital.
- Start reading and singing to your baby.
- Clean the house, update fire extinguishers, and test smoke and carbon monoxide detectors.
- Choose a doctor for your baby and schedule an appointment. For a physician referral, call 1-800-BayCare (1-800-229-2273) or use our online physician finder at BayCareMaternity.org.

3 Trimester

- If you're considering a tubal ligation, discuss this with your obstetrician around week 30.
- Discuss circumcision with your obstetrician.
- Discuss an advance medical directive with your physician and family members.
- Shop for baby care items.
- If you'll be returning to work, begin to think about childcare plans.
- Start gathering items to pack for the hospital.
- Make plans about how you'll get to the hospital, whether night or day, and take a practice trip.
- Learn to use your infant car seat. By law, you must have a car seat when you and your baby leave the hospital.
- If you have other children, prepare them for the birth or consider a Big Brother, Big Sister class.
- Prepare and freeze some meals.





3 | Preparing for the Big Day

With a baby on the way, parents have a lot to learn. Mom has to learn the best ways to eat, exercise and sleep while pregnant. You both must learn how to take care of your unborn child by understanding when to go to the doctor and how to make your house safe for the baby. Mom has to learn how to deliver a baby, and dad must learn to support her at every stage of pregnancy, including the birth. At BayCare, our nurses and counselors will teach you how to feed your baby, make your baby feel cozy and safe, and take care of their delicate newborn skin, hair and nails. We'll show you everything from diaper changing to feeding cues.

Education and Support

BayCare wants you to have the information you need during pregnancy. We offer education and support programs that focus on pregnancy, childbirth and parenting. Professional nurses, certified childbirth educators and certified lactation consultants lead these programs. All classes require advance registration and payment.

Please note that not all classes are offered at all locations.

Check class locations online. Classes fill up quickly, so please register early by calling the BayCare Customer Service Center at **1-800-BayCare (1-800-229-2273)** or visiting [BayCareMaternity.org](#) and selecting "Classes and Events."

Prepared Childbirth Classes: In-depth coverage of the third trimester, labor, breathing, relaxation, delivery and postpartum concerns. Classes are available in multiple timeframes, including express, half-day, two-day and several weeks. Learn more online at [BayCare.org](#).

Sibling Class: Addresses the joys and challenges of being an older sibling. Age-appropriate information and activities help children prepare for the birth of their brother or sister.

Waterbirth Class: Examine current trends, contraindications and the psychological and physiological benefits of warm water immersion labor and birth.

Brief descriptions of some of our many maternity and parenting classes are listed below. To review specific dates, times and locations for all of our special maternity events, visit [BayCareMaternity.org](#) and select "Classes and Events."

Birth Center Tour: Visiting our birth suites, mom/baby unit and other key areas will familiarize you with our facility and help you prepare for delivery.

Breastfeeding Class: Covers breastfeeding basics, skin-to-skin contact, tips for returning to work and when to call a health care provider/lactation consultant.

Cesarean Birth Class: For moms having scheduled C-sections. Covers preadmission, day of surgery, the OR, pain management, breastfeeding and newborn care.

Childbirth Refresher: This class empowers expectant mothers to become informed, active participants in the childbirth process.

Grandparenting Class: Includes a discussion of the changes in hospital care over the past few decades and the latest recommendations in newborn and infant care.

Infant/Child CPR: Learn to perform lifesaving CPR and choking rescue methods on infants and children based on American Heart Association guidelines.

Newborn Care: Covers various aspects of safe infant care including feeding, diapering, bathing and signs of illness, as well as cues and communication.





Healthy Start and Social Services

Healthy Start services are available to all pregnant women and families with babies younger than age 1. The program offers help with:

- Having a healthy pregnancy
- Caring for your baby
- Healthy eating
- Family planning
- Smoking cessation
- Infant parenting
- Breastfeeding
- Friendly support

Please contact your hospital's Care Coordination Department (Social Services) for assistance with community referrals in your respective county:

- Mease Countryside Hospital:
(727) 725-6796
- Morton Plant Hospital:
(727) 462-7050
- St. Joseph's Women's Hospital:
(813) 872-3915
- St. Joseph's Hospital-North:
(813) 443-7207
- St. Joseph's Hospital-South:
(813) 302-8440
- South Florida Baptist Hospital:
(813) 757-8307
- Winter Haven Women's Hospital:
(863) 294-7010,
extension 6335 or 6307



Hospital Admission

There's so much to do before your baby's birth. One of the most important things is to preregister for your hospital admission. For your convenience, you can preregister in one of the following ways:

- Online at BayCare.org. Click on the link to "Services," select "Maternity," and then choose the "Pregnancy" icon where you can then choose the BayCare hospital where you and your doctor plan to deliver.
- By phone or in person at the Admitting Office of your hospital:
 - Mease Countryside Hospital: (727) 725-6930
 - Morton Plant Hospital: (727) 462-7060
 - St. Joseph's Women's Hospital: (813) 872-2959
 - St. Joseph's Hospital-North: (813) 443-7170
 - St. Joseph's Hospital-South: (813) 302-8100
 - South Florida Baptist Hospital: (813) 757-1264
 - Winter Haven Women's Hospital: (863) 294-7031

If your insurance company requires a pre-certification/authorization number prior to your hospitalization, contact your insurance company as soon as possible. Give any authorization numbers to the Admitting Office when you preregister.

What to Bring to the Hospital

Pack your bags at least one month before your due date. Please bring your copayment or deductible with you in whatever form of payment you choose (credit card, check, cash). Please leave jewelry and other valuables at home. When packing, consider the following items:

For You During Labor

- Favorite pillow
- Focal point item (e.g. favorite picture, stuffed animal)
- Music
- Water-soluble lip gloss
- Two pairs of warm socks
- Entertainment such as books, crafts, iPads, movies

For Your Coach

- Watch with a second hand for timing contractions
- Insurance card and forms
- Camera
- Change for the vending machines or snacks from home
- Change of clothes
- Cell phone, charger and list of important phone numbers
- Personal care items such as toothbrush/toothpaste and hairbrush
- Entertainment such as books, iPads, etc.

For Your Hospital Stay

(Also see the section titled “Medications”)

- Two maternity nightgowns or nursing gowns (along with nursing bras, nursing blouses, nursing pads and lanolin ointment)
- Robe and slippers
- Undergarments and sanitary napkins
- Toiletries (toothbrush, toothpaste, brush, comb, shampoo, makeup, witch hazel)
- Contact lens case, glasses and case (if applicable)
- Loose-fitting clothes to wear home (or early maternity clothes)
- Your camera



For Your Baby

- Clothing for photo shoot
- Several pairs of pajamas or onesies
- Going-home outfit (sleeper, booties, etc.) appropriate for the weather
- Receiving blankets
- Diapers and wipes
- A federally approved car seat must be installed prior to hospital discharge, as required by Florida law.

Medications

BayCare policies don't allow bringing medications with you to the hospital. If medication is required during your stay, your doctor will prescribe it for you.

Additional Items:

- _____
- _____
- _____



4 | Baby's Birthday

Having a baby is a big responsibility and parents need to make a lot of decisions before their baby arrives. You'll find our BayCare hospitals are family-friendly facilities that support your choices for birthing options and the care of your baby. The birth of your child will be a very special day in your life. Our goal is to make this day as calm, safe and memorable as possible.

What Are My Birthing Options?

Our private Labor/Delivery/Recovery (LDR) rooms were designed to be pleasing to women. Soft, soothing colors create a warm and calming atmosphere where you can be comfortable throughout your labor and recovery. You'll also find all the technical support needed for a safe birth. This includes the latest in specially designed technology, including fetal monitoring and a modern birthing bed equipped to ease the delivery process.

Many labor options are available for you if everything is going well with your labor. Let your doctor and nurse know your birth plans and discuss any ideas you have that aren't listed here.

Walking/rocking/dancing:

- Takes advantage of gravity
- Decreases contraction pain
- Increases power of contractions
- May relieve back pain
- Encourages baby's movement through pelvis

Hydrotherapy:

- Reduces pain and anxiety
- Speeds up labor
- Decreases use of vacuum and forceps
- Decreases tearing

Music therapy:

- Lessens anxiety due to pain
- Creates a peaceful environment for mom and birthing team

Yoga:

- May shorten duration of labor
- Minimizes pain by increasing ability to cope with labor

Aromatherapy:

- Promotes relaxation and decreases pain
- Options include lavender, peppermint and orange



At BayCare,
you have many
labor and
birthing options
if everything is
going well with
your labor.



Pain Control

Anesthesia and pain control options are available. Our nursing team can discuss these options with you and help you decide which will provide the outcome you desire during your labor. Anesthesiologists and nurse anesthetists are always available. Discuss pain management risks and benefits with your doctor.

Water Birth (*hospital specific*)

Water birth is a wonderful choice for those seeking a natural, non-medicated birth. Warm water immersion has been clinically shown to decrease pain and increase confidence and ease of movement during labor. Studies indicate that there's no increase in risk to mom or baby during a water birth..

Nitrous Oxide

Nitrous oxide is a great option for those who prefer a non-medicated delivery prior to receiving an epidural, or those who are unable to get an epidural due to a medical condition or a very rapid labor. Nitrous oxide is safe for you and your baby, it works quickly, and it can decrease your anxiety.

I.V. Medications

Medications given intravenously (I.V.) may help decrease pain and provide an opportunity to rest between contractions. They won't totally relieve pain, however.

Epidurals

An anesthesia staff is available in the hospital around the clock for those who want an epidural. The benefits of an epidural include superior overall pain relief, pain relief for repair of tears and sufficient anesthesia should a cesarean section become necessary.

Position Changes

Maternal movement during labor has been shown to decrease the need for cesarean births, pain, tearing and episiotomies, and length of labor.



Family-Centered Cesarean Birth

We encourage immediate bonding with your baby. To facilitate bonding following a cesarean delivery, we:

- Provide a clear drape that allows mothers to witness the birth
- Keep the baby in view of the mother at all times
- Encourage skin-to-skin contact following birth while in operating room
- Allow support person/significant other to trim umbilical cord at the baby warmer

Placental Tissue Donation (*hospital specific*)

At this time when you're starting a new life with your family, consider giving the gift of your placenta to help others have a better chance at life. With your consent, if you're delivering your baby via planned cesarean section at St. Joseph's Women's Hospital, Morton Plant Hospital or Mease Countryside Hospital, your placenta can be donated with complete confidentiality. The placental tissue will then be used for research to develop treatments that may promote rapid healing of tissue for burns and other types of wounds. Healing is a long process for burn patients who suffer through months of skin grafting without a guarantee of success. Through cutting-edge research, scientists are beginning to use placental stem cells, usually discarded after birth, to accelerate healing. If you'd like more information about donating your placental tissue, contact St. Joseph's Comprehensive Research Institute at (813) 443-3026.

Postnatal Massage Therapy (*hospital specific*)

Postnatal neck and shoulder massages are offered free to new mothers on the mother/baby unit. Availability is limited. Please check with your nurse.

Keeping You and Your Baby Safe

Research has shown that the best way to prevent medical errors is for patients and families to take an active part in their health care. You can play an important role by following these simple tips:

- Make sure every health care team member who cares for you and your baby checks your name bands.
- Ask us any questions you may have about your care or the care of your baby. Discuss your concerns.
- Ask your doctors about the results of tests done on you or your baby.
- Let us help you out of bed until we know you're steady on your feet. We don't want you to fall.
- Give us complete and correct information about your health history, personal habits (such as alcohol use or smoking) and diet.
- Make sure we know what medications you take. This includes those ordered by a doctor and what you take on your own (such as aspirin or cold remedies). Include vitamins, herbs and diet supplements.
- Ask what each medication is for, if it's new to you or if you don't know. Understand the possible side effects of the medication. Tell us if you think you're having a side effect.
- Find out why a test or treatment is needed and how it may help you or your baby.
- Feel free to ask health care members if they've washed their hands before they provide care to you or your baby. Good handwashing is the best way to prevent the spread of germs.
- Be sure you know what to expect when you and your baby go home and know what to report to your doctors.



Family Bonding

Our mother/baby rooms are warm, comfortable and quiet, providing just the right atmosphere for you to bond as a family. Keeping baby close to mom is beneficial to mom and baby. It also has a positive effect on a baby's brain development and helps regulate body rhythms.

Parents appreciate having their baby share a room with them, and at BayCare, we encourage parents to establish immediate bonding with their newborn. Skin-to-skin contact following birth, and extending into the baby's first three months, can reap lasting benefits for both of you. Kangaroo/skin-to-skin care begins following the birth of your baby when the newborn is placed on mom's bare chest. Direct skin contact can help your baby breathe easier, normalize baby's heart rate and oxygen levels, and support brain development. The same goes for dads/partners as well. For mom, skin-to-skin time helps produce milk and it boosts the release of hormones that increase feelings of happiness. It also helps promote the healing process and can reduce colic.

Security

BayCare provides advanced security measures for our moms and babies. From the moment of birth, we have a system in place to connect moms and babies during their stay. We also take special care in tracking visitors' entrances and exits to these areas in our maternity hospitals. Visitors must know the patient by first and last name before they're allowed entrance. Other security measures include:

- Safe, secure mother/baby unit with a 24-hour security system
- Education so that parents know to let only authorized hospital staff with official photo ID badges into their rooms
- Father/primary support person is welcome to stay with mother 24 hours a day
- Security bands are placed on your baby's ankle to match mom and dad/support person's bands
- Only individuals with the baby's matching band will receive information about the baby or be allowed into the nursery



Chaplain/Pastoral Care

Your spiritual and emotional well-being is important to us. Chaplains are available to visit, talk and/or pray with you. If you wish, we'll contact your pastor for you. Please notify the admitting office at the time of your admission if you would like us to call your church or synagogue. The chapel is a place where people of all faiths can come for quiet reflection and personal prayer. Chaplains can be reached through the hospital operator.

Baby Portraits

At BayCare, we never want you to forget how small and precious your baby looked as a newborn. We'll provide you with a professional photographer to capture these special moments for you to cherish forever, so don't forget to pack your favorite newborn outfit or blanket for the photo session. The private photo session is artistically arranged in your hospital room, and you may choose to purchase the portrait package that's best for you. You'll also be given the opportunity to share your photos electronically with friends and family around the world on a secure website. Birth announcements, thank you notes and other keepsakes can also be ordered with your favorite photos. To schedule pre-delivery photos or baby portraits, call BabyFace at (813) 856-4790.

Note: St. Joseph's Hospital-South patients, call (813) 732-8905 for baby portraits.

Birth Certificates

During your online preregistration with us, we'll help you complete the birth certificate worksheet. During your stay, you'll also be asked to verify the information on the worksheet, as the birth certificate must be completed and filed before your discharge. With your permission, we can process the paperwork to apply for a Social Security card for your baby. There's no charge for this service. The Social Security card will be mailed to you approximately 11 weeks after your baby's birth certificate is filed. Note: The Social Security application can't be processed without a name for your baby. For more information about applying for a Social Security card for your newborn, call the Social Security Department at (800) 772-1213.

At BayCare,
we never want
you to forget
how small and
precious your
baby looked
as a newborn.





5 | The First Few Days

The first few days with your newborn will be a whirlwind of new experiences as you try to learn a hunger cry from a wet diaper cry to a “hold me” cry. To keep your baby healthy, it’s important for you and visitors to wash hands often before touching the baby. Visitors will come to see the new member of your family, and everyone will want to hold the new bundle of joy and take lots of pictures. Newborns have very little immunity to germs, so limited exposure to lots of people and other children will help keep your baby healthy.

Breastfeeding

Breastfeeding and skin-to-skin contact promote bonding and attachment of mother and baby. The cells, hormones and antibodies in breast milk protect babies from illness. This protection is unique and changes to meet your baby’s needs. The American Academy of Pediatrics recommends exclusive breastfeeding for the first six months of life, with continuation of breastfeeding for one year or longer as mutually desired by mother and infant. And they recommend that pacifiers shouldn’t be used until breastfeeding is well established (usually three to four weeks).



Breastfeeding Support

Our staff is trained to assist you with breastfeeding. For patients who are having difficulty, we have board-certified lactation consultants and certified lactation counselors to assist you in the hospital and once you go home. We support new moms by coordinating a variety of lactation services and providing the information needed to successfully initiate and continue breastfeeding. Contact us for breastfeeding assistance and information about obtaining breast pumps and supplies. (see phone numbers on page 5).

Several of our hospitals offer breastfeeding support groups. Call 1-800-BayCare (1-800-229-2273) for more information. A full guide to breastfeeding is available online through the U.S. Department of Health and Human Services at WomensHealth.gov.

Babies who drink only their mother's breast milk receive the most health benefits. Although we encourage exclusive breastfeeding, it may be medically necessary to supplement your baby. If it becomes necessary, your doctor will discuss this with you.

Special Situations

Although most babies are born healthy, you can be assured that if there are complications with your baby's birth, four BayCare hospitals are equipped with neonatal intensive care units (NICU). The NICU is where sick and premature newborns can receive special, around-the-clock care until they're healthy enough to go home.

BayCare NICUs

We have a level IV NICU at St. Joseph's Women's Hospital, a level III NICU at Mease Countryside Hospital and a level II NICU at Morton Plant Hospital. The level of care will depend on your baby's weight, age and condition. Please refer to BayCareMaternity.org for more details.

Depending on your baby's needs, we also offer a specialized neonatal transport service to drive or fly your child to one of these NICU locations.

High-Risk Maternity Units

BayCare also takes care of expectant mothers who develop health conditions during their pregnancy. We have high-risk maternity units dedicated to women who require hospitalization during some phase of their pregnancy. We offer specialized care and increased sensitivity to these patients with conditions that challenge their health or that of their baby. From music and massage therapy to pastoral care, we focus on the health of your body, mind and spirit.

The American Academy of Pediatrics recommends breastfeeding for the first six months of life.



BayCare Breast Milk Donor Program

BayCare implemented a Breast Milk Donor Program to provide nourishing human breast milk products to ill, premature babies in BayCare NICUs and NICUs around the country. Eligible mothers within the community can now donate their excess breast milk to help premature infants in need. BayCare partnered with Prolacta Bioscience to provide standardized and pasteurized human milk-based formulations for these babies. Nursing mothers may also be interested in donating to the Human Milk Banking Association of North America (HMBANA.org) or Mothers Milk Bank of Florida (MilkBankOfFlorida.org).

Breast milk provides protection against many illnesses, and the American Academy of Pediatrics recommends breast milk for the first year of life. These human milk products produced from the BayCare Donor Milk Program will provide the benefits of a 100 percent human milk diet to premature babies.

Nursing mothers who want to help can be prequalified to make sure they're healthy enough to donate.

Why donate to support BayCare premature babies?

- It's easy and convenient and can be done from home.
- It can be done at no cost to you.
- You may be eligible for reimbursement. Visit BayCareMaternity.org for details.

How does your breast milk donation help?

- Helps save babies' lives
- Supports mothers with critically ill babies
- Provides standardized and guaranteed supply of breast milk to BayCare NICUs

If you have extra breast milk and would like to make a difference in the lives of others, ask your doctor, nurse or lactation consultant about how to donate your breast milk to one of our approved breast milk banks. You can also get more information at BayCareMaternity.org.

Important Visitor Information

We welcome visitors and encourage you to have family and friends near you. Visiting hours, seven days a week, are listed here. In addition, the labor and delivery room allows up to three support persons to stay with you throughout the childbirth process.

To ensure security for our patients, newborns and family members, we require visitors to wear passes for each area they visit, e.g. NICU, labor and delivery, etc. A photo ID is required, and we check the IDs of all visitors.

Baby identification bands must match the appropriate responsible adult's band, which is verified daily and prior to discharge.

Visiting Hours

Visiting hours in BayCare hospitals are from 8am to 9pm. Certain circumstances may affect this timeframe.

Special Hours for Mother/Baby Unit and High-Risk Obstetrical Unit

- Father/partner or significant other: Any time
- Grandparents, siblings and all others: As listed above

Additional Services and Information

Cafeteria

Mom's meals are delivered to her room. For dads/partners, visitors and the public, the cafeteria is located on the first floor of each hospital and is conveniently open during these hours:

- Mease Countryside Hospital: 6am to 3am
- Morton Plant Hospital: 6am to 3am
- St. Joseph's Women's Hospital: 6:30am to 9pm
- St. Joseph's Hospital-North: 6:30am to 9pm
- St. Joseph's Hospital-South: 6:30am to 9pm
- South Florida Baptist Hospital: 7am to 7pm
- Winter Haven Women's Hospital: 6:30am to 2pm



Vending machines are available 24 hours a day, seven days a week.

Gift Shops

Our volunteers staff the gift shops on a daily basis for your shopping needs. The gift shops offer a variety of fresh flower arrangements, cuddly baby items, unique gift baskets, jewelry, balloon bouquets and other items for convenient delivery to our patients.

Internet Service*

Wireless Internet (Wi-Fi) Access: BayCare hospitals offer complimentary Wi-Fi access hotspots in most public areas of the hospitals. Our Wi-Fi network is called "Hospital Hotspot."

*Due to the many configurations of today's computer systems, we're unable to offer technical support should you experience difficulties. We are not responsible for lost or stolen items

Smoking

BayCare Health System promotes a smoke-free environment for the health and well-being of our patients, visitors and team members. We appreciate your cooperation with our smoke-free policy.



6 | When Your Baby Goes Home

After a day or two in the hospital, you'll be anxious to leave and introduce your baby to your home environment. We understand how exciting it is to be bringing your baby home for the first time, so we'll do all we can to make your discharge as smooth as possible. Here's what to expect:

- Your doctor and your baby's doctor will discuss with you the discharge plans for you and your baby. Your nurse will let you know when you're able to leave. A team member will escort you in a wheelchair to your car.
- You'll receive discharge instructions for you and your baby including information about making appointments once you leave the hospital. If you need to have any follow-up lab tests performed, all BayCare Laboratories provide blood collection services for babies. Our two most specialized locations are the Lakeview Road lab in Clearwater and the St. Joseph's Pediatric Clinic in Tampa.
- Your doctor will give you any necessary prescriptions.
- You can begin to pack your things and have them taken out to the car. Let us know if the person driving you home needs a cart.
- As required by law, we'll complete lab work and a hearing screening on your baby prior to discharge. A newborn screening, which includes a PKU test, is required for all newborns. A PKU test is repeated in the doctor's office. It checks the level of an enzyme that's important for normal growth and development.
- If you require any special medication (Rhogam or Rubella), your nurse will provide it.
- You must have someone pick you up upon discharge from the hospital. We recommend that you don't drive for seven days following discharge.

The following circumstances may slow down the discharge process, but may be necessary to ensure the health of you and your baby:

- If a circumcision is done on the day of discharge, a necessary assessment may delay discharge.
- If you were positive for group B strep, your baby must stay in the hospital for 48 hours unless your pediatrician orders otherwise.
- If lab work is ordered the day of discharge, obtaining and responding to results may delay discharge. All BayCare Laboratories provide blood collection services for babies.

All BayCare Laboratories provide blood collection services for babies.



Car Seats

All infants being discharged require a car seat. The base must be installed in your car prior to discharge.

Properly Installing a Rear-Facing Car Seat

- All infants should ride rear-facing, in either an infant-only car seat or convertible car seat.
- If an infant-only car seat is used, the infant should be switched to a rear-facing convertible car seat once the maximum height or weight limits for the infant-only seat have been reached.
- Rear-facing is best. The American Academy of Pediatrics recommends that children stay rear-facing in a convertible seat at least until age 2, or until they reach the maximum height/weight limit (often 30-35 pounds and up to 36 inches).
- Never put a rear-facing seat in front of an airbag.
- The seat should be semi-reclined between a 30- to 45-degree angle.
- Place the child's harness straps through the slots at or below the shoulder level. Place the harness clip at child's armpit level.
- Tighten the harness straps so they're snug. You shouldn't be able to pinch any slack in the harness.
- The car seat should be locked into place allowing less than one inch of movement at the belt path. Make sure the correct belt path is used.

Car seat inspections and private installation lessons are available by calling the BayCare Customer Service Center at **1-800-BayCare (1-800-229-2273)** or go online to [BayCareEvents.org](#) to register, or visit [SeatCheck.org](#) to search for certified technicians in your area.

Pediatric Services

From checkups to immunizations, your baby's doctor will care for your baby from birth to early adulthood. But there may be times when your child requires more specialized services for a specific health problem or serious condition. BayCare offers a variety of outpatient pediatric services including asthma management, hearing health assessments and occupational and speech therapies at its hospitals. For a referral to a pediatrician or a pediatric specialist, call **1-800-BayCare (1-800-229-2273)** or visit [StJoesKids.org](#).

Continued Care

Children are special and should be treated that way. At St. Joseph's Children's Hospital, your child will be cared for by doctors who specialize in treating children in surroundings designed for kids. From the tiniest baby to the high school quarterback, we care exclusively for kids.



Safety Reminders at Home

Sleeping

- Always place your baby on his or her back to sleep.
- Avoid blankets, crib bumpers and stuffed toys in baby's sleeping area.
- Co-sleeping in the same bed with your newborn isn't recommended.

Feeding

- If you're supplementing or formula/bottle feeding your baby, never prop the baby's bottle.
- Test the temperature of heated formula or breast milk on your wrist prior to feeding it to your baby. Never microwave a bottle.
- Always burp your baby several times during a feeding.



St. Joseph's Children's Hospital locations:

St. Joseph's Children's Hospital

3001 W. Dr. Martin Luther King Jr. Blvd., Tampa, FL 33607
(813) 554-8500

St. Joseph's Children's at Mease Countryside Hospital

3231 McMullen Booth Road, Safety Harbor, FL 34695
(727) 725-6966

St. Joseph's Children's at St. Joseph's Hospital-South

6901 Simmons Loop, Riverview, FL 33578
(813) 302-8000

While all BayCare hospitals treat children, should your child require additional treatment, our pediatric transport team can pick up children from any area hospital and quickly transport them to the nearest St. Joseph's Children's Hospital location.

Chronic Complex Clinic

Children with special or multiple health care needs may visit the Chronic Complex Clinic at St. Joseph's Children's Hospital, where we develop a medical home for kids who need care from several specialists on an ongoing basis. Our young patients cope with a variety of complex medical issues all at the same time, some of which include premature birth, cancer and blood diseases, congenital disorders, cerebral palsy, heart disease and autism. As a result, these children may also experience developmental delays in speech, motor and cognitive development.

We know our patients as individuals and provide a "medical home" where children can grow up receiving consistent care and comprehensive health services in one place, each and every time they need an appointment. Our social worker, Child Life Specialist and Children's Medical Services case manager support children and families through their medical care, and parents truly appreciate the convenience, accessibility and continuity of care their children receive in our clinic.

St. Joseph's Children's Hospital Children's Wellness and Safety Center

The Children's Wellness and Safety Center is all about keeping kids and families safe and informed. We specialize in providing information that meets each family's unique needs and concerns, so from infants to teens, we have something for you.

Get Educated

Our Center provides valuable safety tips and a variety of child safety and parenting classes. We also teach a number of convenient and economical community classes such as CPR, First Aid, Safe Baby Express and more. For more information, visit the Parent Resource Center and the Education and Support sections on our Children's Health web page: StJoesKids.org

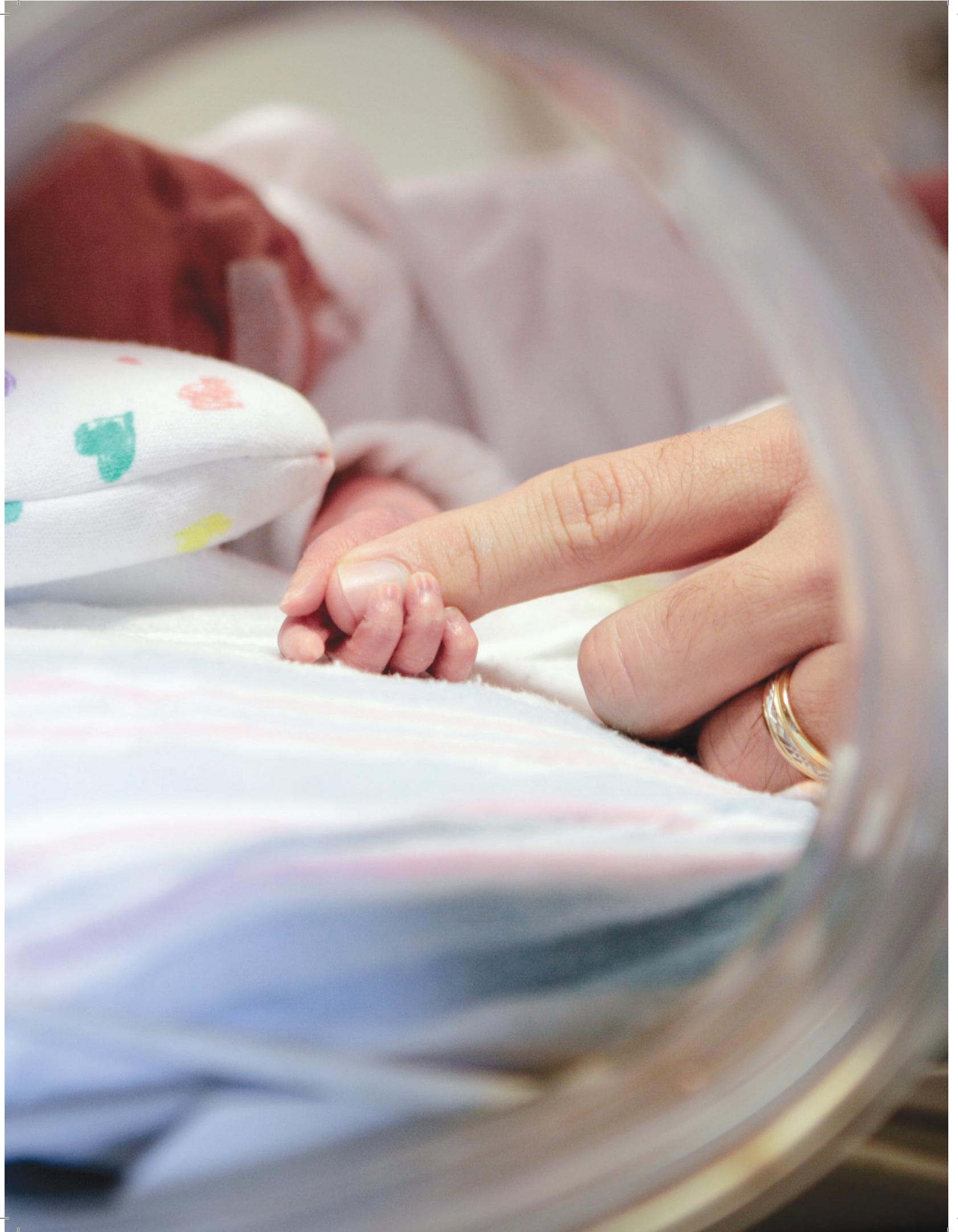
Want to Visit Our Mobile Medical Clinic?

St. Joseph's Hospital Children's Wellness and Safety Center offers free immunizations and physicals to children (age 18 and under) without health insurance, who have Medicaid or who are Native American or Alaska natives. Find out more information or view the clinic schedule at StJoesKids.org.

Do You Have More Questions?

You can contact the Children's Wellness and Safety Center at (813) 615-0589 or StJoesKids.org, and we'll be happy to answer the toughest injury and safety questions.





7 | Billing and Insurance

Your health insurance may not cover all of the hospital charges. Payment of any copayments is expected before you go home from the hospital.

Billing Procedures

- As a courtesy, we'll bill your insurance company for you and we'll need your help to ensure your bill is paid in a timely manner.
- We'll update your insurance information at each visit to avoid rejections or long delays in payments. For this reason, we'll need to copy your insurance card(s).
- We'll try to verify your coverage with your insurance company, although this isn't always possible.
- Normally, your insurance company will be billed within five days of the time service is received.
- Your insurance company won't automatically add your baby to your medical policy. Most allow 30 days from the date of birth to contact them with the addition(s). It's always best to contact your insurance company as quickly as possible after your baby's birth.
- If your insurance company requests information from you, please provide the information right away. This will help ensure that your hospital charges are paid in a timely fashion.
- If no payment has been received within 45 days, a reminder will be sent to you.
- Contact your insurance company directly to resolve any issues about payment.

Insurance Requirements

Many insurance companies require notification prior to your hospital admission. Please discuss this with your carrier and notify us of any authorization numbers that apply to your hospitalization. Failure to do this may result in your carrier reducing or not paying any benefits.

Financial Responsibility

When you're admitted to the hospital you will be required to pay any deductibles, co-payments and/or coinsurance, depending on your insurance plan. You may also designate a family member to work with our admitting team to pay your patient responsibility. Our financial counselor will provide you a copy of your patient responsibility at bedside. You may also request this information when you pre-register. For your convenience, payments are accepted prior to delivery as well as the day you discharge. We accept MasterCard, Visa, Discover and American Express. If you would like an estimate prior to your delivery, please contact our Central Pricing Office at (813) 852-3116.



Maternity Flat Rate for Uninsured

BayCare Health System proudly offers a Maternity Flat rate package for vaginal and C- Section deliveries for patients that are uninsured. For more information on the Maternity Flat Rate, contact the Central Pricing Office at (813) 852-3116 or your hospitals Admitting Department.

Uninsured Discount

BayCare Health System offers a 40% discount to patients who present with no health insurance. In addition, an additional 10% discount may be available if the charges are paid within 30 days from the date of your service. To receive the additional discount and make a payment please call BayCare Customer Service at (813) 443-8070 . It is important to understand that this program is only for those patients without insurance coverage of any kind. Should you subsequently alert us that you have insurance coverage, the discount will be removed from your bill. Insurance coverage is defined as health insurance, automobile insurance, large deductible insurance plans, COBRA, HRAs, HSAs, etc. Special flat rate programs, such as obstetrics or cosmetic surgery are excluded from this program, as well. This program applies to hospital services only and does not obligate any non-hospital facilities (diagnostic centers, surgery centers, reference lab, etc.), hospital based physicians (radiologist, emergency room physician, anesthesiologist, etc), or any other healthcare provider to accept a similar discount in their fees

Need Health Insurance?

If a Child Is in Need of Health Insurance: Florida KidCare offers health insurance for children from birth through age 18, even if one or both parents are working. Programs are based on the age of the child and family income. Monthly premiums depend on your household's size and income. For assistance with the application process, call our Financial Assistance team at (813) 870-4126. You may also apply online at FloridaKidCare.org.

If a Mother Is in Need of Health Insurance: Florida Medicaid provides medical coverage to low-income individuals and families. Visit the Florida Department of Children and Families at MyFlorida.com/AccessFlorida or call (866) 762-2237 to apply. You may also contact a Health Care Navigator at (855) 404-3334 for assistance.

Financial Assistance

Financial Assistance may be available to those who qualify. If you are uninsured or underinsured and unable to pay for health services please visit BayCareFinancialAssistance.org for the full policy and application or call (855) 233-1555.

Provider Billing

There may be other health care providers involved in your care for services such as anesthesiology, radiology, pathology and more. These health care professionals may bill you separately for their services so, when possible, you may want to check with your health insurance company to see if these providers are included in your plan.

Health Care Navigators

BayCare wants to help you understand your healthcare options. Health Care Navigators offer unbiased support, education and community resources to help meet your health care needs. Navigators can also help you find affordable health care coverage through the Health Insurance Marketplace. To reach a Health Care Navigator for FREE, one-on-one assistance call (855) 404-3334 or visit Healthcare.gov for Marketplace information



Our Mission and Values

Mission

BayCare Health System will improve the health of all we serve through community-owned health care services that set the standard for high-quality, compassionate care.

Values

The Values of BayCare are *trust, respect and dignity*, and reflect our *responsibility* to achieve health care *excellence* for our communities.

Mease Countryside Hospital
3231 McMullen Booth Road
Safety Harbor, FL 34695

Morton Plant Hospital
300 Pinellas St.
Clearwater, FL 33756

St. Joseph's Women's Hospital
3030 W. Dr. Martin Luther King Jr. Blvd.
Tampa, FL 33607

St. Joseph's Hospital-North
4211 Van Dyke Road
Lutz, FL 33558

St. Joseph's Hospital-South
6901 Simmons Loop
Riverview, FL 33578

South Florida Baptist Hospital
301 N. Alexander St.
Plant City, FL 33563

Winter Haven Women's Hospital
101 Ave. O S.E.
Winter Haven, FL 33880

Notes



BayCareMaternity.org

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