Thank you for choosing Reston Hospital Center for your birth experience! Having a baby is a miraculous event you'll remember for the rest of your life. At Reston Hospital Center, our Maternity Care team is committed to making your pregnancy and birth experience safe and joyful—putting you and your baby at the center of everything we do. Our private birthing rooms offer a warm, comfortable environment with experienced and knowledgeable care providers ready to support you.

In order to provide the best experience for you and your baby, we use a team approach to your care. You will have direct access to your primary nurse by telephone. She will answer your call and ensure that your need is met. Your nurse is supported by other qualified care providers who may assist her in your care at various points.

This brochure outlines some of our more frequently asked questions. For more information, please visit our website.

Pre-registration/Registration

Pre-registration will expedite the registration process. Please be aware that registration is required for every hospital visit. You will need your ID and insurance card.

- You can pre-register online here.
- Or you can obtain a form at your physician’s office and send it in by mail to:

  Reston Hospital Center  
  Attn: Labor & Delivery Registration  
  1850 Town Center Parkway  
  Reston, VA 20190

Upon arrival at the hospital go the following locations depending on the time of day:

- 6:00 am – 8:30 pm   West Wing, 2nd floor
- 8:30 pm – 6:00 am   Emergency Room
Parking, Shuttle Bus Transportation & Valet Options

The hospital has limited surface parking in front of the West Wing. The 4th and 5th floors of the parking garage will have the most open parking spaces during peak times. Please see the map below for an aerial view of our hospital and the best places to find your parking options.

What to bring upon check-in to Labor & Delivery:

- Your insurance card and photo identification
- Electronics with chargers (phone, camera, laptop, video equipment). **Please note: You must have permission from hospital staff before photographing them.** Photographing or videotaping other patients is not allowed. **Please label your chargers with your name.**
- An extra pillow, if desired (with a colored pillowcase to differentiate it from hospital bedding)
- Snacks & money for vending machines/on-site food options for your support person.
- Toiletries and personal hygiene items
- Reading material such as books and magazines
- Written birth preferences (optional)
What we will provide while you are in our care:

- Hospital gown
- Towels
- Washcloths
- Diapers
- Wipes
- Baby blankets for use while in the hospital
- Baby t-shirt for use while in the hospital
- Postpartum underwear, sanitary pads, peri-cleansing bottle, sitz-bath
- Birthing ball, if requested

Labor & Delivery Visitors

During labor and delivery, you and your support person may have two additional guests in your birthing room (this means only three persons in addition to you and your baby may occupy the room at any given time). Other visitors should wait in the waiting area by the front desk or on the 1st floor at the West Wing entrance. We value a safe and private experience for each of our patients, therefore waiting in the hallways is not permitted in order to allow access in case of an emergency and to maintain privacy of all of our patients.

Cesarean sections – The Operating Rooms for Labor & Delivery are on the 2nd floor of the West Wing. One support person is allowed with the patient in the OR areas until she is transferred to the Mother/Baby unit.

What to expect during Labor & Delivery

During labor we will be monitoring your contractions and your baby’s heart rate. A central monitor at the nursing stations allows your nurse to see what’s happening on your fetal monitor even when she’s not in your room. Other nurses keep watch as well, and may come in to address any concerns or needs you may have. In low-risk pregnancies or Natural Childbirth, intermittent monitoring may be appropriate.

- IV access is standard for all laboring patients. In certain instances, it can be saline-locked for later use.
- An Obstetrician, Anesthesiologist, and Neonatologist are available at Reston Hospital 24 hours every day.

Induction of Labor

Although there are many benefits to allowing labor to occur naturally, your physician may suggest medication to get your labor started for the well-being of you and/or your baby. The different medication options that are available to you will be discussed and decided upon between you and your physician.

- **Cervidil** (dinoprostone) – A vaginal insert that contains a medication called prostaglandin. Cervidil is often used to help start labor by softening the cervix and preparing it for birth. If your physician has scheduled you for a cervidil, you will most likely come into the hospital the night before your scheduled induction date to have cervidil placed overnight.

- **Cytotec** (Misoprostol) – Either given orally or vaginally, Cytotec contains medication that will help start labor by softening your cervix and may cause contractions. You will usually get a dose of Cytotec every 4 hours until you are having adequate contractions for labor.
• **Cervical Balloon** – A small rubber tube is inserted into the vagina and through the cervix. The end of the catheter inflates and applies pressure to the cervix which helps the cervix open. When the cervix has opened to approximately 4 centimeters, it will slide out on its own and labor can often start without the use of medications.

• **Pitocin** (oxytocin) - Pitocin is a synthetic hormone identical to the hormone “oxytocin” which is made by your body and causes contractions. It is administered through an IV and the dosage required is different for every patient. Your nursing team will adjust the dosage of Pitocin according to what your body needs and how your baby responds to labor.

*Please note: We make every attempt to accommodate you and your family on your scheduled delivery day. There are times, however, due to circumstances beyond our control, that we must put your induction on hold temporarily. If this happens, you will receive a personal phone call from our staff and we will work with you and your physician to re-schedule you. Please be patient with us as we make every attempt to accommodate everyone.*

**Pain Management**

**Pain Scale**

Your Maternity Care Team will frequently ask you to rate your pain using the Wong-Baker Faces scale. To help manage your pain most effectively, we need to know how well pain relief measures are working for you. You will be asked to determine a pain “goal” so the staff can help to keep your pain level at or below your goal. You can expect to feel some level of discomfort during your hospital stay and in the days and weeks following the birth of your child.

![Wong-Baker Faces scale](image)

**Options for Pain Management in Labor**

We want you to be as comfortable as possible throughout your labor and delivery experience. Your Maternity Care Team will work with you to determine the most appropriate form of pain relief for you during your labor process.

• **IV Pain Medication** – Can help relieve both the discomfort and nausea/vomiting associated with *early stages of labor.*

• **Epidural** – The most common form of pain relief during labor. An Anesthesiologist injects a local anesthetic near the spinal cord and nerve roots to block pain from the top of the uterus to the toes. The purpose of an epidural is not to numb you completely, but to provide relief from most of your pain. The epidural is designed to last through the delivery of your baby.

• **Other** – Your nursing team will assist you with other types of pain management such as breathing techniques, hypnotherapy, hot & cold therapy, and various position options.
Pain Management & Medications following Delivery

Your physician will choose different medications to help with varying pain levels throughout your stay based upon your medical history and the amount of pain you’re having. The pain medications chosen by your physician are safe for breastfeeding.

It is very important for you to communicate with your care team if the pain relief is not sufficient, if you are having unwanted side effects, or if you are not as alert as you feel you should be. Adjustments can always be made to help make you more comfortable.

Women who choose to give birth at Reston Hospital Center can take comfort in knowing that we are prepared to handle any complication that may arise. Premature infants and those requiring specialized attention, are cared for in our American Academy of Pediatrics Accredited Level III Neonatal Intensive Care Unit. Parents are updated and involved in all aspects of their baby’s plan of care by our highly trained and accessible staff of neonatologists, pediatricians and nurses. Additionally, we partner with Children’s National Medical Center in the event that the highest level of care is needed. In our NICU, our qualified staff members practice cluster care with your baby. Cluster care simply means to do all the hands-on tasks with your infant at one time. By doing this, we allow extensive amounts of rest periods for your baby, which is optimal for them to thrive and grow. Parents may visit their newborns during most hours of the day. Grandparents may visit with a parent, as long as there are no more than two visitors at the bedside at one time. The Neonatal Intensive Care Unit is closed to all visitors during nursing shift changes – 6:30 to 8:00AM and 6:30 to 8:00PM

Mother/Baby Unit – 3rd Floor West Wing

After you and your baby are rested and stable, typically around 2 hours post-delivery, you will be transported to one of our 38 private postpartum rooms. These rooms feature a bathroom with a shower, low lighting, a flat screen television, and a sleeper chair for your support person.

In this new room, you and your newborn will receive personalized attention from our qualified Mother/Baby care team. Your nurse will be available by phone to you at all times and will perform hourly rounding to ensure that you and your newborn are safe and all your basic needs are being met. Our goal is to be a partner in your healing and recovery process and help you become comfortable with caring for yourself and your baby. Our staff is trained to provide education, encouragement, coaching and advice throughout your stay.

After your vaginal delivery, you can prepare to be up and walking to the bathroom, with assistance, within 2 hours of delivery. If you’ve had a Cesarean delivery, prepare to spend the first 6-12 hours resting in bed. After this time of rest, the next stage of healing will focus on getting out of bed, walking and learning how to care for yourself and baby with the help of your Maternity Care team. Following any type of delivery, our staff highly encourages walking early and often to assist with pain management and to help your body return to normal function.
**What to bring for after delivery:** (these items can be left locked in your car until you go to the Mother/Baby unit)

- A few sets of loose-fitting comfortable clothes.
- Nightgown or pajamas, robe, socks, slippers
- Comfortable nursing bra
- Breastfeeding pillow (for example, “My Breast Friend” or “Boppy Pillow”)
- Swaddling blanket(s)
- An outfit for your baby to wear home
- Car seat, with base secured inside the car.

**Length of Stay**

The type of delivery and your pediatrician will determine how long you stay in the hospital. If you have a vaginal birth without complications, you might stay for one to two nights; if you have a Cesarean birth or have complications, you might need to stay two to four nights.

**Meal Times & Nutrition Room**

- We are pleased to offer a “Room Service” type of menu. Depending on the diet ordered by your physician, Mom may order her meals any time between 6:30 am and 6:15 pm.
- The cafeteria is open between 7:00 am- 7:00 pm for the support person and visitors.
- The support person will receive a $5.00 coupon toward one meal in the cafeteria. Additionally, there are abundant restaurant options nearby, many of which offer delivery service.
- Our nutrition room is equipped with complimentary snacks, coffee and drinks for you and your support person to recharge after delivery and throughout your stay. There is a refrigerator available to store food brought from home. Please be sure to label it with your name and date. Unlabeled food & drink may be discarded.
- Vending Machines are available 24 hours a day and are located in the lobby of the West Wing.

**Visitors**

Visitors are welcome at any time. We will work with you to balance your need to share this important time with family and friends and your need for privacy, rest, and medical care. When you desire some private time with your baby or are simply feeling a little overwhelmed, let your nurse know or use your “Do Not Disturb” sign and we will limit your visitors.

We provide two chairs in each room for visitors. It is highly recommended that no more than two visitors be allowed in the room at one time to reduce the stimulation and noise level for the well-being of your newborn.

Due to safety concerns, only one support person (over the age of 18) is allowed to stay overnight. Baby’s siblings will not be allowed to stay overnight under any circumstances.

**Nurses Touch Therapy**

RHC partners with Nurses Touch Therapy to provide new moms a lovely postpartum massage following delivery on weekdays and some weekends. A postpartum massage not only eases recovery from labor and birth by alleviating pain and promoting healing, but offers emotional relief as well. Unfortunately, if you deliver and are discharged on the weekend, a postpartum massage cannot be guaranteed.
All About Your Newborn

Supporting and assisting with your preferred feeding choice

- Breastfeeding support: All our Maternity Care Team nurses are highly trained and qualified to provide lactation assistance. Should you need additional support, we are proud to provide you with International Board Certified Lactation Consultants (IBCLC) to address your complex needs during your stay.
- Breast pumps are available, if needed.
- If breastfeeding is your preferred feeding method choice, it is highly recommended that you take our hospital breastfeeding class. This course is designed to educate and assist with common breastfeeding questions and prepare expectant mothers with the information and tools they need to support their breastfeeding experience. A full list of our class schedule can be found on our website here.
- Formula feeding: All supplies (bottles, nipples and formula) and the education to formula feed your newborn will be provided during your stay in the hospital. You will need to purchase formula for use at home and we can provide education on how to prepare it.
- All stable newborns are given the opportunity to be placed skin-to-skin with Mom following delivery. This interaction has many proven benefits such as helping to maintain stable temperature and blood sugar for baby, building a closer bond between mom and baby, and promoting effective breastfeeding, if desired. No matter what your feeding choice is, skin to skin (with Mom or Dad) can positively benefit every baby and is strongly encouraged well beyond the immediate recovery period.

Rooming-In

At Reston Hospital, we believe in keeping Mom and baby together. Your baby will stay at the bedside with you and your support person throughout your hospital stay. There are many benefits to rooming-in.

- Improved sleep for Mom and baby
- Lower incidence of jaundice in baby
- Increased opportunities to learn how to care for baby and to recognize baby’s sleep and feeding patterns
- Strengthens the bonding experience
- Mom’s breast milk comes in sooner

Newborn care takes place in the room, including bathing and checking vital signs. This provides opportunity for staff to answer questions and encourage family members to learn and participate in the care of the newborn.

Our Newborn Observation Unit is used for procedures (circumcisions) and for occasional brief respite care.

Keeping you and your baby safe

Safety and security is of the utmost importance here at Reston Hospital Center. Infant identification and security begins when your baby is first delivered, when two identification (ID) bands are placed on your baby (one on the ankle, the other on the wrist). A matching ID band is placed on the mother’s wrist. The baby’s mother and can identify one other adult to receive the same ID band.

While in the hospital, all newborns are also monitored by the HUGS newborn security system which protects them against unauthorized removal from the hospital. A small tag will be placed on the newborn’s ankle immediately following delivery and will remain on the infant until the moment of discharge. The tag that the baby wears is activated through our secure electronic surveillance system. Our system is continuously monitored 24 hours a day to ensure the highest level of safety for your new baby.
As another Reston Hospital Center security measure, all nursing staff assigned to the Labor & Delivery, Mother/Baby, NICU and Pediatrics units wear a green hospital ID badge that is specifically designed for our units and allows us to transport your baby, should we need to take your baby out of the room. Call your nurse if you have any questions about the identity of the person entering your room.

**Pediatrician**

It is best to select and possibly meet your baby’s pediatrician prior to your delivery. If you select a pediatrician that has privileges here at Reston Hospital, he/she will be notified of the birth and will assess your newborn within the first 24 hours of life. If you have not chosen a pediatrician, or your chosen pediatrician does not have privileges here, we have in-house neonatologists and pediatricians that will care for your baby while you are here and provide a record for you to take to your own pediatrician once you go home. A pediatrician for follow up care after delivery must be chosen prior to discharge. Typically pediatricians recommend a follow up visit within 1-2 days after discharge from the hospital. If you choose for your newborn boy to have a circumcision, it may be performed by an obstetrician after the pediatrician’s assessment.

**Medications/Vaccines**

Your pediatrician will order medications to be given at delivery. If you should have any questions about the medications your newborn will receive after delivery, please feel free to talk to your pediatrician prior to delivery.

- Hepatitis B vaccine: a vaccine that protects against Hepatitis B. First of 3 doses is given at birth.
- Erythromycin (eye antibiotic): routinely recommended to prevent eye infections in the newborn.
- Vitamin K: an injection given at birth because infants have low levels of Vitamin K in their bodies. Vitamin K is essential to allowing their blood to clot properly.

**Newborn Testing**

After 24 hours of life, a series of tests will be performed to make sure your baby does not need additional care or treatment before leaving the hospital. These tests include:

- Metabolic screening: a blood test to determine if your baby has any of a series of metabolic disorders. The results are sent to your baby’s pediatrician.
- Critical Congenital Heart Defect testing (CCHD): a simple and painless test that measures your baby’s pulse and blood oxygen levels.
- Transcutaneous Bilirubin testing: a simple and painless test that measures whether or not your baby has begun to develop Jaundice (a newborn condition that can cause yellowing of the skin).

**ADDITIONAL SERVICES FOR YOUR NEWBORN**

**Hearing Screen**

Our hospital partners with a newborn hearing screen company to assess your infant before you are discharged from the hospital.

**Newborn Photo Service**

Our hospital partners with a professional photography studio to capture images of your new arrival. You can purchase or access these photos via their secure website so you can view and share them with your friends and family.
The Newborn Channel
We are pleased to offer pregnancy, birth, and newborn educational services via a hospital television channel and internet site to all our pregnant and new mothers. Please click here for access to our “Preparing for Birth” educational videos and click here for a list of all the programs you can access while navigating through the first few days of motherhood in the hospital.

Vital Statistics Office & Baby’s Birth Certificate
Our Birth Registrar will provide your baby’s proof of birth letter before you leave the hospital. You will be required to submit your baby’s paperwork to the State and the birth certificate will be mailed to you within a few weeks.

Center for Breastfeeding at Reston Hospital
Once you leave the hospital, if you desire additional support to breastfeed your baby, our outpatient lactation service provides continuity of care, breastfeeding education, sale of supplies and breast pumps. To schedule an appointment you will need a physician’s order, which can be obtained before you leave the hospital or at any later time. Our International Board Certified Lactation Consultants (IBCLC) will:

- Conduct a complete breastfeeding assessment
- Address your specific breastfeeding concerns and goals
- Develop an Individualized Plan of Care to meet your goals
- Communicate findings with referring physicians

Once you are discharged, please call 703-689-9085, to make an appointment with one of our Lactation Consultants at the Center for Breastfeeding.

DISCHARGE HOME
Throughout your stay, Mom and Baby will be continuously assessed, educated and prepared for discharge home by the Maternity Care team and your physicians. On the day of discharge, you will be given a copy of discharge instructions, a list of medications to take while at home and helpful instructions outlining information about how to take care of yourself and baby at home, when to call the doctor, when to schedule follow up visits, etc. We want you to feel as comfortable as possible caring for yourself and your new baby at home.

We appreciate that you have chosen Reston Hospital Center for the birth of your baby. We want to help prepare you to have a beautiful and safe birth experience. If you have additional questions about what to expect at Reston Hospital, please feel free to contact our Director or Nurse Manager of Maternity Services at 703.689.9190.

Thank you for choosing Reston Hospital Center