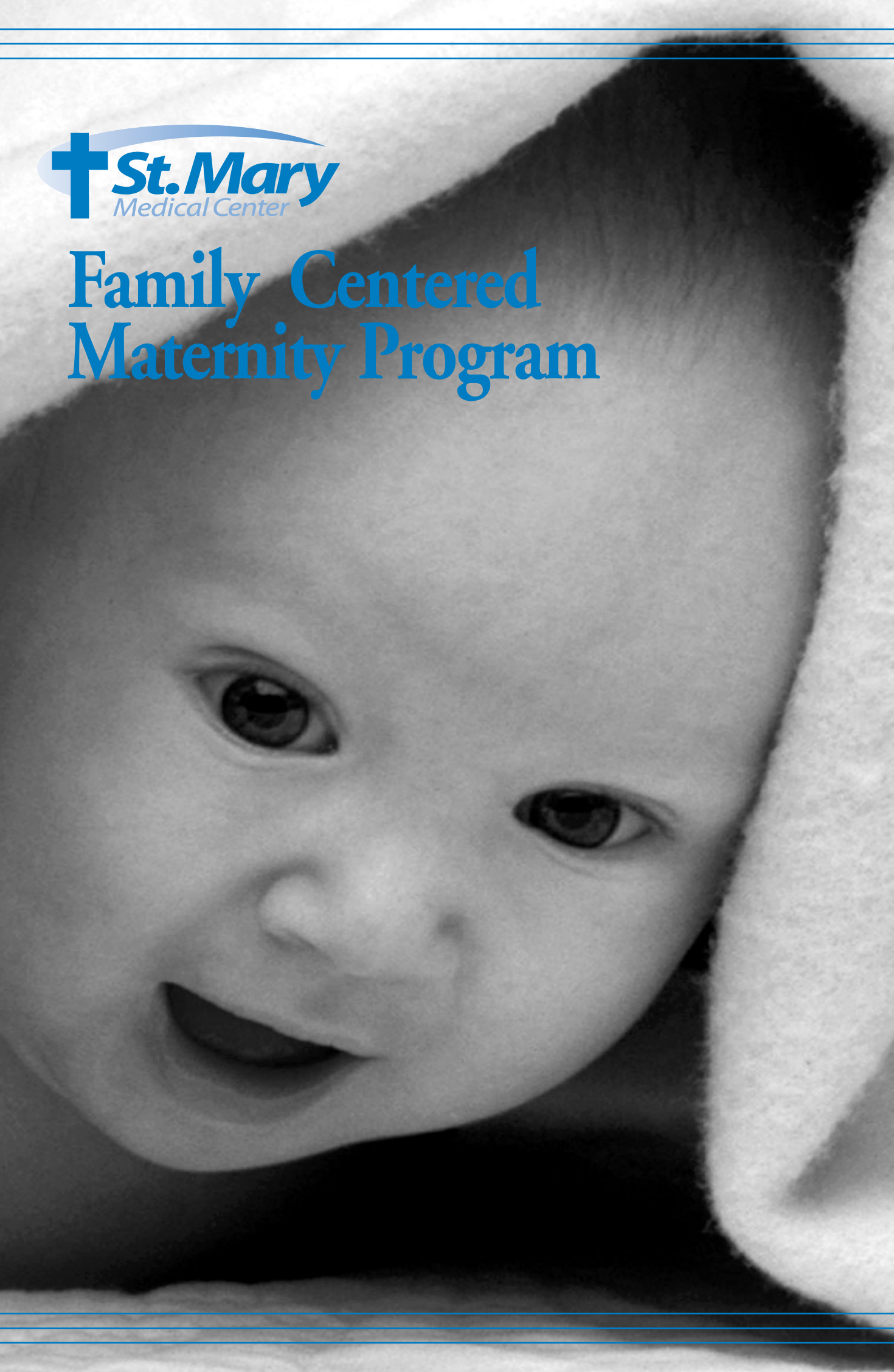




Family Centered Maternity Program





*P*re-Registration and Birth Certificate Information



A reservation for your admission to our obstetrical department has been made for you by your physician. We're proud of our Family Centered Maternity Program and happy that you've chosen St. Mary Medical Center for the birth of your baby. Be assured, we are committed to making your birthing experience the finest it can be.

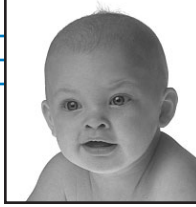
Inside, you will find the information we need to process your admission to St. Mary Medical Center, and to obtain a birth certificate for your child. To confirm your reservation, please complete the enclosed information and return it to us as soon as possible. Even though some of the questions are duplicated, please answer each question fully since the two forms will be sent to different departments.

If you have any questions while completing this form, please call our Maternity Admissions Department at 215-710-MOMS. We are looking forward to caring for you and your baby.





Your Stay at St. Mary Medical Center



The birth of a child is filled with joy and pleasure and lots of hard work. That's why St. Mary Medical Center has designed a maternity program centered around the family — you, your spouse, young siblings — and of course, your new baby. Sharing this miracle together is a very personal thing.

With that in mind, St. Mary Medical Center offers a host of advantages designed to make your stay with us one of the most satisfying experiences of your life. They include:

- Convenient, close-to-home, suburban location
- Excellent physician and nursing care
- Home-like Labor/Delivery/Recovery Suites
- Opportunity for father or support person to be present at birth
- Neonatal Intensive Care Unit (NICU)
- Maternity education programs
- Choice of birthing options
- Central fetal monitoring

We're proud of our program and happy you've chosen St. Mary Medical Center for the birth of your baby. This brochure will inform you about our obstetric services, as well as our specialized facilities for high-risk mothers and newborns, and our maternity education programs.

Preparation for Admission

Plan to bring your pajamas or nightgown, robe and slippers, as well as the clothes you and your baby will need at the time of discharge. We request you do not bring your personal articles with you to your LDR suite. Instead, please have your family bring them to your private postpartum room after delivery.

Arrival at the Medical Center

When your physician advises admission, park in front of the hospital. You may park in any one of the lots. Lot No. 1 has six designated parking spots for expectant mothers. If the front door is locked, ring the doorbell on the wall. Go directly to the LDR (labor, delivery, recovery unit) located on Level 2. If you are having a scheduled Cesarean birth, all pre-admission testing should be completed the week prior to your scheduled section. Also, you should arrive at least two hours prior to the time of the scheduled C-section so all other necessary preparations may be completed. You may report directly to the LDR Unit when you are having a scheduled C-section.

Labor

As soon as you are admitted to your LDR suite (a home-like setting that eliminates moving from one room to another at every stage of the birthing process), your progress will be assessed by our nurses who have special skills in obstetrics. Our nurses will provide you with personalized care at the time of your delivery and during your entire hospital stay.

Continued on back



Delivery

When it is time for your baby to be delivered, your LDR is transformed into a delivery room.

Once your baby is born, you, your baby and your baby's father (or the person designated by you) will all receive the same identification wristbands.

Recovery

Following your delivery, you will recover in your LDR suite while your baby goes to the nursery. Your baby's father (or designated person) may, if he desires, accompany the baby and the nurse to the nursery. Should you have a Cesarean delivery, you will be taken to a recovery room in our obstetrics department. In either area, grandparents and the baby's brothers and sisters may visit briefly. You will then be taken to your room in our Mother/Baby Unit.

While your baby is in the nursery, he or she will be bathed and given a complete physical examination. Your baby will be in the nursery for approximately four hours after he or she arrives in the nursery. This time will allow you to get some well deserved rest.

Following Recovery

St. Mary Medical Center believes families should get to know the new baby the way it should be — in private. Following delivery in the LDR, new moms are able to move right into our private postpartum rooms should additional time in the hospital be necessary.

Getting to know the new baby and starting to provide care for the newborn can begin shortly after birth with rooming-in. The baby can be with you throughout your hospital stay, or he or she may be taken to the nursery whenever rest or time alone is needed.

If you desire to have your baby circumcised, your obstetrician will perform this procedure before your baby leaves the hospital.

The Nursery

Our nursery is staffed by caring, professional nurses who provide specialized and routine care for infants. This includes close observation, the administration of special treatment when required, or baby care for those mothers who do not choose the rooming-in option.

Each day your baby will be brought into the nursery from 7:00 a.m. until approximately 10:00 a.m. (unless your baby needs to be breastfed). During this time, the nurses will do a daily assessment of your baby, and your baby will be examined by their pediatrician.

Visiting

So you may share the precious time of your baby's birth with your family, we have established very liberal visiting hours. Grandparents can visit between 10 a.m. and 10 p.m. and anyone over the age of 14 (the baby's brothers and sisters can be under 14) can visit between 2 and 8 p.m. (The mornings are used for education and private time for mom, dad and baby.)

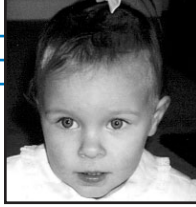
Discharge

Your hospital stay usually lasts between 18 and 72 hours. Your discharge is determined by your physician who may also instruct you regarding your activities at home and when to schedule a follow-up visit. Be sure to discuss any concerns you may have with your doctor.





*P*renatal and Postpartum Educational Classes



All of our prenatal and postpartum educational classes are taught by health professionals at St. Mary Medical Center. For additional information, or to register for any of our classes, please call the St. Mary Educational Services Department at 215-710-MOMS.

Motherwell

Motherwell exercises are uniquely designed for women who are expecting or have had a recent delivery — to prepare the body for changes during pre- and postpartum periods. They include low-impact aerobics, postural training, muscle strengthening and breathing/relaxation techniques. Call 215-710-MOMS for a schedule. Motherwell brochures are also available in your physician's office.

Childbirth Education Classes (Lamaze)

The Childbirth Preparation Classes at St. Mary Medical Center are for you and your coach to prepare for an easier delivery. Taught by the maternity nurses who will be caring for you, the classes are offered every Tuesday, Wednesday, Thursday or Sunday of each week. A total of five classes make up the course. Everything from labor to delivery to relaxation techniques and conditioning exercises to newborn care are covered in the series.

You also have the option of participating in the Medical Center's "The Perfect Package . . . For a Smooth Delivery," a program offering parents-to-be the opportunity to complete all five classes in just one weekend.

Breastfeeding Class

This class includes instruction on how to get started with breastfeeding, proper positioning, problem nursers, working while breastfeeding, how to avoid complications such as sore breasts, and much more. The class is taught by a certified lactation educator from our nursery staff.

A New Baby In Our House

"A New Baby In Our House" prepares children ages two and up for the arrival of a new brother or sister. Children learn about preparation for the baby, interaction with family members, emotional reactions and what happens when mom is in the hospital. During the hour-plus session, children meet with an instructor, go for a tour of the obstetrics wing, visit the nursery and view a movie on becoming a "prepared sibling."

For Fathers Only

The role of the father is explored and discussed at our "For Fathers Only" program. The focus of the program is the changing role of fatherhood and their role in the day-to-day reality of rearing children. It also prepares dads for the whole childbirth experience, what it's like for the mothers, and what dads can expect during labor.

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Infant/Child Cardiopulmonary Resuscitation (CPR) and Safety Class

A certified CPR coordinator teaches infant CPR and what to do if a baby is choking. Offered on a monthly basis, the course also offers useful first aid information and stresses safety measures to follow in the home, while traveling, when choosing toys and games, etc. Upon completion of the four-hour class, infant CPR certification is awarded.

Refresher for Childbirth

Classes, held on two consecutive Monday evenings, are for those who have attended previous childbirth classes and wish to review the breathing and relaxation techniques.

These are just a handful of the many educational programs St. Mary Medical Center offers to expectant parents before, during and after the birth of a baby. Other program topics include:

- Nutrition and Your Kids
- Focus on Teenage Motherhood
- Parenting: the Teen Years
- Grandparenting
- Pregnancy After 30
- Preparing for Parenthood

During your stay, our nursing staff is eager and available to speak with you about personal care, hygiene and caring for your baby. You can participate in group presentations, or share information on a one-to-one basis. We encourage new fathers to participate as well. Films, videos and plenty of free literature are also available.

St. Mary is committed to making the birthing experience the finest it can be. To find out more about that commitment — and the quality of programs and services it fosters — please call 215-710-MOMS.





Pain Relief: Important Options



The staff of St. Mary Medical Center strives to make the birth experience as pleasant and safe as possible for both you and your baby. Long before the time of labor, you should discuss with your physician the various modes of delivery and the different types of pain control available to you.

While many women achieve adequate pain control with relaxation techniques learned at childbirth classes, a significant number of women require some assistance in pain relief during the birth of their babies.

If you choose an epidural anesthetic, St. Mary has anesthesiologists available at the Medical Center 24 hours a day, every day, who can provide this service.

What is Epidural Anesthesia?

The area between the outer covering of the spinal cord and the backbone is called the “epidural space.” Nerves that carry pain and other sensations from the body to the brain travel across the epidural space. When a local anesthetic is injected into this space, it blocks these sensations and produces relief of pain from labor and delivery.

The Advantages of Epidural Anesthesia

Once the epidural anesthesia has taken effect, labor pain is usually markedly reduced. Your anesthesiologist will remain with you until he or she is assured of adequate pain relief. You will remain awake and comfortable. At the time of delivery, you will be able to push and bear down as instructed without any significant discomfort.

Who Decides and Who Gives the Epidural Anesthesia?

Your obstetrician will help you decide the best anesthetic for you. It is, however, the anesthesiologist, a physician qualified to perform an epidural, who will do the procedure.

Our anesthesiologists are available at childbirth classes to provide information about pain control alternatives. They are also available by appointment to any patient who wishes to discuss her options individually.

Continued on back



When and How is Epidural Anesthesia Given?

The epidural anesthesia takes approximately 10 to 15 minutes to administer. It is usually given during active labor. By the time the epidural is administered, you will have an intravenous solution (IV) in your arm. The baby's fetal heart tones will also be monitored.

The anesthesiologist will insert a local anesthetic in the skin over the small of the back. A tiny tube will then be inserted through a needle, and the anesthesia administered through the tube. At St. Mary, our anesthesiologists provide continuous epidural infusions which allows constant pain control until the time of delivery.

Alternatives to Epidural

Epidural anesthesia is not for everyone. Patients who have had back surgery, who are taking anticoagulants, or who have bleeding abnormalities, anemia, generalized infection or local skin infections may not be candidates for epidural anesthesia. These unusual situations should be discussed in advance with an anesthesiologist.

St. Mary Medical Center also has two hydrotherapy tubs as an alternative to anesthesia. Hydrotherapy tubs (much like a jacuzzi, but with easy in and out capability) are designed to make laboring easier and are available should you wish to use them.





Special Care for Mothers and Babies



The Neonatal Intensive Care Unit (NICU)

Because some babies have special needs, St. Mary Medical Center has created a special Neonatal Intensive Care Unit (NICU) as part of our Family Centered Maternity Program for babies born prematurely or with an illness.

Featuring specialized equipment and quality care, our Level II Neonatal Intensive Care Unit is staffed by full-time neonatologists (physicians specially trained in high-risk newborn care) and fully trained nurses dedicated to monitoring your baby around the clock. Together they'll provide the vital care that's so essential when monitoring these special children. And, they'll be available to answer questions for you every step of the way, sharing in the joy of your baby's progress.

Just as important, the NICU allows 24-hour visitation, providing you with a vital role in your baby's care. You can comfort, feed and talk to your baby through each day of his or her stay with us.

In addition, our NICU provides a conference area for frequent physician contact, and a special number you can call, 215-710-5806, anytime to check on your baby's condition.

The staff will have the active support of all other hospital specialists as needed.

Mother/Baby Unit

Should hospitalization become necessary during your pregnancy, you will be admitted to St. Mary Medical Center's Mother/Baby Unit. There you will receive care from professional nurses experienced in caring for mothers.

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Perinatal Services at the Women's Center at St. Mary

Women who have a history of miscarriage or premature deliveries, are 35 or older, or have medical illnesses that could complicate pregnancy, can take comfort in knowing St. Mary Medical Center offers perinatology services to pregnant women who are considered high risk.

These services are offered at The Women's Center at St. Mary which is located in the Medical Office Building at St. Mary Medical Center.

Perinatology, a subspecialty of obstetrics and gynecology that deals with maternal and fetal medical complications during pregnancy, is the Center's primary specialty. The Center houses a group of perinatologists (physicians who are trained to handle medical problems in pregnant women, as well as to evaluate how medications used in treating these problems affect the fetus). Our perinatologists also do fetal diagnostic work if congenital problems are suspected, and genetic counseling for women who have recurrent problems in pregnancy.

The Women's Center at St. Mary offers a complete range of diagnostic services for pregnant women including Level I and II ultrasound, biophysical profiles, non-stress testing, amniocentesis, chorionic villus sampling (CVS). We encourage you to meet with our genetic counselors prior to testing.

For additional information about the Women's Center at St. Mary, please call 215-710-7020.





Antenatal Testing



Non-Stress and Contraction Stress Testing

The health of your baby is very important. In order to assess your baby's present status while in your uterus, your obstetrician may schedule one or both of these tests:

Non-Stress Test

The non-stress test (NST) records the baby's heart rate as it responds to the baby's movement in utero. During this test, you will be asked to push a button on a hand-held apparatus each time you feel your baby "kick" or move. This test takes anywhere from 20 minutes to an hour or more to complete depending on the baby's sleeping periods.

If your baby doesn't move during a 10- to 15-minute period, a nurse will stimulate fetal movement with acoustic stimulation, or will gently massage your uterus. The nurse may also have you drink juice or ice water.

Contraction Stress Test

The contraction stress test is a method of recording your baby's heart rate response to uterine contractions. For this test to be administered, you need to experience several mild to moderate uterine contractions within a 10-minute period. The contractions may occur spontaneously, but frequently they need to be initiated by gentle breast stimulation as instructed by your nurse.

If after a short period contractions do not occur, pitocin will be given to you through an intravenous (IV) line inserted in your arm. Throughout each contraction, your baby's heartbeat will be recorded on a fetal monitor.

Continued on back



Preparation for Tests

If you have your testing done at St. Mary, our scheduling clerk will call you to obtain necessary registration information prior to your scheduled appointment.

It is important that you eat before your test(s), and that, if you smoke, you refrain from doing so for at least one hour before the test(s). Wear loose, comfortable clothing, or you may change into a hospital gown if this is more comfortable for you.

Testing Results

You will know the test(s) results immediately after it is completed. The nurse from the testing area will call your obstetrician and give him/her the results. If the test(s) is not satisfactory, your doctor will see you and it is possible that, in this case, you may be admitted to the hospital for further evaluation.

Please refer to the “Special Care for Mothers and Babies” section for additional tests available at the Women’s Center at St. Mary.





Pre-Registration and Discharge Information



Pre-Registration

Please pre-register as soon as possible to avoid delay at the time of your admission to St. Mary Medical Center. You may pre-register by completing the pre-registration form included in this packet. Mail the form to us and you will not have to come to the Medical Center to register. You will receive a phone call only if we need more information than was provided on the pre-registration form. If your insurer is a health maintenance organization (HMO), please check to see if referrals are needed for both inpatient and outpatient maternity services.

If you have any questions, please call our Maternal/Child Admissions Department at 215-710-MOMS.

Discharge and Follow-up Care

In accordance with the Pennsylvania statutes of insurance coverage, most insurance plans discharge both mother and baby after 48 hours of inpatient care following vaginal delivery, and after 96 hours of inpatient care following Cesarean section. If, however, you deliver at 1 a.m., your release time will not be 1 a.m. You would be discharged sometime before noon after

the 48-hour period. St. Mary's policy does not require anyone to go home in the middle of the night. We encourage you to contact your insurance company and find out the routine length of stay for normal delivery. Most will tell you that you can stay as long as your physician thinks it is necessary. Be aware, however, that "necessary" means medically necessary, which refers to documented complications that require immediate treatment and skilled observation. We don't want you to receive an unexpected bill months later because you remained hospitalized for non-medical reasons.

Many insurance plans offer coverage for one or two home visits by a nurse. Through our St. Mary Home Health Care program, we have maternal/child nurses who can visit your home. If you wish, or if your doctor requests, a St. Mary representative can contact your insurance company and its affiliated home care agency to make necessary arrangements for home visits. We hope that your understanding of your insurance coverage in advance gives you peace of mind and allows you to enjoy your life-giving experience.

For additional discharge information, please contact your physician.





Reaching Out to Women in Need



The Mother Bachmann Maternity Center

Due to the serious lack of access to prenatal care for women in need, St. Mary Medical Center opened the Mother Bachmann Maternity Center in the Bensalem Square Shopping Center (Knights Road, Bensalem).

While actual deliveries take place at St. Mary Medical Center, the Mother Bachmann Maternity Center offers a full complement of prenatal services and obstetrical care, as well as basic in-hospital infant care services and essential ancillary services regardless of ability to pay. Basic, low-risk obstetrical care is provided by our nurse midwives. In the event of a complication or emergency situation, St. Mary medical staff physicians are available to provide services.

For more information about the Mother Bachmann Maternity Center, please call 215-245-4334.

St. Mary Children's Health Care at Bensalem

St. Mary Children's Health Care at Bensalem is a joint effort of the Bucks County Departments of Health, Human Services and Public Welfare. It provides needed healthcare services to those in need without regard to race, religion, ethnic background or ability to pay.

Basic preventive care, including a variety of preventive services including immunizations, hearing and vision screening, growth and developmental assessments, physical exams and routine lab tests, is provided by a pediatric nurse practitioner. Sick children are seen by the St. Mary medical staff pediatricians who are affiliated with the Children's Health Center. Essential ancillary services including WIC (Women, Infants, Children) are also available through the Center.

For more information about St. Mary Children's Health Center at Bensalem, please call 215-245-8873.

St. Mary Receives 2003 NOVA Award

St. Mary received the 2003 NOVA Award from the American Hospital Association in recognition of our leadership role in partnerships with community agencies and organizations to provide services to poor and immigrant families through our Bensalem Ministries — The Mother Bachmann Maternity Center, St. Mary Children's Health Center and St. Mary Family Resource Center.

