

Welcome to the Family Birth Place



*Karen and Gary Singer Family
Family Birth Place*

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- ❖ Each year, nearly 3,000 women trust Englewood Health with the birth of their babies

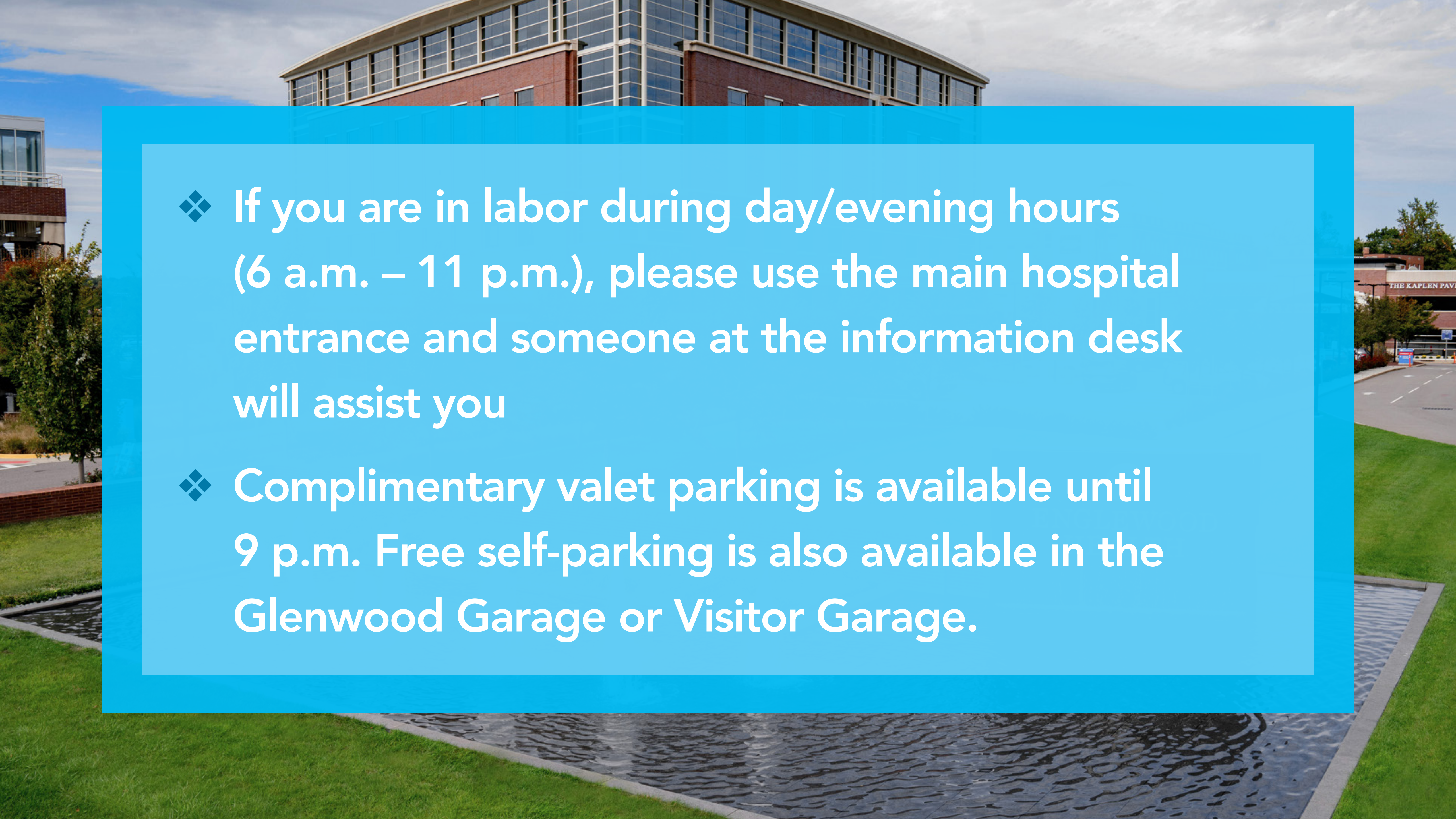
- ❖ Englewood Health's maternity services—including specialized education classes, nutritional support, access to advanced medical care, and a state-of-the-art neonatal intensive care unit—help make the experience of giving birth the best it can be


- ❖ **Currently, Englewood Health offers a virtual, self-paced childbirth education program, including one-on-one consultation with an instructor; infant CPR training classes; yoga and meditation classes; and a breastfeeding helpline**

Arriving at the Hospital

LABOR AND DELIVERY RECEPTION DESK



- 
- ❖ If you are in labor during day/evening hours (6 a.m. – 11 p.m.), please use the main hospital entrance and someone at the information desk will assist you
 - ❖ Complimentary valet parking is available until 9 p.m. Free self-parking is also available in the Glenwood Garage or Visitor Garage.

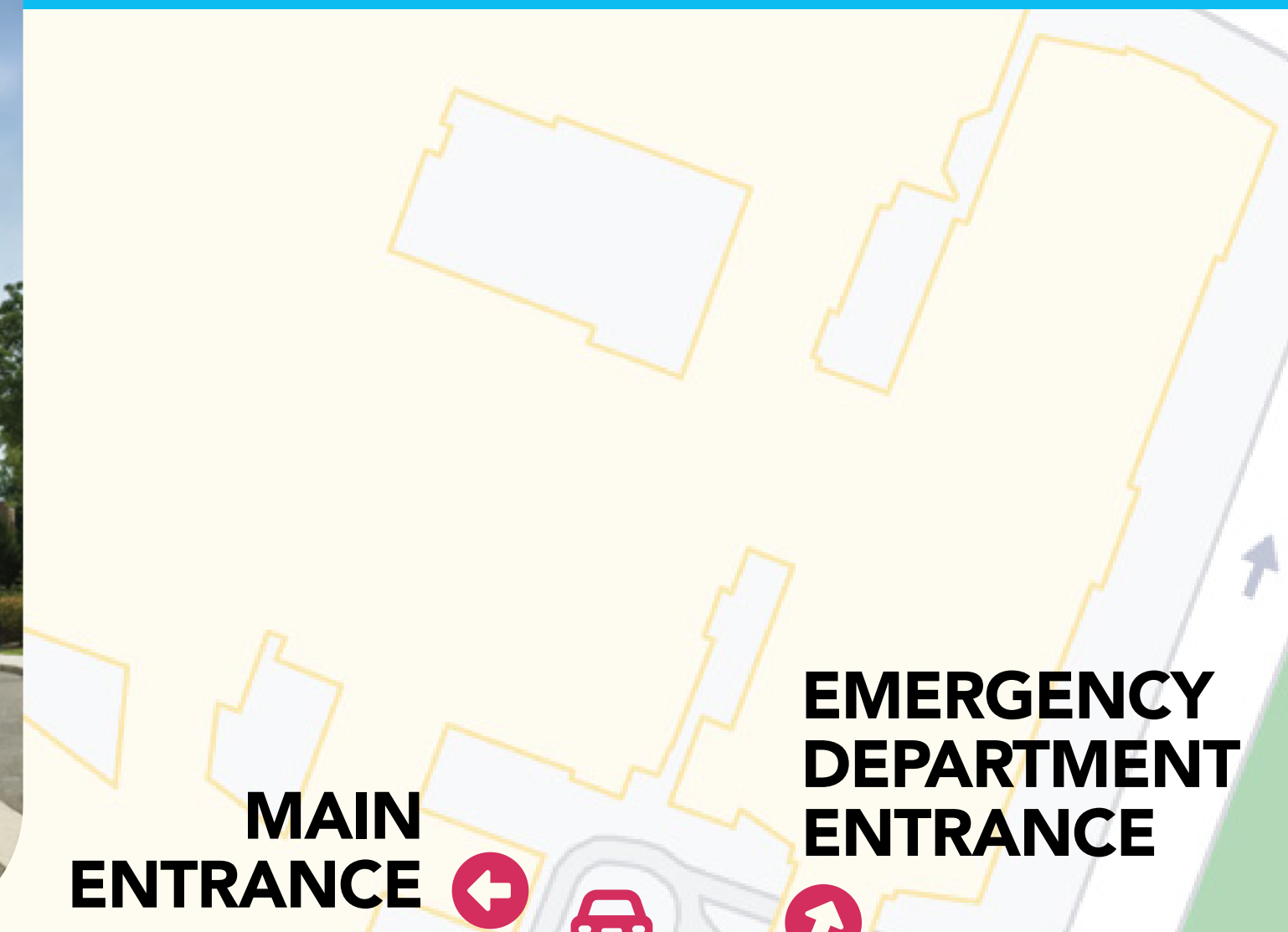
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- ❖ If you are in labor during overnight hours (11 p.m. – 6 a.m.) or on the weekend, please enter through Englewood Health's Emergency Department
 - ❖ Complimentary valet parking is available 24/7



Main Entrance



Emergency Department Entrance



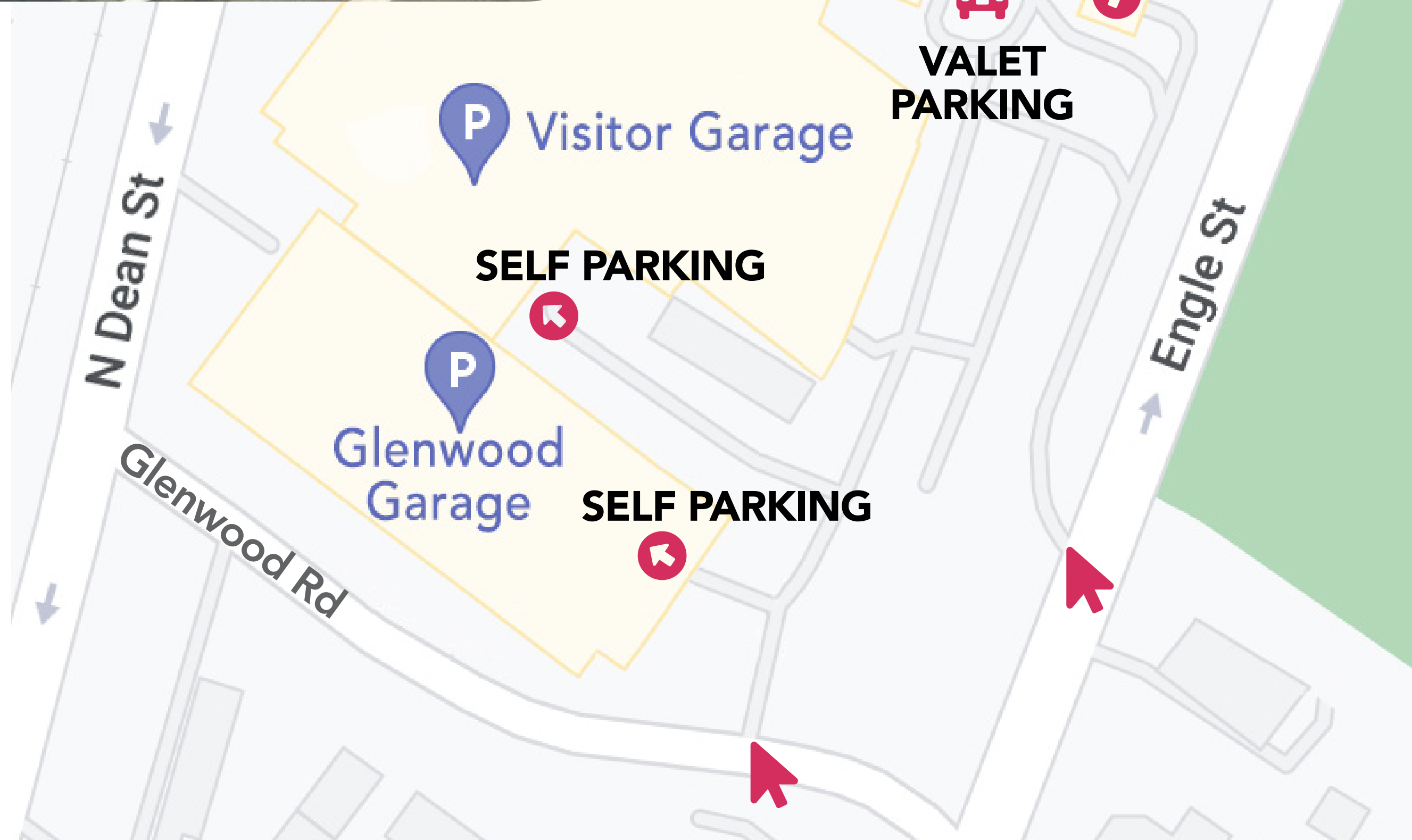
MAIN ENTRANCE

EMERGENCY DEPARTMENT ENTRANCE

Driveway entrances to parking garage from Engle St and Glenwood Rd



Valet Parking at both the Emergency Department Entrance (24/7) and the Main Entrance (7 a.m. – 9 p.m.)



Visitor Garage

SELF PARKING

Glenwood Garage

SELF PARKING

VALET PARKING

N Dean St

Glenwood Rd

Engle St



Floor 5

- Mother Baby
- Labor & Delivery
- Breast Surgical Services
- Cardiothoracic Surgical Services

5230

WAITING
AREA



5422
Nursery
Main Entrance



Labor and Delivery Private Room

- ❖ Upon arrival, you will be examined to determine your stage of labor
- ❖ There is always a board-certified obstetrician that can care for any patient, even if your personal obstetrician has not arrived yet

Labor and Delivery Private Room

- ❖ **Vaginal births take place in a Labor and Delivery Room, each with a private bathroom and shower**
- ❖ **An anesthesiologist is available 24/7 to administer an epidural**
- ❖ **The baby warmer is turned on when birth is imminent**

Labor and Delivery Private Room





Overhead mirrors for moms to watch baby's birth

❖ Private bathroom and shower



❖ Baby warmer



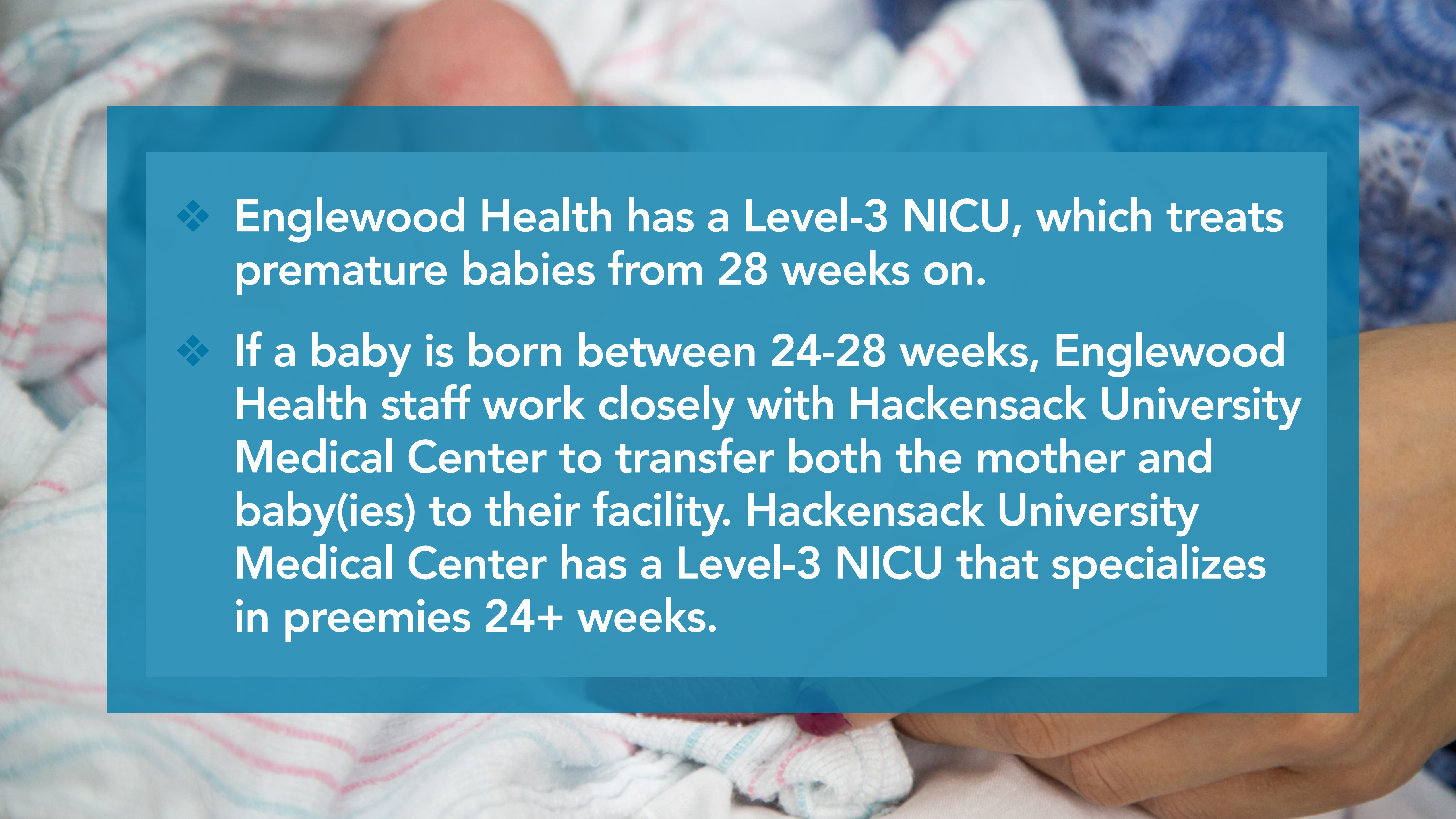
C-section Operating Room

C-SECTION DELIVERIES TAKE PLACE IN A DEDICATED OPERATING ROOM



Neonatal Intensive Care Unit (NICU)



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- ❖ Englewood Health has a Level-3 NICU, which treats premature babies from 28 weeks on.
 - ❖ If a baby is born between 24-28 weeks, Englewood Health staff work closely with Hackensack University Medical Center to transfer both the mother and baby(ies) to their facility. Hackensack University Medical Center has a Level-3 NICU that specializes in preemies 24+ weeks.

- ❖ **Parents can rest easy knowing their baby's health is in excellent hands through every stage of pregnancy. Our Maternal and Fetal Medicine Center combines medical expertise with advanced technology to diagnose and manage maternal or fetal problems.**

- ❖ **If you're at high risk for complications, your obstetrician will work with our specialists to identify those complications, discuss them with you, and begin to coordinate treatment and care plans to ensure the best possible outcome for mom and baby.**

Mom/Newborn



- ❖ After delivery, the baby will be examined, the cord is clamped, and the newborn is placed on mother's chest for bonding



Mother/Baby Room

- ❖ Mom, infant, and partner are moved to a Mother/Baby Postpartum room
- ❖ Baby stays with mom in the room
- ❖ 21 private rooms and 3 semi-private rooms with wireless access
- ❖ TV service, room service, in-room massages available
- ❖ Pediatrician available 24/7

SUPPORT PERSON/VISITOR ACCOMMODATIONS

- ❖ Each room includes a sleeping area for the support person for the duration of the mother's stay
- ❖ Comfortable couches convert to sleeper beds
- ❖ For our current visitation policy, please visit englewoodhealth.org/visitor



POSTPARTUM SUPPORT

- ❖ Postpartum information video series available during your stay and after discharge
- ❖ Nurses always available for education and review
- ❖ Newborn Channel 62 available for new parents
 - Channel guides with various topics
 - Access also available online at NewbornChannelNow.com with Passcode 00059

Nursery



Breastfeeding

- ❖ Your nurse can help facilitate rooting and latching on
- ❖ Breastfeeding classes are held during your stay
- ❖ The night before discharge, a nurse will review everything the parents have been taught during their stay



Discharge Day

- ❖ **Average length of stay:**
 - Vaginal Birth – 2 nights
 - C-section – 3-4 nights
- ❖ **Wagons are available to carry out all of your personal items**



Frequently Asked Questions

❖ Will I have a private room?

- We have 21 spacious private rooms and 3 semi-private rooms (for two mothers) in our Mother/Baby Unit. Private rooms are assigned when available, but cannot be guaranteed. If you are in a semi-private room and a private room opens up, we will make every attempt to move you or your roommate.

Frequently Asked Questions

❖ Can I bring a doula?

- For our current visitation policy, please visit englewoodhealth.org/visitor

Frequently Asked Questions

- ❖ **Are there car seat requirements I must meet before leaving the hospital?**
 - Please install your car seat at least three weeks prior to your due date to be sure you are prepared for the day you are discharged, and keep the instruction book easily accessible
 - If using an infant bucket car seat, bring only the bucket infant carrier to the Maternity Unit. Do not remove the base from the car.

Frequently Asked Questions

❖ *(car seat requirements continued)*

- If using a “go as you grow” car seat, do not remove it from your vehicle. It is not necessary to bring to the Maternity Unit.
- It is recommended that car seats should be six years old or less from the date manufactured
- For more information, visit englewoodhealth.org/maternity

Resources and Phone Numbers

PREREGISTRATION FOR DELIVERY

201-894-3000, ext. 4115

PATIENT ACCESS

201-894-3015

BREASTFEEDING HELP LINE

201-894-3354

CHILDBIRTH EDUCATION PROGRAM

201-608-2550

MATERNAL AND FETAL MEDICINE CENTER

201-894-3669

PASTORAL CARE OFFICE

(For religious accommodations) 201-894-3228

PATIENT RELATIONS

201-894-3368

POSTPARTUM BEDSIDE MASSAGE

201-608-2377

ROOM SERVICE

201-894-4095

WEBSITE

englewoodhealth.org/maternity

Englewood Health complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Para asistencia lingüística gratuita, llamar al 201-894-3368.

무료 통역 서비스를 원하시면 201-894-3368로 문의바랍니다.





ENGLEWOOD HEALTH

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