

THE *Women's Center*
AT SETON MEDICAL CENTER HARKER HEIGHTS

Congratulations!
YOU'RE HAVING A BABY!

We are glad you have chosen the Women's Center at Seton Medical Center Harker Heights for the birth of your child. We are excited to share in this joyous occasion.

This guide has been provided for you by the Women's Center and should be a resource for you throughout your pregnancy and after.

Remember that parenting is a process. As you learn and grow, you will gain more confidence in yourself and be able to relax and enjoy each day more and more.

Please feel free to call us if you have any questions concerning the content of this book.

Thank You

The Staff of the Women's Center
at Seton Medical Center Harker Heights



IMPORTANT PHONE NUMBERS

Seton Medical Center Harker Heights
(254) 690 - 0900

The Women's Center
(254) 680 - 6339

Birth Certificate Questions
(254) 680 - 0963

Classes (Childbirth & Others)
(855) 855 - 4469

Tours
(855) 855 - 4469
Every Sunday from 3:00-4:00pm

THE *Women's Center* AT SETON

THE PERFECT BACKDROP FOR THE PERFECT MOMENT

When Seton Medical Center Harker Heights first opened its doors in 2012, we satisfied the need for a new choice in healthcare for Central Texas. We offer one of the most comprehensive labor and delivery health programs in the community.

When a mom-to-be chooses the Women's Center at Seton Medical Center Harker Heights to celebrate life's biggest moment, she becomes part of an exclusive group of women who receive quality care in total privacy.

A HAVEN OF SERENITY

The Women's Center is a haven of serenity where mommies are not only pampered, but also nurtured in all aspects of physical and emotional wellbeing. It embraces the idea of a home-away-from-home to promote and encourage relaxation. Classic yet contemporary rooms provide comfort for you and your growing family. Our chapel offers a chance for mom to connect spiritually during her birthing experience.

OB NURSES COMMITTED TO QUALITY CARE

Moms want to know they are in the best of hands while they celebrate the long awaited arrival of their babies. The team of OB nurses at the Women's Center provides highly experienced and compassionate care and offers encouragement and support for around-the-clock attention. Specially-trained and highly skilled, moms will quickly come to appreciate our staff's professionalism, concern for their baby's welfare and desire to create an environment where both mom and baby feel safe, comfortable and loved.

EXPERIENCED, COMPASSIONATE DOCTORS

The OB physicians, anesthesiologists and pediatricians at the Women's Center are known for their experience and expertise, as well as their compassionate bedside manner. Bringing a child into this world is the biggest moment of a parent's lifetime so we work hard to put moms and families at ease.

THE *Women's Center* RULES

The nursing staff at Seton Medical Center Harker Heights is dedicated to creating a secure environment for you and your baby. We have developed the following guidelines for you. These guidelines are intended to help create a safe place for moms and babies while maintaining the comfort of rooming-in.

- Our unit is a locked unit. All access is monitored.
- Parents will be provided with a password that changes daily. Parents can give this password to visitors in order to have access to the unit.
- All Women's Center staff wear purple scrubs and a visible hospital photo ID badge with a pink border. Question unfamiliar persons entering your room or asking about your baby even if they are in the hospital's uniforms/scrubs or seem to have a reason for being there. Be cautious. Use your call bell to alert the nurse's station immediately if you become suspicious.
- Find out where your baby will be when taken for tests, and how long the tests will take. Find out who has ordered the tests. If you're uncomfortable with anyone who requests to take your baby, please call your nurse immediately and **DO NOT ALLOW** your baby to be taken from your room.
- Non-sibling children under the age of 12 are not permitted in the Women's Center.
- Siblings are allowed to visit in the Women's Services area. Siblings under 12 must be under the direct supervision of an adult and are not to be left unattended in the LDRPs or the waiting room.
- Due to patient privacy and confidentiality, we ask that all visitors remain clear from hallways and nursing stations. There is no loitering allowed in the halls. A designated waiting area is provided in the lobby outside of the Women's Center area.
- Quiet times are from the hours of 2:30pm-3:30pm and 10:00pm-8:00am. During this time we ask that you limit visitors in order to allow all of our moms and babies to rest.
- Visitors in the room have to be manageable and allow for safe traffic flow for the hospital staff. The nursing and medical staff have the authority to request any and all visitors to leave the room at any time during the course of labor.
- During an epidural procedure, only one person will be allowed in the room.
- During the time of delivery, visitors will be limited to two people per room.
- No videotaping or photography, to include the use of smart phones, is allowed during delivery, only afterwards. Patient/family may video tape or photograph the labor period and the infant after the nurse/physician has performed their initial assessment of the infant and has determined the infant to be stable.

THE *Women's Center* RULES

- Never leave your infant unattended. Notify your nurse if you need to leave the room or shower. Keep the infant in view at all times.
- When you are out walking in the hallways with your infant, please keep them in the rolling bassinet that is provided.
- If the infant is sleeping, please place him/her in the bassinet on the side of your bed furthest from the door.
- Immediately after birth Ident-A-Bands with matching ID numbers will be placed on the mother and infant's wrist as well as on one person of the mother's choosing. These bands will be used to verify mom to baby's relationship. It is important that these bands stay on until baby is discharged home.
- Our institution uses an infant security system to enhance the safety of your baby. Your nurse will educate you regarding this system.