Family Birthing Center

Where Our Family Welcomes Your Family
Congratulations

You’re Pregnant!

A new baby means lots of exciting new decisions to make, and choosing a hospital for your child is one of the most important. We are delighted that you are choosing The Family Birthing Center at Danville Regional Medical Center.
Our hospital has been delivering babies for almost 100 years. When you decide to deliver your child at The Family Birthing Center, you’ll find we have everything you need. From viewing your baby’s ultrasound to holding her in your arms and watching her grow; you may experience the comfort and convenience of delivering your baby close to home with the very best medical care both of you deserve.

Our labor, delivery and recovery (LDR) rooms offer patients an atmosphere more like home than a hospital and the latest in state-of-the-art equipment. We have an excellent medical staff of obstetricians and pediatricians, as well as experienced and well-trained nurses who welcome more than 800 babies into the world each year. The physicians and nursing staff here are committed to your health and hope to make your pregnancy and birth a wonderful experience. Our staff is always on call and is happy to answer your questions 24 hours a day.

To help you prepare and reassure you, we have put together this guide telling you what to expect during and after the birth of your baby.

Congratulations again on your expanding family!
Now What?

Location
142 South Main Street, Danville, VA 24541
www.DanvilleRegional.com

Phone Numbers
General and Patient Information - (434) 799-2100
Labor and Delivery Nurses Station - (434) 799-3818
Childbirth and Breastfeeding Educational Classes - (434) 799-4527

Educational Classes
Having a baby is a special experience. New parents, and even experienced ones, may find the addition of a new family member overwhelming. Our childbirth, breastfeeding and infant safety & CPR classes are designed to prepare you and your spouse or support person for what lies ahead and to answer your questions. Our childbirth classes are taught by our certified childbirth educator with expertise in childbirth and prenatal care, and our breastfeeding classes are taught by a certified lactation consultant. We encourage our mothers-to-be and their spouses or support person to attend all classes during the seventh or eighth month of pregnancy.

• Childbirth Education Class
  Our childbirth education class prepares parents-to-be for pregnancy, labor, delivery and newborn care. You’ll learn more about the signs of labor, the normal progress of labor and birth, techniques for coping with pain, and how your partner can assist you during labor. We will also discuss admission procedures, interventions, complications, C-sections, and information about choices available so mothers-to-be can make informed decisions. Attend an all day Saturday class or a weekly series. Lunch is provided. To register for this free class or to obtain class information, please call (434) 799-4527.
• **Breastfeeding Basics**
  
  Our breastfeeding program at Danville Regional Medical Center is designed to help you achieve a great nursing experience right from the start. This class is offered on the second and fourth Thursday of each month from 6pm-9pm. **Register for this free class by calling (434) 799-4527.**

• **Infant Safety & CPR**
  
  Our infant safety and CPR class is designed to help expectant parents handle an emergency, avoid accidents and injuries, and keep baby safe at home or in the car. Topics include: infant safety, childproofing your home, poison prevention, SIDS awareness, car seat safety, and hands on training in basic infant CPR and choking rescue. This class is offered on the first and third Tuesday of each month from 6pm-8pm. **Register for this free class by calling (434) 799-4527.**

**Personal Prenatal Visit & Tour**

Our personal prenatal visits are designed to familiarize you with our facility and to help you feel more comfortable about your stay in the hospital. Each visit will provide individualized time with our nurse educator for you and your support person to discuss your plan of care during the delivery and postpartum process.

Each visit will include pre-registration, a tour of our facility and information about the services we provide such as labor and delivery, postpartum care and infant care/safety. To set up a time for your personal prenatal visit and tour, **please call (434) 799-4527.**

**Choosing a Pediatrician**

You will need to choose a pediatrician for your baby before he or she is born. If you need assistance in finding a pediatrician, or would like information about one of our pediatricians on staff, **please call (800) 424-DOCS (3627).**
Tips for Taking Care of Yourself

- Get plenty of rest
- Take your prenatal vitamins daily
- Eat a well-balanced diet and drink plenty of fluids
- Exercise regularly with your doctor’s permission
- Stay away from alcohol, cigarettes and illegal drugs
- Discuss any medications (over the counter included) with your doctor prior to taking
- Talk with your doctor if you have any questions

Packing List

In case your baby arrives early, we suggest packing your bag for your hospital stay at least three weeks before your due date. While the list of items needed vary from woman to woman, we suggest:

**For Mom:**
- Comfortable nightgowns (make sure they button up the front if you are planning to breastfeed)
- Robe and slippers
- Toiletries, such as shampoo, soap, toothbrush, toothpaste, deodorant, etc.
- Going-home outfit (loose fitting)

**For Baby:**
- Receiving blanket
- Going-home outfit
- Car seat

**Support Person:**
- Camera/video camera
- Phone numbers and email addresses of family and friends
- Insurance information and numbers (to add baby to your health insurance plan)
- Extra change of clothes
- Toiletry kit
- Books and magazines
The security, safety and comfort of our patients and babies are of utmost importance to us.

These guidelines were developed for your benefit to ensure a pleasant and healthy birthing experience. If you have any questions about the policies and procedures, please consult a member of the nursing staff.

When you arrive at the hospital, please enter through the main entrance (between the hours of 5am-9pm) and proceed to the 4th floor Women’s and Children’s unit using the main elevators to the left in the main lobby. If the main entrance is closed, please use the Emergency Department entrance.

**Labor and Delivery Room Etiquette**

**Cameras and photography**
Photography or audio/videotaping of the actual birth is only allowed prior to the delivery of the infant and then of the infant following the delivery. The Labor and Delivery (L&D) staff will let you know when you should stop and may start again. Video-taping and photography must be stopped at the request of the physician or nursing staff.

**Visitors**
During labor, you may have three people, including your support person, with you at all times. Big brothers and big sisters are allowed in the Labor and Delivery Room (LDR) after delivery. An adult other than the patient or support person must be there to supervise at all times. Visitors may be asked to leave the LDR at the request of the physician or nursing staff.

Those visitors who are not in your room are asked to wait in the Family Waiting Area for the privacy and safety of our patients.

If a Cesarean section is required, one support person may attend with the approval of the physician.

"The Bonding Hour" Once the baby is born, parents are encouraged to spend the first hour after delivery alone with their baby. After the first hour, visitors will be welcomed at the parent’s discretion.
Postpartum Etiquette

Patients have the freedom to limit their visitors or request privacy at any time. Unless you’ve requested no visitors, you may have visitors anytime between 10am - 2pm and 6pm - 9pm. We recommend "quiet time" between 2pm - 6pm.

Children who visit, including big brothers and big sisters, must always be accompanied by an adult other than the patient.

One support person (age 18 or older) is permitted to stay overnight with the patient. Anyone who would be considered infectious (nausea/vomiting, diarrhea, communicable diseases or fever) are asked to not visit at any time during your stay.

Nursery Etiquette

The Family Birthing Center utilizes a couplet care model where your infant will stay in the room with you during your stay. The same nurse that cares for you also cares for your baby. If you would like to rest or are not feeling well, the nursing staff will be glad to watch your baby in the Nursery at that time.

For babies who are being cared for in our Special Care Nursery, we allow two people with a parent or support person per family to visit at the bedside of your infant.

The baby’s physician generally makes rounds every morning. Your baby may need to go to the nursery or to an exam room for the Pediatrician’s visit. For the baby’s safety, a security tag will be placed on one leg. Please do not remove this tag.
**Paperwork**
Birth Registrars from the Family Birthing Center will assist you in filling out the necessary paperwork to receive a birth certificate and social security number for your newborn. Birth certificates and social security cards will be mailed to you in about four to six weeks.

**Photography**
Capture precious memories by having an in-hospital picture made of your new arrival. Professional Photography offered by Dimples Photography.
Regular visiting hours: 9 a.m. to 9 p.m.

Cafeteria
Located on the second floor.
Monday – Friday
6:30 a.m. – 2:00 p.m.
Saturday and Sunday
Closed

Subconnection & Coffee Shop
Now Open - located in the main lobby
Monday – Friday
7:00 a.m. – 8:00 p.m.
Saturday and Sunday
7:00 a.m. – 7:00 p.m.

Vending machines are located throughout the hospital - adjacent to the Main Lobby, in the Emergency Department waiting area, outside of the cafeteria, and in the waiting areas of critical care, 3D, 4A, 5A and 6A.

DRMC’s Gift Shop, located in the main lobby area, has gifts, flowers, toiletries, etc., open Monday-Friday 9am-5:30pm.
**ATM**

An ATM is located in the main lobby and emergency department waiting area.

**Parking**

Free parking is available to patients and visitors of the Family Birthing Center in the hospital’s parking lots located across the road from the main entrance. Also, for your convenience, reserved expectant mother “Stork” parking is available in the Radiation Oncology parking lot adjacent to the main entrance. Valet parking is available at no charge for our patients and their families. The valet podium is located at our main entrance from 6:00 a.m. – 4:00 p.m. on Monday–Friday. Escorts to parking lots are provided upon request. Dial 7941 or 0 (for the operator) from any hospital phone to reach a security officer for an escort.

**Danville Regional is tobacco-free.**

For the health of those we serve, but also those who work with us, Danville Regional has eliminated the use of all tobacco products on our hospital property – both inside and outside. Tobacco use in and around hospitals poses a very real health and safety risk for patients, visitors, physicians and employees. We know that taking a stand to stop this public health epidemic is not only important for us as a healthcare provider… it’s the right thing to do for our community. For information about quitting, call 1-800-QUIT-NOW or visit www.smokefree.gov

**Wireless Internet Access**

As a service to our patients and visitors, Danville Regional Medical Center provides free wireless internet access through the hospital.

**Connect To Guest Network**

Our Acceptable Usage Policy will appear. After reviewing the policy, you will need to click the “I Agree” button to continue. For assistance, the DRMC Help Desk is available Monday - Friday from 8:00 a.m. – 5:00 p.m. by calling extension 4400.
Car Seat

You and your new baby will be taken by wheelchair to the discharge exit when you have been released by your physician. Please remember you will need a car seat to take your infant home. Virginia law requires all infants and children under the age of eight to ride in an approved car seat. If you would like to get your baby’s car seat inspected for correct installation, you may do so at the Danville Police Department, Danville Fire Department, or Regional One EMS. Regional One EMS will also assist you in obtaining a car seat.

Follow Up Visits

Once you are home, regular checkups are important to monitor your child’s growth and development. They can also help your doctor identify any problems early on. During well-child visits with your child’s pediatrician, your child may receive immunizations, and it’s a good opportunity for you to ask any questions you might have. Regular well-child visits are scheduled at:

- Two weeks
- Two months
- Four months
- Six months
- Nine months
- Twelve months

We know you have options when deciding where to deliver your baby. We appreciate you choosing The Family Birthing Center at Danville Regional Medical Center.
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Your Doctor

Remember
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In case your baby arrives early, we suggest packing your bag for your hospital stay at least three weeks before your due date. While the list of items needed vary from woman to woman, we suggest:

**For Mom:**
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- Robe and slippers
- Two or three support bras or nursing bras (if breastfeeding) and underwear.
- Toiletries, such as shampoo, soap, toothbrush, toothpaste, deodorant, etc. (These are provided by the hospital if needed)
- Going-home outfit (loose fitting)

**For Baby:**
- Receiving blanket
- Going-home outfit
- Car seat

**Support Person:**
- Camera/video camera
- Phone numbers and email addresses of family and friends
- Insurance information and numbers (to add baby to your health insurance plan)
- Extra change of clothes
- Toiletry kit
- Books and magazines

**People to Call**

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