

# Planning for Your Child's Birth

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Welcome to Ronald Reagan UCLA Medical Center. Our staff is here to serve your needs and help ensure a positive birthing experience. Please review this information, and feel free to call us with questions at (310) 267-7560.

## What to discuss with your physician

- Type of delivery
- Anesthesia and episiotomy use
- Fetal monitoring
- Delivery participants
- Medication options
- Labor induction
- Delivery positions
- Circumcision

## What to discuss with your pediatrician

- Breast-feeding or bottle feeding
- Newborn screenings and hearing tests
- Examinations
- Vaccinations

## Our Facilities

Our facility features elegant birthing rooms that are designed for you to labor, deliver and recover in one comfortable place. Two operating rooms also are available for scheduled and emergency C-sections.

After your delivery and recovery, you will be moved to our Maternity Unit, where all rooms are private and have their own shower.

The Well-Baby Nursery is located in our Maternity Unit. A Neonatal Intensive-Care Unit is located adjacent to Labor and Delivery for premature infants and other newborns that need additional care and monitoring.

## What to Bring

It is a good idea to have a suitcase packed and ready by the beginning of your ninth month. Items to pack for your stay should include:

### For You

- Nightgown
- Nursing bras
- Robe and slippers
- Toiletries and cosmetics
- Change of clothes to wear home (5-month pregnancy size)

### For Dad (if staying overnight)

- Pajamas or robe
- Change of clothes
- Toiletries
- Comfortable clothes

### For Baby

- Large blanket or shawl (depending on weather)
- Receiving blanket
- Nightgown, shirt, sweater
- Cloth diapers and rubber or Velcro pants, if desired
- Cap or hat, socks or booties
- Infant car seat (installed in your car's back seat facing backward). If you need help, please call your local California Highway Patrol.

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### Optional Items

- Battery-operated cassette or disc player
- Battery-operated camera or camcorder
- Extra pillows
- Other comfort items

### Birth Certificates

During your postpartum stay, our Birth Certificates Coordinator will provide a worksheet to be completed for the Los Angeles County Registrar/Recorder. This document must be completed and submitted within 10 days to obtain your child's legal birth certificate.

- *Paternity Declaration:* California law requires that unmarried fathers sign a Declaration of Paternity if they wish their name to appear on the birth certificate. Our Birth Certificate Coordinator will provide the declaration form as well as information material. The declaration should be signed while your baby is in the hospital and submitted with the birth certificate worksheet.

### Food Service

The Food Services Department provides menus for breakfast, lunch and dinner and strives to accommodate special dietary requests (e.g. kosher, vegetarian). You may order meals to be delivered to your room anytime between 7 a.m. and 10 p.m. Please allow 45 minutes for room service. Registered dietitians also are available for nutritional consultation and questions.

### Chaplaincy Services

Ronald Reagan UCLA Medical Center Spiritual Care Department is committed to caring for the spiritual needs of patients and their families. Patients of all faith traditions may request a chaplain visit. Services offered include pastoral visits, emotional and spiritual support, rituals and sacraments.

### Financial Information

Speak with your insurance provider about coverage prior to your delivery. For further information and details about charges, required deposits and accepted insurance plans, contact a Ronald Reagan UCLA Medical Center financial counselor at (310) 267-8000.

### Visiting Hours

Ronald Reagan UCLA Medical Center features a family centered environment so that your family may share in the joy of this special occasion.

- Visiting hours for the Maternity Unit are 9 a.m. to 8 p.m. Siblings must be accompanied by an adult.
  - To ensure the health of our new mothers and infants, nurses will screen visitors for acute infection before they are allowed to enter the unit. Those with evidence of illness will not be permitted to visit.
  - All visitors who will hold the baby must first use proper hand-washing techniques, as demonstrated by our nurses.
  - Only parents or an approved adult with proper identification are permitted to visit infants in the Well-Baby Nursery and/or Neonatal Intensive Care Unit.
  - Visitors must be considerate of other patients and our staff.
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