

Having your baby at WILCOX MEDICAL CENTER



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CREATING A HEALTHIER HAWAII

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WILCOX MEDICAL CENTER

Labor and Delivery – The Best Choice for Your Baby

Thank you for requesting your free **"HAVING A BABY" KIT**. The enclosed materials will help you prepare for the arrival of a healthy, happy baby.

This is a joyous time for you. In the coming months, you'll be doing fun things like choosing your baby's name and picking out nursery colors. You will also be making some very important decisions, like where you'll have your baby.

We hope you will choose Wilcox Medical Center.

There's a lot of great information and value packed into this kit!

- **Having Your Baby at Wilcox Medical Center.** Essential information about our medical team.
- **Planning for Baby.** Helpful checklists in planning for your baby.
- **Maternity Program and Classes.** We offer a childbirth class for you and your partner. (Classes fill quickly, so please sign up right away. Call 245-1441 or go to WilcoxHealth.org/Childbirth.)
- **Free Labor and Delivery Suite Tour.** Take a guided tour of our beautiful birthing suites and see for yourself the specialized care available for baby. Call 245-1441 to register.
- **Tips to Prepare for Baby.** Helpful information for you and your partner.



Having Your Baby at Wilcox



INFANT HEALTH

Our Labor and Delivery Unit consists of mother / baby patient rooms dedicated to the support and promotion of couplet bonding and breastfeeding success. "Rooming-in" where mother and baby stay together during their stay at the medical center is encouraged. Labor and Delivery Unit is located on the fourth floor and offers:

- Four birthing suites.
- Two triage rooms.
- One cesarean delivery room.

BREASTFEEDING

Breastfeeding is a nurturing experience for you and your baby. It also is an important decision that we support. Nurses in the Labor and Delivery Unit are trained to assist mothers and babies with breastfeeding. We encourage breastfeeding, and assistance is available if needed. Counseling is also available. Call 254-1441 for more information.

FINANCIAL SERVICES

Financial counselors are here to help you verify and assess your insurance coverage and benefits, estimate hospital cost, estimate co-payments and assist with QUEST applications. The office is open daily from 8 a.m. to 4 p.m. You are welcome to visit our Financial Services Department on the first floor or call 245-1119. Wilcox accepts most insurance plans, as well as payment by MasterCard, Visa, American Express, Discover, cash and personal checks.

FOOD SERVICES

Patient meals include breakfast service at 7:15 a.m., lunch at 11:45 a.m. and dinner at 5:15 p.m.

We offer a celebration meal, and mom / support person meals are delivered together.

For visitors, take-out meals are available from the cafeteria.

The cafeteria is open from 6:30 a.m. to 7 p.m. Our hot meals are served during the following hours:

- Breakfast: 6:30-9:30 a.m.
- Lunch: 10 a.m.-2 p.m.
- Dinner: 4-7 p.m.

OUTPATIENT PHARMACY

For the convenience of our patients and their families and friends, a pharmacy is located on the first floor of Kaua'i Medical Clinic to fill your prescription and over-the-counter medication needs.

GIFT SHOP

Our gift shop provides a wide assortment of gifts for the new baby and mother (greeting cards, flowers, candies, etc.), as well as toiletries and breastfeeding support items. We ask that latex balloons are not brought to the medical center, as patients and staff could potentially have latex allergies. Mylar balloons are available in our gift shop.

The gift shop is open:

- Monday–Friday: 9 a.m.–4 p.m.
- Closed on Saturdays, Sundays and holidays.

CHAPEL

Our chapel offers a contemplative setting for prayer or meditation. It is located on the first floor and is open 24 hours a day.

PATIENT RELATIONS

If you have any questions, call our patient relations coordinator at **245-1261**.

Planning for Baby – Helpful Checklists

QUICK CHECKLIST WHAT TO DO NOW

PLEASE PRE-REGISTER:

1. Call 245-1441.
2. In person: Please come to our Admissions Office on the first floor to complete the form.
3. By mail: Complete and mail us your pre-registration form.

If you choose to mail your form, remember to stop by the Admissions Office prior to your delivery date to sign the hospital consent forms.

- You will receive a “Confirmation of Registration” and a Patient Information Handbook. Please review this packet to acquaint yourself with Wilcox.
- Have your car seat installed and inspected. If possible, make an appointment for a free safety inspection held the third Tuesday of every month. Call 245-1511 to register.
- Attend a Prepared Childbirth and Infant Care class. Please go online to sign up at WilcoxHealth.org/Maternity or call 245-1441.
- Register for a maternity tour. Please go online to sign up at WilcoxHealth.org/Maternity or call 245-1441.
- Select a pediatrician. If you need assistance, please call 245-1500 for a doctor referral or call our Find-a-Doc service at 245-1554.

WHAT TO BRING TO THE HOSPITAL

- Photo ID (mom and partner).
- Medical insurance card.
- Toiletries and personal items.
- Do not bring any valuables, such as jewelry or large sums of money.
- Going-home clothes for mom and baby. Include two or three baby blankets.
- Optional items: pair of socks, slippers, bathrobe, lip balm, camera, cell phone chargers, lotion / massage oils, music, and snacks / drinks for the birth partner.
- Items for the partner: blanket, pillow, jacket, socks, personal toiletries.
- Free Wi-Fi wireless internet is available in patient rooms. If you bring a laptop computer, it needs to be battery operated.

ENTERING THE MEDICAL CENTER ON THE BIG DAY

- Please use the Emergency Department entrance and one of our staff will assist you to the Labor and Delivery Unit.
- Even if you are pre-registered, please go to the Emergency Department admission window. Pre-registering will ensure a faster check-in.
- Your support person can park in the ED parking lot and should bring a photo ID. They should also check in at the Emergency Department admitting desk.



Maternity Programs and Classes



MATERNITY TOUR

Experience our free maternity tour and see why Wilcox is the right choice for you and your baby. Visit our Labor and Delivery Unit, learn about the specialized care available, and see exactly what you can expect on the big day.

Tours are offered at convenient times throughout the week. Reservations are required, please call 245-1441. Adults only, please.

LOOKING FOR A DOCTOR?

Whether you're looking for an OB-GYN close to home or a pediatrician for your baby-to-be, call Kaua'i Medical Clinic at 245-1500.

CHILDBIRTH CLASS

This class is designed for expectant couples in their last three months of pregnancy. Topics include: newborn care and breastfeeding, normal discomforts of pregnancy, signs of labor, contractions, comfort measures, breathing techniques for labor, relaxation exercises, phases of labor, birthing options, pain medication, partner's role, caesarean delivery and postpartum care. Various series options are available to meet your individual needs. Wilcox also offers a breastfeeding hui on the 1st and 3rd Friday of the month from 12-1:30 p.m. in the Childbirth Classroom.

For registration or information on the class schedule, and location and costs, call 245-1441 or visit us online at WilcoxHealth.org/Maternity.

Breastfeeding consultations are also available. Call 245-1441 to schedule an appointment. This service is free for patients who have delivered at Wilcox Medical Center. There is a \$50 consultation charge for patients who have delivered elsewhere.

Tips to Prepare for Baby (for mom / partner)



FIRST TRIMESTER

- **BOTH:** Are you ready for this? It's normal for you both to be nervous and scared, and to wonder if you are really ready. Talk about your feelings together.
- **PARTNER:** This is your pregnancy, too! Mom is going to need your help. Don't think that just because the baby is inside her that there's nothing for you to do.
- **MOM:** Symptoms of pregnancy may start to appear. This might include morning sickness, weight gain and heartburn. It's a good idea to drink lots of water, eat healthy food and exercise.
- **PARTNER:** You can help by doing activities with her and by helping out around the house when she is tired.
- **BOTH:** Stop any bad habits – drinking alcohol, smoking or using drugs. It will be easier if you quit together.
- **BOTH:** Start talking to your baby. Your baby can hear and will learn to recognize both of your voices long before he or she is born.

SECOND TRIMESTER

- **BOTH:** Mom – you probably want to go to every baby store there is. Partner – it's important that you be a part of getting ready for your baby too.
- **BOTH:** The most important thing you need to buy for your baby is a car seat. Make sure the car seat fits in your car, and that the seat belts will securely hold the car seat. Check that it is certified to be used in a car and isn't just a baby carrier. Have your car seat checked by a car seat technician at Wilcox Medical Center at no cost on the third Tuesday of each month. To make an appointment, call 245-1511.
- **MOM:** Changes in hormones may cause you to be more emotional than usual. This is completely normal.

- **PARTNER:** Emotions are not "in her head." She also does not have much control over how she feels. Be extra understanding and support her.
- **BOTH:** It's very important to go to childbirth classes together. Both of you will be a big part of the labor and delivery process.
- **BOTH:** Keep talking, singing and reading to your baby. Your baby will recognize your voice when born.



THIRD TRIMESTER

- **BOTH:** The big day is almost here!
- **PARTNER:** Mom will need lots of support and reassurance. Remind her how beautiful she is. Tell her how great you feel to see her belly grow bigger with your baby. Place your hand on her belly often to feel your baby moving.
- **BOTH:** Keep talking to your baby. Your baby can hear everything you say, and will recognize both of your voices when he or she is born.
- **BOTH:** Don't miss any prenatal care checkups.
- **BOTH:** Attend childbirth classes together.
- **BOTH:** Talk about names for your baby.
- **PARTNER:** Plan on being in the delivery room when your baby is born. Mom needs you there. If you're worried, talk to her about your concerns.
- **BOTH:** Expect skin-to-skin contact until the completion of the first feed after delivery. We consider this the "magical hour."

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3-3420 Kuhio Highway | Lihu'e, HI 96766

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