

# FAQs

## Labor and Delivery



WELLSTAR NORTH FULTON MEDICAL CENTER

## Admission Information

All patients should report to the Labor and Delivery nurses' station for labor, induction, or a scheduled c-section. You should only bring items needed for delivery; all other personal belongings may be brought in once you are admitted. To save time spent in the admissions area during your labor, we encourage you to fill out your pre-admission registration form ahead of time on Wellstar North Fulton Medical Center's website homepage.



### Where should we park?

Parking is free and available in the Labor and Delivery parking lot. There is also a parking deck directly across from the main entrance.

### How many rooms do you have?

There are six labor, delivery and recovery rooms (LDRs); 4 triage/treatment rooms; and 20 Mother/Baby rooms (for after delivery).

### How many people can be in our room during my labor and the birth of my baby?

Some women want only one special support person in the room during the birth of their baby while other women prefer additional support. One designated support person will receive a matching armband. No more than three people can be present in your labor and delivery room at any one time. Only one support person is allowed in the c-section area. If you have questions, please discuss them with your healthcare provider and your nurse. Visitor guidelines are subject to change due to CDC guidelines.

### What if I'm having a scheduled cesarean birth (c-section)?

On the day of your scheduled c-section, you will go to Labor and Delivery where you will be prepped for your surgery. Once you are settled in the operating room a staff member will bring your support person to join you. After your baby is born, you will be reunited in the recovery area together, and your nurse or lactation consultant can assist you with breastfeeding, if you'd like. Once your initial recovery period is over, you will be transferred to a Mother/Baby room. Your baby will be placed skin-to-skin as soon as you are able to hold the baby. Visitors (up to three, including the designated support person with a matching armband) are welcome to visit with you once you are moved to your room. Prior to that, they will need to remain in the waiting room.

### Can I have a water birth at Wellstar North Fulton Medical Center?

Yes, Wellstar North Fulton Medical Center is one of the few hospitals in the Atlanta area that offers water birth. You will need to discuss this with your healthcare provider and take the mandatory water birth class. To register for this class, call (470) 956-STAR (7827).

### What if my baby needs special care?

A Neonatal Intensive Care Unit (NICU) (Level 2) is available for babies that are born prematurely or need specialized care, or just extra observation. The NICU is only for babies that are too unstable to stay with the mother; however, it may also be used for special procedures. Parents will be provided a room to stay in if their baby is placed in the NICU after the mom has been discharged.

### What are the visiting hours?

While you are in the Labor and Delivery unit, your visitors are welcome at any time, to help celebrate the birth of your baby. However, as a reminder, only three visitors can be in the Labor and Delivery room at one time. After you have delivered your baby and are moved to your Mother/Baby room, you are allowed one designated support person, with a Wellstar-issued armband, to stay overnight with you in your room. Visiting hours for your other guests are traditionally 8 AM - 9 PM. Visitors under the age of 12 who are not siblings of the new baby are not allowed beyond the main lobby and must always be accompanied by an adult. Visitation may be restricted at any time based on CDC recommendations. This is for maternal and newborn safety, including your recovering and developing immune systems.

### What do I need to know about car seats?

To leave the hospital, your baby must have a car seat. We recommend you purchase your car seat and have it checked or installed by a certified car seat safety technician before your baby is born to ensure it is installed properly. Safe Kids North Fulton offers car seat inspection and installation at several local fire stations. For more information, call (770) 641-3730 or visit [www.safekidsnorthfulton.org](http://www.safekidsnorthfulton.org). The Roswell Fire Department also conducts car seat inspections. Call (770) 641-3730 for more information or to schedule an inspection. Wellstar staff members are not allowed to install the seat or secure the infant, for liability reasons.



## What if I need help with breastfeeding?

Your nurse is a wonderful resource for breastfeeding and can answer questions and assist in your initial efforts to breastfeed. If you need additional assistance, a Lactation Consultant is available to visit your room to provide more information, guidance, and help with breastfeeding. Wellstar promotes breastfeeding and provides support from the staff 24 hours a day. Our Lactation Consultants can be reached during business hours at (770) 751-2686. There are additional sites for Lactation Consultant appointments, for your convenience.



## Do you have a milk donor program?

Wellstar Cobb, Douglas and Kennestone hospitals participate in a donor breast milk program through the Mother's Milk Bank of Austin, Texas. For more information on how to become a donor, please visit [www.milkbank.org](http://www.milkbank.org). Approved donors may drop off their milk at any of the following Wellstar Human Milk Depot locations. Please call to schedule a drop off.

## Is there an ATM inside the hospital?

There is a Wells Fargo ATM near the main-entrance elevator.

### Wellstar Human Milk Depot locations:

#### Wellstar Kennestone Regional Medical Center

677 Church Street  
Marietta, GA 30060  
Please call (770) 793-8088  
to schedule a drop-off.

#### Wellstar Cobb Medical Center

3950 Austell Road  
Austell, GA 30106  
Please call (470) 245-4495  
to schedule a drop-off.

#### Wellstar Douglas Medical Center

8954 Hospital Drive  
Douglasville, GA 30134  
Please call (470) 644-6152  
to schedule a drop-off.

## What food options are available at the hospital?

Please note new moms are provided with meals during their hospital stay.

**Cafeteria** (located in the main building, outside the Mother/Baby unit)  
Dine-in and takeout options are available.

Breakfast: 6:45 AM - 10 AM | Lunch: 11:30 AM - 1:30 PM  
Dinner: 4:30 PM - 7:30 PM

**Vending machines** (located in vending areas throughout the hospital)  
Snacks, coffee and other beverages are available 24 hours a day in the vending areas.

**Outside food** - Visitors are allowed to bring outside food into the hospital and there are several restaurants in the area. Please note we do not provide refrigerators for food storage. For food delivery, your support person will need to meet the delivery driver at the main entrance.

## Will I have a private room?

Yes, all of our Labor and Delivery rooms and Mother/Baby rooms (for after delivery) are private. Our family-centered care philosophy offers sleeping accommodations in each of our rooms for a support person or loved one to spend the night with you. Additionally, we support "rooming in" with your baby, who will be with you in the room during your stay, unless your baby is being cared for by our skilled NICU team.

## Can I choose to deliver my baby early?

Wellstar will only perform non-medically indicated, elective deliveries at 39 weeks or later. This is to reduce NICU admissions, breathing and feeding problems, infections, and vision and hearing problems. Please discuss any concerns with your healthcare provider.

## Are food and drinks allowed in the labor room?

Patients are only allowed ice chips and clear liquids during labor, as ordered by their healthcare provider. After delivery, you will be allowed to eat. Please speak with your nurse if you have any concerns or questions.

## Will I be allowed skin-to-skin contact with my baby?

Yes, your baby will be placed on your abdomen/chest when medically stable and will remain in this position for an hour. Mom and baby will be covered with a gown and/or blanket. Skin-to-skin contact helps regulate the baby's temperature, promote normal heart rates and respiratory patterns, stabilize blood sugars, and facilitate breastfeeding. If you have a c-section, this may not start until you leave the operating room and are moved to the post-op room. Your support person may provide skin-to-skin contact until you are stable and settled in recovery.



## Hospital Bag Checklist

### For Mom

- Driver's license or government-issued ID card
- Health insurance card (if applicable)
- Comfort items for labor and delivery such as oils, lotions, lip balm, battery-operated candles, or any other approved items
- Birthing ball (inflated or bring pump)
- Favorite music, iPod, speakers or CD player
- Hair ties, barrettes, scrunchies, or clips to keep hair away from eyes or face
- Bathrobe and slippers (gowns will be provided, but you are welcome to bring your own sleepwear)
- Toiletries, cosmetics, glasses/contact lenses
- Bras/nursing bras/tank tops
- Clothes to wear home
- Birth preferences\*
- Camera and/or video equipment\*

### For Baby

- Pediatrician's information
- Car seat (correctly installed in your vehicle)
- Going-home outfit (bring a sleeper with legs rather than a gown so the baby will be warm and comfortable in the car seat)
- Cap, socks or booties
- Blankets/receiving blankets

### For Support Person

- Change of clothes
- Comfortable shoes, clothing, and a jacket, if desired
- Toiletries
- Snacks and/or change for vending machines
- Entertainment (books, magazines, laptop, etc.)

### Extras

- Notepad and pen for questions for healthcare staff
- Important phone numbers of family and friends to update about the birth
- Phone, laptop, iPad with chargers
- Any other items to make you more comfortable during your stay

\*At your healthcare provider's discretion

## Childbirth and Parenting Classes Available at Wellstar

From your first prenatal appointment to the birth of your child and the wondrous days that follow, Wellstar can help you prepare for your baby's arrival with our childbirth classes and interactive education. Begin your parenting journey by going on one of our maternity tours, along with taking one or more of the classes we offer that can help you along the way. For a complete list of available classes, visit [Wellstar.org](http://Wellstar.org) or call (470) 956-STAR (7827).

### How will my pain be managed?

We strive to keep pain well controlled. Your nurse will check on you frequently and continuously assess and help you manage any pain. You are also able to bring in comfort technique items to help with pain management. Upon your admission to Labor and Delivery, your nurse will discuss the different pain management options that are available and best suit your desired birth plan and experience.

### What is the cord-clamping policy?

For an improved healthy outcome of your baby, your healthcare provider will delay cord clamping until pulsating resolves. Your baby will get the necessary supply of red blood cells for optimal growth and development.

### Do you have information on cord blood banking and placenta donation?

Currently, families are welcome to purchase their own cord blood kit and ask their healthcare provider to facilitate collection. Patients must coordinate transfer with the donation company. Please discuss this procedure and your plan with your healthcare provider in advance of your hospital admission.

### Can I walk around after childbirth?

After birth, we encourage walking to promote optimal healing. Once you are stable, you are also allowed to push your baby in the crib in the hallway.

### Do I need to choose a pediatrician before coming to the hospital?

We recommend you choose a pediatrician before you come to the hospital to have your baby. At the hospital, your baby will be examined by a pediatric provider throughout your stay. Before discharge, you will need to make an appointment with your chosen pediatrician for the well-baby visits within 48 hours of discharge. If you need help choosing a pediatrician, physician referrals can be provided by calling (470) 956-STAR (7827).

### What security measures are taken for my newborn?

Wellstar has a state-of-the-art, multi-layer infant security system. Having your baby with you in the recovery room and afterward in your Mother/Baby room provides one of the most effective first-level security measures. Your baby will be fitted with an electronic sensor and mom and her support person will have an ID wristband matching that of the baby. To avoid activating the alarm, it is important for moms to remain within the unit with the baby. There are some additional measures your nurse will go over with you upon your arrival. You will also see all staff caring for you wearing Wellstar identification badges telling you who they are, along with a pink stripe on their badge that identifies them as being allowed to handle infants. Feel free to ask any in-room visitors or staff members to see their badge and ask what the purpose for their visit is.

### Can the baby sleep in mom's bed?

To reduce the risk of Sudden Infant Death Syndrome (SIDS), please do not sleep with your baby in the bed with you. Place the infant on his/her back in the crib while sleeping, as recommended by the American Academy of Pediatrics.

### Do you have a newborn nursery?

We promote rooming-in, allowing your baby to remain with you throughout your hospital stay, to encourage family bonding and to assist you in learning to care for your newborn.

### Are cameras allowed in the delivery room?

Cameras are welcome in the delivery room, with prior consent from your healthcare provider, after mother and baby are stable. Please note this can change based on the birth situation. Videotaping or live streaming during admission, delivery or any procedures is strictly prohibited.

### What about baby pictures?

In-hospital photography services are available. You will receive information on how to purchase these during your stay, if you choose to do so. There are a variety of photo packages and birth announcement designs available for purchase. Families are also welcome to take their own personal photographs.

### Are overnight guests allowed?

One adult support person is encouraged to stay with you overnight, especially if you are recovering from a c-section. Each room is equipped with a sofa for the support person. For safety reasons, no co-sleeping is allowed in the patient's bed.

### Are siblings allowed in the room with the mother and new baby?

Yes. However, an adult, in addition to the new mom, will be required to be in attendance with small children. This way the new mom can focus her attention on caring for herself and her new baby. Children under 12 years of age who are not siblings of the new baby are not permitted in patient areas of the hospital. Children are not allowed to spend the night.

### Will my guests and I have internet access?

Wellstar provides complimentary WiFi. Our guests can utilize our wireless internet without charge.

### How long will I stay in the hospital?

If your baby is born vaginally, the average stay is one to two days. If your baby is born by c-section, the average stay is two to three days or more, as your healthcare provider requires.



## What time is discharge?

Our goal is to have you and your new family on your way by 11 a.m. on the day of discharge. Your nurse can answer any questions you may have about your departure.

## How do I obtain my baby's birth certificate?

A medical records representative will visit your room during your stay to assist you in completing the birth certificate. Fathers will need to present a photo ID if not married to the mother. The baby's last name will match that of the mother's while in the hospital.

## What is the smoking policy?

Wellstar Health System facilities are all designated as non-smoking and tobacco free. Smoking and/or the use of any tobacco products (including vaping), is not permitted anywhere on any of our campuses. Smoking is not permitted anywhere on any of our campuses. If you are a smoker, please speak with your healthcare provider regarding your options.

## If a staff member goes above and beyond for me during my stay, how can I show my appreciation?

If a particular staff member has exceeded your expectations, please fill out either a WOW or a Daisy Award card at the nurses' station so that he/she may be recognized for their excellent care.

## Will I receive a survey about my hospital experience?

After your hospital stay, you will likely receive a survey. We encourage you to give us your feedback so that we may strive to exceed patient expectations.



**Wellstar**

**Wellstar North Fulton Medical Center**  
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