

West Penn Hospital

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# “It’s time” is almost here.

A quick guide to labor and  
delivery during Coronavirus.



**AHN WEST PENN**

# To our moms-to-be:

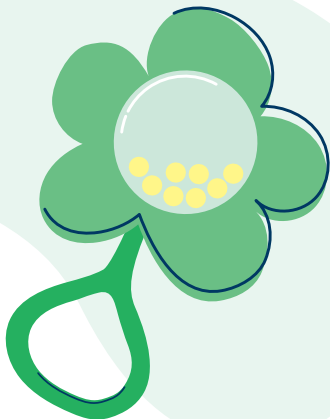
We know that right now you're dealing with the unimaginable – preparing to welcome a baby while facing the unknown of Coronavirus. This is undoubtedly an overwhelming, difficult, and even scary time. But know this: we have your back.

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We continue to monitor this pandemic closely and have taken every precaution necessary to keep you and your baby safe, healthy, and happy.

If you're delivering at AHN West Penn Hospital – you and your little bundle of joy are in great hands.

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# A few things to know about AHN West Penn Hospital.

Tucked away in the heart of Bloomfield, AHN West Penn Hospital has been serving patients since 1848. Nationally recognized for excellence in clinical care and patient outcomes, West Penn offers comprehensive maternity services and provides the perfect place to welcome your baby.

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West Penn Hospital is rated among the **Top 10% of hospitals** in the nation for Patient Safety in Overall Hospital Care.\*

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\* Source: 2019 CareChex® – an information service of Quantros, Inc. October 2014 - September 2017



**A tranquil setting:** West Penn has 15 newly designed birthing suites built with the comfort and safety of mom and baby in mind.

**Exceptional staff:** Beyond the OB that you've come to know and love — we also have high-risk maternity physicians on staff in case you need specialized care.

**Infant care:** Specialized infant nurses will do a quick baby checkup right after delivery and help you with skin-to-skin snuggling. We also have a Level III Neonatal Intensive Care Unit (NICU) should any health issues arise.

**Certified lactation consultants:** If you're planning on breastfeeding, our certified lactation consultants will be available to help out and answer any questions.

# What to do on the big day.

If you think you've gone into labor, call your OB. Your doctor will do a quick evaluation over the phone and give you directions on what to do next. While it may seem difficult, protocols have changed because of Coronavirus, so follow your OB's instructions closely.





S. Millvale Ave.

### **Arriving at the hospital if you're in labor, unless otherwise directed by your doctor:**

- Go to the emergency department entrance on S. Millvale Avenue between Liberty and Friendship Avenues.
- You should enter the emergency room, and the staff will notify labor and delivery.
- Security will give your driver parking directions and instructions on how to get to the labor and delivery unit.

### **Arriving at the hospital for planned c-sections or induction, unless otherwise directed by your doctor:**

- Enter the S. Millvale Avenue parking garage.
- Follow signs to the E elevator bank and take the elevator to E5: labor and delivery.

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**Please note:** You and your support person will be screened upon entering the hospital – just one of the precautions we're taking because of Coronavirus. We recommend that your partner stay with you as much as possible. If this person goes in and out of the hospital, the Coronavirus screening will happen each time.

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# After your baby is born.

Our care team will be by your side to ensure you have a comfortable and safe delivery. Once your newborn has arrived, you'll recover in the labor and delivery suite for a few hours before moving to a postpartum room.

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**At this time, the visitation protocol is one visitor per patient. This visitor must be over the age of 18 and can stay with you 24/7. You cannot switch visitors, and we ask that your support person limits coming in and out of the unit.**

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We know this protocol is not what you may have expected. You were likely planning on inviting family and friends to your bedside to welcome your newborn. And while it's difficult, we promise these precautions are in place for the safety of you and your baby.



### To make things a bit easier, consider these tips:

- **Make a family and friends phone tree.** Establish who's calling who to easily get the word out about your labor and the baby's arrival.
- **Use technology to connect with your loved ones.** Having a tablet or laptop handy will allow you to video chat and introduce your baby to those you love.
- **Focus on your new family.** Look at this as an opportunity to bond and enjoy time between you, your support person, and your baby.



# Going home from the hospital.

If you're healthy, you'll likely be discharged from the hospital two days after a vaginal delivery or three days after a cesarean. Your care team will provide a few final instructions, and then you're off to start life as a mom.



## **As you settle in back home, keep these things in mind:**

**Remember to follow the CDC's guidelines for social distancing.** Don't have guests over to your home and if you step outside for fresh air, stay at least 6 feet from others.

We know how much you need the support of your family and friends during this time, but remember it's in your baby's best interest to limit exposure to others.

**Call your pediatrician's office.** Protocols are changing daily, and many offices have set aside specific appointment times for newborn visits.

**Ask for help.** Life as a new mom is extremely stressful, and adjusting to this new life during a pandemic is unimaginable.

If you begin to feel overwhelmed, reach out to AHN Women's Behavioral Health. Call **412-526-9520** and we will connect you to the care you need.

**Enjoy this time.** The world has seemingly closed its doors, and for the time being there is not much else to do but stay at home and bond with your baby. Take advantage of this situation and enjoy these special moments together.



# AHN WEST PENN

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ATTENTION: If you speak English, language assistance services, free of charge, are available to you. 412-310-4226

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 412-310-4226

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