

**Through  
All Maternity**

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# The Ultimate Pregnancy Resource Guide



**Our Lady of Lourdes**  
WOMEN'S & CHILDREN'S HOSPITAL





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This is an exciting time and we understand you have many questions surrounding your pregnancy health and support for you and your baby. We hope this resource guide helps you feel more confident at every step of your pregnancy journey.

## The Ultimate Pregnancy Resource Guide Includes:

- 03 | Prenatal Appointment Schedule
  - 04 | Pregnancy Focus Foods
  - 09 | Designing Your Personalized Birth Plan
  - 14 | Your Complete Hospital Packing List
  - 16 | Tips for Picking a Pediatrician Before Delivery
  - 17 | What to Expect at Well Checks
  - 18 | Safety Guidelines: What to Expect at Our Hospital
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# Prenatal Appointment Schedule

Maintaining a healthy lifestyle during your pregnancy will contribute to a healthier birth. Following a good prenatal care routine will help keep you and your baby strong and fit. It also will help you notice any symptoms of possible complications.

It's important to schedule an initial visit with your OB/GYN to confirm your pregnancy, if you haven't already done so. Your doctor will probably take urine and blood samples. A pelvic exam, pap smear or ultrasound also may be needed. Your prenatal routine will begin after your first visit.

SCREENING/ APPOINTMENT/TESTING	WHEN	HOW OFTEN	DETAILS
<b>Routine visits with your OB/GYN</b>	Starting at 8 weeks	Every 4 weeks until 36 weeks Every 2 weeks until 38 weeks Weekly until delivery	Your doctor will typically check your weight, blood pressure, test your urine, and check the baby's heartbeat. After the 20th week, your doctor will begin measuring the height of your uterus.
<b>Non-invasive Prenatal Testing (NIPT) &amp; First Trimester Labs</b>	10 weeks	Once	NIPT tests for Down syndrome and trisomy 18 and trisomy 13, chromosomal conditions associated with abnormalities.
<b>Nuchal Translucency (NT) Test</b>	12-13 weeks	Once	Measures the nuchal fold on the back of your baby's neck for possible chromosomal abnormalities.
<b>MSAFP Labs</b>	15-21 weeks	Once	Blood test that measures alpha-fetoprotein (AFP), a protein produced by the fetus' liver, to determine risks of a neural tube defect.
<b>Baby's Full Anatomy Scan</b>	20 weeks	Once	Ultrasound to check all parts of your baby's body for abnormalities.
<b>Third Trimester Screening/ Tests</b>	28 weeks	Once	May include glucose screening, non-stress test (NST) to check on the health of the fetus, and a contraction stress test to determine the effect of contractions on the baby.
<b>Group B Strep Test</b>	36 weeks	Once	Blood test to determine if you are infected with the group B streptococcus bacteria, which can cause serious infection in newborn babies.

*\*based on gestation*

Please check with your doctor if you have questions about any testing or screening offered. You may have a choice to accept or decline.



A pregnant woman in a white tank top is smiling and holding a glass bowl of salad with a fork. The salad contains tomatoes, cucumbers, and other vegetables. The background is a bright, indoor setting with white walls and a window.

# Pregnancy Focus Foods

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Pregnancy is an important time for nutrition, as your developing baby relies on your intake for nourishment. Needs for certain nutrients increase during this period, with focus on vitamin A, folate, vitamin B12, choline, iron, iodine and many more. Following is a list of foods to focus on during your pregnancy to ensure that you are supplying yourself with the nutrients needed for growing a healthy baby. Whole, organic, grass-fed and pasture-raised products are encouraged, but keep in mind that even conventionally-sourced products that are not organic or grass-fed are better than none at all.

# Pregnancy Focus Foods



## Eggs

Eggs are a rich source of choline, DHA (an omega-3 fatty acid needed for brain development), folate, B vitamins, antioxidants, iodine and selenium. Aim to purchase your eggs from pasture-raised chickens, as these have more quality nutrient contents than conventionally-produced eggs. When enjoying eggs during meals, eat the yolk. This is where all the vitamins are. Eating eggs for breakfast has been shown to stabilize energy levels and reduce cravings throughout the day. If you are allergic to eggs or do not like them, consider a choline supplement and/or eat liver on a regular basis.



## Liver

Liver is a powerhouse of nutrients, especially those needed during pregnancy like iron, vitamin A, choline, vitamin B12, and almost every other vitamin and mineral. To meet your needs for iron and vitamin A during pregnancy, aim to eat a few ounces of liver once or twice a week. You can “sneak” liver into meals containing ground beef or turkey like chili, meatloaf, shepherd’s pie, meatballs or in a pâté. Chicken liver is noted to have a more mild taste compared to beef liver. If you cannot eat liver, consider purchasing dehydrated liver from grass-fed cows in capsule form and take it as a supplement.



## Slow-Cooked Meat & Bone Broth

Meat from beef, pork, poultry or wild game like deer or bison provides nutrients of great importance during pregnancy. Iron, zinc, vitamin B6 and glycine are found in higher quantity in slow-cooked meat, meat on bones and bone broth. Pot roast, pulled pork, chicken wings, thighs, whole-roasted chicken and ground meat are great sources of these nutrients. As with other recommendations for animal products, source your meat and bones from pasture-raised and grass-fed animals whenever possible.





## Vegetables (Leafy Greens)

Most people are aware of the importance of vegetables, especially leafy greens, as part of an overall healthy diet. This is even more true during pregnancy. Greens are the most abundant source of folate, which is important for your baby's growth and neural development. Certain vitamins (fat-soluble vitamins) are best absorbed with some fat, so aim to include grass-fed butter, olive oil, avocado, nuts or other healthy fats with your vegetables. Certain nutrients are more available when eating raw vegetables and others are enhanced when vegetables are cooked. It is a good idea to include a mixture of both into your weekly diet.

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## Salmon, Fatty Fish & Seafood

Cold water fish like salmon, herring, sardines and roe (fish eggs) are especially beneficial to eat while pregnant because of their high concentrations of DHA and vitamin D. These fish are also low in mercury, which is of concern while pregnant. Seafood is a good source of vitamins and minerals, especially iodine. Iodine, DHA and vitamin D are all needed to help support baby's brain development. Aim to purchase wild-caught fish whenever possible.

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## Full Fat & Fermented Dairy Products

Dairy products like milk, yogurt, cheese and kefir are great sources of protein, fat-soluble vitamins (A, D, E, and K), certain B vitamins, probiotics and iodine. Since fat-soluble vitamins need a fat source to be absorbed, aim for full-fat dairy while pregnant. Sourcing your dairy from pasture-raised and grass-fed animals ensures quality of these nutrients. Fermented dairy products like yogurt, kefir and aged cheese add helpful probiotics to your system, which has benefits for both you and baby. If you are lactose intolerant, you may be able to consume lower lactose-containing dairy, such as butter, cream, full-fat Greek yogurt and/or aged cheese.

If you have any questions or concerns about your overall diet or certain nutrients while pregnant, ask your Registered Dietitian, OB-GYN, or Certified Nurse Midwife for assistance. Material for this section was created from "Real Food for Pregnancy" by Lily Nichols, RDN, CDE.

# MyPlate Food Guide for Gestational Diabetes

When you are pregnant and have diabetes, you have special nutrition needs. MyPlate.gov provides resources for Gestational Diabetes that can help you manage your blood sugar and help keep you and your baby healthy. Talk to a registered dietitian to develop a meal and exercise plan that will meet your needs.

Use MyPlate Gestational Diabetes Food Guide for serving sizes and the total number of servings from each group you need every day. Every day try to eat the number of servings/choices of food shown below.

## VEGETABLES

### Eat non-starchy vegetables.

Use fresh, frozen or low-sodium canned vegetables.

For diabetes, starchy vegetables like potatoes, sweet potatoes, yams, peas, corn and winter squash count as a Grain, not a Vegetable.

### Daily Amount | 6 or more of these choices:

- 2 cups raw, leafy vegetables
- 1 cup raw vegetables
- 1/2 cup cooked vegetables

5 grams (g) carbohydrate per serving

## PROTEIN

### Choose lean protein.

Avoid bacon, hot dogs and bologna.

### Daily Amount | 6 or more of these choices:

- 1 ounce fish, poultry, lean meat or cheese
- 1/4 cup cottage cheese
- 1 egg
- 1 ounce nuts
- 1/2 cup tofu
- 2 Tablespoons nut butter

0g carbohydrate per serving

## GRAINS

### For diabetes, beans and starchy vegetables count as Grains.

Eat 100 percent whole grains. Avoid cold breakfast cereals. Avoid instant rice, noodles and potatoes.

### Daily Amount | 7 of these choices:

- 1 slice whole wheat bread
- 1/2 cup potato or yam
- 1 ounce fish, poultry, lean meat or cheese
- 1 small whole grain tortilla
- 1/2 cup cooked dried beans, non-instant cereal, corn or peas
- 1/3 cup cooked pasta, rice

15g carbohydrate per serving

## FRUITS

### Eat unsweetened fruits of all colors.

- Do not drink fruit juice.
- Avoid fruit at breakfast.
- Limit dried fruit to 1/4 cup a day.

### Daily Amount | 2 of these choices:

- 1 small apple
- 17 small grapes
- 1 cup papaya
- 1/2 banana

15g carbohydrate per serving

## DAIRY

### Choose only pasteurized plain milk or yogurt.

For diabetes, cheese is in the Protein group. Do not eat yogurt or drink milk at breakfast.

### Daily Amount | 3 of these choices for women or 4 of these choices for teens:

- 1 cup 1 percent or fat-free milk
- 1 cup soy milk with calcium
- 3/4 cup of plain yogurt

15g carbohydrate per serving

## FATS & OILS

### Choose plant-based cooking oils.

- Use healthy plant oils like canola, safflower and olive oil for cooking.
- Read labels to avoid saturated and trans fats (hydrogenated fats).
- Avoid solid fats, such as lard, shortening and butter.
- Fish has healthy fats. Eat cooked fish at two meals each week.
- Limit oils to 6 teaspoons each day.

0g carbohydrate per serving

\*MyPlate.gov is based on the Dietary Guidelines for Americans, 2020-2025

# MyPlate Food Guide for Gestational Diabetes

## MyPlate Daily Wellness Checklist

(This checklist does not replace the instruction of your registered dietitian.)

- Eat 3 meals and 3 snacks, 2 to 3 hours apart.
- Eat a bedtime snack so that no more than 10 hours pass before eating breakfast the next day.
- Drink plenty of fluids. Choose caffeine-free, sugar-free beverages. Limit coffee to 2 cups daily and do not drink alcohol. Limit artificial sweeteners to 1-2 servings a day.
- Try to walk for 10-15 minutes after each meal, especially breakfast.
- Include protein and carbohydrates at each meal and snack.
- Eat at least 175 grams (g) of carbohydrates a day.

(For the amount of carbohydrates in one serving of food, see below.)

## Carbohydrates Per Food Group:

Non-starchy Vegetables = 5g Protein = 0g Grains, Beans and Starchy Vegetables = 15g Fruit = 15g Dairy = 15g

**Limit Your Carbohydrates.** When you have gestational diabetes, the type and amount of carbohydrates matter. Vegetables, Grains, Fruits and Dairy contain carbohydrates. Some have more and some have less. Eating too many or the wrong type of carbohydrate may raise your blood sugar. Avoid foods with added sugar or white flour, such as cookies, candy and soda.

## As a Sample, Meals May Look Like This:

BREAKFAST	LUNCH & DINNER	SNACKS
<p>Eat 15g carbohydrates from the Grains group:</p> <ul style="list-style-type: none"><li>• 1-2 servings protein</li><li>• Unlimited servings of non-starchy vegetables</li><li>• Do not eat fruit, yogurt or drink milk</li></ul> <p><b>Example of a breakfast:</b> One-egg omelet with cheese and vegetables and one slice toast</p>	<p>Eat 45g carbohydrates, not including non-starchy Vegetables:</p> <ul style="list-style-type: none"><li>• Choose only one serving fruit, milk or yogurt at lunch and at dinner</li><li>• 0-1 serving fruit</li><li>• Unlimited servings non-starchy vegetables</li><li>• 0-1 serving milk or yogurt</li><li>• 2 servings grains, beans or starchy vegetables</li><li>• 2-3 servings protein</li></ul>	<p>Eat 15g-30g carbohydrates from Fruit, Grains, or Dairy group:</p> <ul style="list-style-type: none"><li>• At least 1 serving protein with every snack</li><li>• Unlimited servings of non-starchy vegetables</li></ul> <p>Examples of snacks:</p> <ul style="list-style-type: none"><li>• 1 small tortilla and 1 ounce cheese</li><li>• 2 rice cakes and celery</li><li>• 2 tablespoons nut butter</li><li>• 1/2 banana and 24 almonds</li></ul>

\*MyPlate.gov is based on the Dietary Guidelines for Americans, 2020-2025





# Designing Your Personalized Birth Plan

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We want your birth experience to be everything you imagined.

It's important to discuss the plan with your doctor, since some of your requests may require an order from your physician. It is also important to inform your spouse/partner/support person of your wishes. A birth plan is an essential part of your birth experience, but if changes are necessary to protect the health and safety of you and your baby, we will discuss them with you and your support person.

# P E R S O N A L I Z E D B I R T H P L A N N E R

Mom's Full Name: \_\_\_\_\_ Due Date/Induction Date: \_\_\_\_\_

Doctor's Name: \_\_\_\_\_ My delivery is planned as: \_\_\_ Vaginal \_\_\_ C-section

Spouse/Partner/Support Person Full Name: \_\_\_\_\_

## LABOR

### I would like the following people present (if current visitor guidelines permit):

- Spouse/Partner/Support Person: \_\_\_\_\_
- Doula: \_\_\_\_\_
- Parent: \_\_\_\_\_
- Sibling: \_\_\_\_\_
- Friend: \_\_\_\_\_
- Other: \_\_\_\_\_

### These are my preferences for the delivery room:

- Dimmed lights
- Music
- Wear my contact lenses
- Filming and photography allowed
- Drink, if doctor approved
- As few interruptions as possible
- As few vaginal exams as possible
- Only my own doctor and nurses allowed (no students, residents, or interns)

### During the first stage of my labor, I would like the option to:

- Stand up
- Lie down
- Walk around
- Get in the shower or bathtub

### I would like fetal monitoring to be:

- Continuous
- Intermittent, if possible

### I would like help with my labor:

- Only if the baby is in distress
- After natural methods have been attempted
- Performed with prostaglandin gel
- Performed with Pitocin
- Performed by rupture or stripping of the membrane



DELIVERY

**When it is time to push, I would like to:**

- Be allowed to progress at my own pace, as long as the baby and I are not at risk
- Do so naturally, on my own, as long as the baby and I are not at risk
- Be coached on when to push and for how long

**I would like to try the following positions for pushing and/or birth:**

- Squatting
- On my hands and knees
- Semi-reclining
- Leaning on my partner/spouse/support person
- Lying on my side
- Using foot pedals or a birth bar for support

**I would like the following birthing tools, if available:**

- Birthing ball (peanut ball)
- Birth stool
- Squat bar

**I would like to use these pain management techniques (if available):**

- Shower
- Massage
- Breathing techniques/distraction
- Standard epidural
- Cold/hot therapy
- I will request pain medication, if I need it.

**As the baby is delivered, I would like to:**

- Use a mirror to see the baby crown
- Give birth without an episiotomy
- Touch the head as it crowns
- Avoid forceps and/or vacuum extraction, unless medically necessary
- Let the epidural wear off while pushing
- Have my spouse/partner/support person suction the baby, if safe for baby
- Have a full-dose epidural

**If an episiotomy is necessary, I prefer it:**

- Only be used after perineal massage, warm compresses, and positioning
- Be performed with pressure, not a local anesthesia
- Only be used if there is a risk of a tear
- Only be performed as a last resort
- Be performed and repaired with local anesthesia
- Not be performed, even if tearing is a risk

**If an unplanned c-section is necessary, I would like:**

- A second opinion
- All other options to be exhausted
- To stay conscious
- My spouse/partner/support person to remain with me
- The clear drapes lowered so I can watch the delivery
- My hands left free so I can touch the baby
- An epidural as anesthesia
- My spouse/partner/support person to hold the baby as soon as possible

**Immediately after delivery, I would like:**

- My spouse/partner/support person to cut the umbilical cord
- To wait until the umbilical cord has stopped pulsating before cutting
- To bank my baby's cord blood (an additional fee may apply)
- To donate my baby's cord blood (if previously arranged)
- To deliver the placenta without assistance
- Not to be given Pitocin (oxytocin), once the placenta is delivered

**POSTPARTUM**

**Once the baby is safely delivered, I would like to hold him/her:**

- As soon as possible, putting off any procedures that are not urgent
- After being wiped clean and swaddled
- Before eye drops or ointments are given
- After bathed with warmer

**I would like to breastfeed:**

- As soon as possible after delivery
- With the help of a lactation specialist
- In combination with formula-feeding

**Post-delivery, I would like:**

- Extra-strength acetaminophen
- Narcotic pain medication
- Stool softener
- Laxative
- Motrin

**BABY CARE**

**I would like my baby's medical exams, if possible:**

- Given in my presence
- Given in my spouse/partner/support person's presence
- Conducted only after we've bonded



# P E R S O N A L I Z E D B I R T H P L A N N E R

## I would prefer my baby receive:

A heel stick for screening tests beyond the PKU	Yes	No
A hepatitis B vaccine	Yes	No
Formula	Yes	No
Pacifier	Yes	No

## If I have a boy, I would like him to be:

- Circumcised with local anesthesia while in the hospital
- Circumcised at a later date
- Not circumcised

## CONTACT WITH BABY

### If my baby needs additional medical attention, I would like:

- Myself and my spouse/partner/support person to accompany him/her to the NICU/alternate facility
- To breastfeed or provide pumped breast milk
- To stay with my child as much as possible

## OTHER

### Do you have other requests we should be aware of?

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We will refer to your birth plan throughout labor, delivery, and postpartum. However, you may change your plan at any time depending on circumstances and your birth experience. Please submit your completed birth plan documents to the Pregnancy Navigator at least three weeks prior to your expected delivery date, in case further clarification or discussion is needed.

Mom's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Spouse/Partner/Support Person Full Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Your Complete Hospital Packing List

## FOR MOM

### Clothes

- Loose-fitting pajamas
- Slippers or socks
- Robe
- Cotton panties
- Maternity sweats/shirts
- Going home outfit
- Sweater or zip-up hoodie
- Slip-on shoes (slippers, flip flops)
- 2 Nursing bras
- Nursing cover/blanket
- Mask

### Toiletries

- Deodorant
- Shampoo/conditioner
- Soap/shower gel/face wash
- Lotion
- Toothbrush/toothpaste/floss
- Lip balm
- Hand sanitizer
- Makeup
- Hair clips, ties, headband
- Hairbrush/comb
- Sanitary pads
- Breast pads
- Nipple cream
- Towel

### Comfort

- Glasses or contacts
- Phone
- Tablet
- Charger
- Headphones
- Pillow/pillow case
- Nursing pillow
- Music/bluetooth speaker
- Favorite snacks
- Water bottle
- Book/diary/magazine

## FOR BABY

### Clothes

- Undershirt
- Going home outfit
- Sleeper/onesie
- Mittens, hat, booties
- Burp clothes
- Receiving blanket

### Other

- Bottles (if needed)
- Pacifier
- Changing pad
- Car seat, properly installed

## FOR PARTNER

- Set of clothes
- Snacks
- Water bottle
- Phone & phone charger
- Credit or debit card
- Mask
- Blanket
- Magazines/books
- Toiletries
- Camera
- Gifts for nurses or siblings

## IMPORTANT ITEMS

- Insurance card
- Drivers license
- Registration paperwork
- Birth plan
- OB/pediatrician contact information
- Family/friends contact information
- Camera, extra battery, memory card
- Change for vending machines

If you forget something, please ask your nurse for assistance. We want your stay with us to be comfortable and worry-free.

*\*Please leave jewelry, large amounts of cash and other valuables at home.*



A top-down view of a young child with blonde hair, wearing a red and white shirt with blue stripes on the sleeves, sitting on a red fabric surface. The child is holding an open book. The right page of the book features a colorful illustration of a fire truck. The left page is blank. The text 'Additional Resources' is overlaid in white on the book's pages.

# Additional Resources



# Tips for Picking a Pediatrician Before Delivery

## Newborn Screens

- Newborn screen results are usually not reported until AFTER you are discharged from the hospital. In the event that there is an abnormality, it is CRITICAL that a doctor be notified of the results as soon as possible so that further testing/care can be provided to your baby. Some diseases that the newborn screen tests for can be detrimental if not caught early enough. Having a Pediatrician chosen before you go home and updated in your child's chart ensures that the lab work is communicated to the correct provider.
- Newborn screens performed in hospital are sometimes "inconclusive," at which point the test needs to be performed again as soon as possible. A physician will need to order the test and instruct you on where to bring your baby to have the test performed. You will also need to bring your baby to the Pediatrician for a check up to monitor for life threatening conditions while awaiting the results of the repeat newborn screen.



## Jaundice and Bilirubin Levels

- Follow up bilirubin labs are often performed for newborns within 2 days of discharge. The results of these are reported to your Pediatrician, so that additional lab work or interventions, such as phototherapy, can be ordered if needed. It is critical to catch rising bilirubin levels as soon as possible and be admitted to the hospital for phototherapy if needed to prevent potential hearing loss, seizures, brain damage, and/or death.

## 1st Week Follow-ups

- All babies need to be seen by a Pediatrician within the first week of life to evaluate for jaundice, feeding efficiency, and weight loss.
- Your Pediatrician is available to provide recommendations, such as change of formula or an order for an outpatient lactation consult, if there are any feeding issues.
- Your Pediatrician is your point of contact after discharge with any questions and are legally able to give you advice over the phone to care for your baby.

## Informed Decision

- Choosing a Pediatrician PRIOR to being admitted to deliver your baby ensures that you are able to make an informed decision regarding the provider that you will have a relationship with for the next 18 years of your child's life. It is important that you do research and are comfortable with the chosen provider.
- Choosing your Pediatrician prior to being admitted also gives you the opportunity to have your chosen provider care for your baby in the hospital, giving you peace of mind when you go home that the provider is already familiar with your child.

# What to Expect at Well Checks

We believe wellness visits help lay the foundation for a healthier future for children.

Wellness visits are a dedicated time for vaccines, general guidance, growth checks, developmental surveillance, disease screening, mental health assessment, and discussion about social and educational performance.

## BIRTH - 1 MONTH

- Hepatitis B
- Hearing Screen
- Newborn State Screen
- Jaundice Check
- Weight Check(s)

## 9 MONTHS

- Catch Up Vaccines
- Developmental Screen

## 24 MONTHS

- Catch Up Vaccines
- Vision Screen
- Dental Screen
- Anemia/Lead Screen
- Autism Screen

## 5-10 YEARS

- Yearly Exam
- Vision Screen
- Hearing Screen
- Lipid Screen

## 2 MONTHS

- DTaP-Hib-Polio
- Pneumococcal vaccine
- Hepatitis B
- Rotavirus

## 12 MONTHS

- Hepatitis A
- MMR and Varicella
- Vision Screen
- Dental Screen
- Anemia/Lead Screen

## 30 MONTHS

- Optional Visit
- Developmental Screen

## 11-13 YEARS

- Tdap
- Meningitis ACYW
- HPV vaccine (2 Doses)
- Yearly Exam
- Vision Screen
- Hearing Screen
- Labwork If BMI > 95%

## 4 MONTHS

- DTaP-Hib-Polio
- Pneumococcal vaccine
- Rotavirus

## 15 MONTHS

- DTaP-Hib-Polio
- Pneumococcal vaccine

## 3 YEARS

- Vision Screen
- Lipid Screen - If Needed

## 14-15 YEARS

- Yearly Exam
- Vision Screen
- Hearing Screen
- Labwork If BMI > 95%
- Urine Test - As Needed

## 6 MONTHS

- DTaP-Hib-Polio
- Pneumococcal vaccine
- Hepatitis B
- Rotavirus

## 18 MONTHS

- Hepatitis A
- Autism Screen
- Developmental Screen

## 4 YEARS

- MMR-Varicella
- DTaP-IPV
- Hearing Screen
- Vision Screen

## 16+ YEARS

- Meningitis ACYW
- Meningitis B (2 Doses)
- Yearly Exam
- Vision Screen
- Hearing Screen
- Labwork If BMI > 95%
- Lipid Screen
- STI Screen - As Needed

- **Hepatitis B:** causes liver disease and cancer
- **DTaP:** Diphtheria, Tetanus, Pertussis (whooping cough)
- **Hib:** Hemophilus influenza (causes meningitis)
- **IPV:** Polio
- **Pneumococcal vaccine:** Streptococcus pneumonia (pneumonia, meningitis, sepsis)
- **Rotavirus:** a serious stomach virus (this is an oral vaccine)
- **Hepatitis A:** causes liver disease
- **MMR and Varicella:** Measles, Mumps, Rubella and Chickenpox
- **Tdap:** Tetanus, Diphtheria and Pertussis booster
- **Meningitis:** Meningococcal meningitis strains A, C, Y and W135
- **HPV vaccine:** Human Papilloma Virus (causes multiple forms of cancer)
- **Meningitis B:** Meningococcal meningitis strain

This is our general schedule, some providers may vary. **Flu** and **COVID-19** vaccines are also recommended according to CDC guidelines. Other vaccines and precautions may be needed for international travel.

For more information, check the American Academy of Pediatrics' parent website: [healthychildren.org](https://www.healthychildren.org)



# Safety Guidelines: What to Expect at Our Hospital

Our Lady of Lourdes Women's & Children's Hospital is honored to share in the joy and excitement of welcoming a new addition to your family.

To ease any concerns you may have, our team is committed to ensuring your baby is safe during your stay with us. But, we need your help, as well. An educated and watchful parent is the best line of defense in infant security.

Once you are admitted to the hospital, your nurse will review our comprehensive infant security program with you and your spouse/partner/support person.

We encourage you to review these guidelines and share with other friends and family members who may be visiting the hospital to celebrate your new arrival.

## SAFETY GUIDELINES

- Become familiar with the hospital staff that work on the unit and in the nursery. Remember the nurse assigned to your baby.
- Question unfamiliar persons entering your room or inquiring about your baby, even if they are in hospital attire. Alert the nurses' station immediately with any concerns or questions.
- NEVER give your baby to anyone but your primary nurse. Question anyone who attempts to carry your baby out of your room.
- Inquire where your baby will be taken for tests, how long the tests will take and who has authorized the tests.
- NEVER leave your baby alone in your room.
- When your baby is in your room, keep the bassinet beside your bed on the side furthest from the door.
- Please do not carry your infant in the hallways. Always transport your infant in his/her bassinet.

Please share these infant security guidelines with your family and friends. While our policies are not meant to inconvenience your family or friends in any way, we ask that everyone abides by the guidelines and does their part to ensure the safety of your child is always a priority.

# Important Phone Numbers

## **Anesthesia Billing**

(866) 647-3631

## **Billing**

(866) 453-5905

## **Breastfeeding Support**

(337) 470-5655 inpatient

(337) 470-BABY (2229)

outpatient

## **Centralized Scheduling**

(337) 470-5925

## **Customer Service**

(855) 435-1426

## **Emergency Care Questions**

(337) 470-ERRN (3776)

## **Financial Counseling**

(337) 470-5752

## **Gift Shop**

(337) 534-4707

## **Hospital Tour**

(337) 470-BABY (2229)

option 1

## **Housekeeping**

(337) 470-5773

## **Labor & Delivery**

(337) 470-5667

## **Main Number**

(337) 470-5500

## **Medical Records**

(337) 470-5812

## **Neonatal Intensive Care Unit**

(337) 470-5627

## **Parent & Childbirth Classes**

(337) 470-BABY (2229)

option 2

## **Perinatal**

(337) 470-5500, ext. 5670

## **Pre-Admit**

(337) 470-5647

## **Pre-Registration**

(337) 470-BABY (2229)

option 0

## **Pregnancy Navigator**

(337) 470-BABY (2229)

option 3

# ParentingU

*Navigating the amazing journey we call parenting, together.*

## **We're here for you through the growing years.**

ParentingU is designed to help parents and caregivers navigate the amazing journey of parenthood with confidence. Explore our articles, podcasts and videos with special guests, including pediatricians and health experts, discussing important topics that all parents face.

ParentingU, earn your degree in exceptional parenting, no studying required!



**Our Lady of Lourdes**  
WOMEN'S & CHILDREN'S HOSPITAL

(337) 470-5500 / LourdesRMC.com  
4600 Ambassador Caffery Pkwy / Lafayette, LA 70508