Labor & Delivery Tour and Orientation

When you’re expecting…expect the best
Welcome to Mills-Peninsula’s Family Birth Center
It’s your birth. We are here to guide you, making it a safe and memorable experience for you and your family.
• Parking is located in the garage on the corner of Trousdale and El Camino Real in Burlingame.

• Family Birth Center is located on the 4th floor
• Use main hospital entrance on the east side of the building.
• Use the main lobby elevators during regular hours.
  (5:30 a.m. to Midnight)
• Family Birth Center is located on the fourth floor.
• Exit the elevators and turn left

Arriving at the Family Birth Center
• If you arrive between midnight and 5:30 a.m., enter through the Emergency Department on the west side of the building. Follow the signs to the Emergency Department.
• When you get to the Birth Center, you will find the special care nursery just left of the elevators.

• Turn right to go to the reception desk.
• Proceed past the special care nursery down the corridor to your right.

• Along the way to our reception desk, you’ll see our family waiting area to the right.
• Our team is dedicated to providing the best experience for you and your baby.

• Our pediatricians and anesthesiologists are in-house and available 24 hours a day, 7 days a week.

• Lactation consultants visit all breastfeeding mothers daily starting the day after the birth.
Labor & Delivery Rooms

- 15 private labor, delivery and recovery rooms.
- Wired and wireless monitors are used to help staff monitor you and your baby.
- Couch beds are provided for spouses or partners.
Large showers and spacious bathrooms for your comfort

Birthing balls, showers & pull-down benches are available for you during labor
Antepartum Testing

• Non-stress tests (NSTs) & limited ultrasounds (to check fluid around baby)

• Sweet Success is a program especially for women who either:
  - have diabetes and are pregnant or planning to become pregnant
  - develop gestational diabetes during pregnancy

Open Mon – Fri (8 am – 3:30 pm)
Call (650)696-5469 for more info
Mom & Baby Rooms

- Sometime after the birth, moms and babies move to a private postpartum room
- Bed for mom and couch bed for spouse or partner
- Open crib at mom’s bedside for baby
Family Centered/Mother-Baby Care

• The same nurse cares for you and your baby in the comfort of your room.

• Mom, baby and partner stay together promoting:
  ❖ Bonding
  ❖ Sharing special moments
  ❖ Learning feeding cues and normal newborn behaviors
  ❖ Successful breastfeeding
  ❖ More quiet time together while getting to know your baby
Breastfeeding

Breastfeeding is a natural process, and mother and baby learn how to breastfeed together.

• Our international board-certified lactation consultants, doctors and nurses work as a team to help ensure every new mom is provided with breastfeeding education tailored to meet her needs.

• Lactation consultants visit all breastfeeding mothers daily, following the birth date.

Mills-Peninsula Health Services
A Sutter Health Affiliate
C-section

- C-sections are performed within the Family Birth Center.
- Two operating rooms
- Two-bed recovery room
- Partner/support person can be with mom during c-section
Our Level II nursery is well-equipped to care for premature babies and babies who need IV (intravenous) therapy or other specialized support.

Staffed with specially trained nurses and physicians.
• Hearing screening (audiology testing): This test is performed on all babies to screen for possible hearing problems.

• Genetic screening: This is a blood test that is drawn (heel stick) on all babies. Genetic screening is done after your baby is feeding and close to when baby goes home.
Consider creating a CarePage before the birth of your baby. CarePages are free, private websites that help people stay connected and easily communicate with friends and family during pregnancy and birth.

To create a CarePage, visit www.CarePages.com/mills-peninsula
Things to Know

- Circumcisions: If requested, circumcisions are performed by your obstetrician in the nursery. Written parental consent is required.
- Ask staff before including them in your video and pictures. Video recording is not permitted in the operating room.
Cord blood banking – please ask your provider about details if you plan to bank your cord blood.

Birth certificate information is completed before you go home from the Birth Center. One of our staff will assist you with this and explain the process.
Taking Baby Home

• Please remember to bring your properly installed infant car seat to take your baby home.

• For help installing your car seat properly, please contact California Automobile Association (www.AAA.com) or the California Highway Patrol (www.CHP.ca.gov).
• The Patio Café (cafeteria) is located on the ground level.
  ❖ Open Daily 6:45 a.m. – 3 p.m.
• The Celebrity Café is located on the first floor.
  ❖ Open Monday – Friday 7 a.m. – 9 p.m. and Saturday – Sunday 7 a.m. – 7 p.m.
Visiting Hours

• Spouses and partners are encouraged to stay with mom and baby.

• Visitors are always welcome at any time, however we ask that families be courteous to others and mindful that mom and baby need their rest.
To schedule a tour:

• **Register online today**
• Call 650-696-4190

* Registration is required for tours
Our new hospital will open at 1501 Trousdale Drive in February 2011.

The new Family Birth Center will offer 30 private rooms and a 12-bed neonatal intensive care nursery – both with family sleeping accommodations.

This is an artist’s rendering of what a birth center room will look like in the new hospital.
Thank-you for taking our tour.
We look forward to meeting you and being part of your growing family!