

Congratulations!

**YOU'RE GROWING
A FAMILY!**

Right now, you are probably overwhelmed with learning about pregnancy and thoughts of becoming new parents. You may have thoughts of "What do I need to do prior to the birth of my baby?" To help put you at ease, the following pages will guide you through that important steps to take prior to your hospital stay.

- **To-Do Checklist**
- **Map to Seton**
- **What to pack for the Hospital**
- **Seton Pre-Admission Information**
- **OB Pre-Admission Form**
- **Choosing Your Pediatrician**
- **Pediatrician List**
- **Pediatrician Preference Form**
- **Letter to Parent About Selecting a Pediatrician**



QUICK CHECKLIST OF THINGS TO DO

FIRST TRIMESTER:

- Contact your Birth Experience Designer to discuss your wishes for baby's birth
- Write down questions you have before each OB office visit
- Review your health insurance policy

SECOND TRIMESTER:

- Consider a prenatal exercise class or yoga (Check with your Obstetrician)
- Consider prenatal massage (Check with your Obstetrician)
- Tour the hospital
- Make a trial run to the hospital (map included)
- Complete the pre-admission form and submit to Seton by your seventh month
- Choose your baby's pediatrician

THIRD TRIMESTER:

- Consider cord blood banking
- Pack your suitcase/luggage by the eight month
- Purchase your car seat and have it checked for proper installation
- Purchase all your baby gear by the eight month
- Arrange for additional help for after the birth
- Prepare siblings for the new baby
- Consider family pet's adjustment to the baby's arrival

DETAILED CHECKLIST OF THINGS TO DO DURING YOUR PREGNANCY

Your doctor will guide you through the medical aspects of your pregnancy. The following checklist is to assist you with other areas that you may have questions about.

SCHEDULE AN APPOINTMENT WITH OUR BIRTH EXPERIENCE DESIGNER LORI GALLAGHER, RN, BSN

Because having a baby is one of the biggest moments in a woman's life, if not the biggest, The Women's Center offers a truly intimate setting of tranquil luxury and customized services. This special place caters to the needs of today's expectant mothers, and appeals to each mommy-to-be's sense of individuality. Much like an expert wedding planner who is trusted to ensure the big day is everything the bride wants it to be, the Women's Center birth experience designer ensures every aspect of baby's delivery is planned and personalized for the ultimate vision of happiness. The expert birth designer consults with each mommy one-on-one to accommodate their every wish.

Our Birth Experience Designer, Lori Gallagher, RN, BSN, has worked in women's healthcare in Central Texas for 15 years. She is a Certified Childbirth Educator and a Prepared Childbirth Educator. She has taken Advanced Fetal Monitoring courses and Lactation/Breast Feeding courses. Lori has been with Seton Medical Center Harker Heights since its opening and assisted with coordinating the Labor and Delivery unit in preparation for patients. As a registered nurse who specializes in obstetrics, she is mom's personal liaison between her obstetrician's office and the Women's Center. Throughout the pregnancy, the birth designer communicates with the physician to create a birthing plan (Birth Wishes) and answer any labor and postpartum questions quickly to put mommy at ease. The birth designer helps ensure this milestone event is personalized to her absolute ideal experience.

WRITE DOWN QUESTIONS YOU HAVE BEFORE EACH OB OFFICE VISIT

It's important to ask questions about yourself and your new little one in order to make informed decisions about your prenatal care. If questions arise, either call your doctor at once or, if it can wait, make a list for your next visit.

REVIEW YOUR HEALTH INSURANCE'S MATERNITY POLICY FOR THE FOLLOWING:

- Pre-certification requirements
- Notification requirements upon admission to the hospital
- Cesarean Section coverage
- Epidural anesthesia coverage in labor
- Circumcision
- Coverage for baby

CONSIDER PRENATAL EXERCISE CLASSES OR YOGA

Most experts agree that women who exercise during pregnancy feel better, look better and get into shape faster after their babies are born than women who do not exercise. Exercise and good body mechanics can also help relieve some of the discomfort of pregnancy and labor. Check with your doctor and if all is well start walking, sign up for a prenatal exercise program or prenatal water aerobics class.

REGISTER FOR PARENT EDUCATION CLASSES

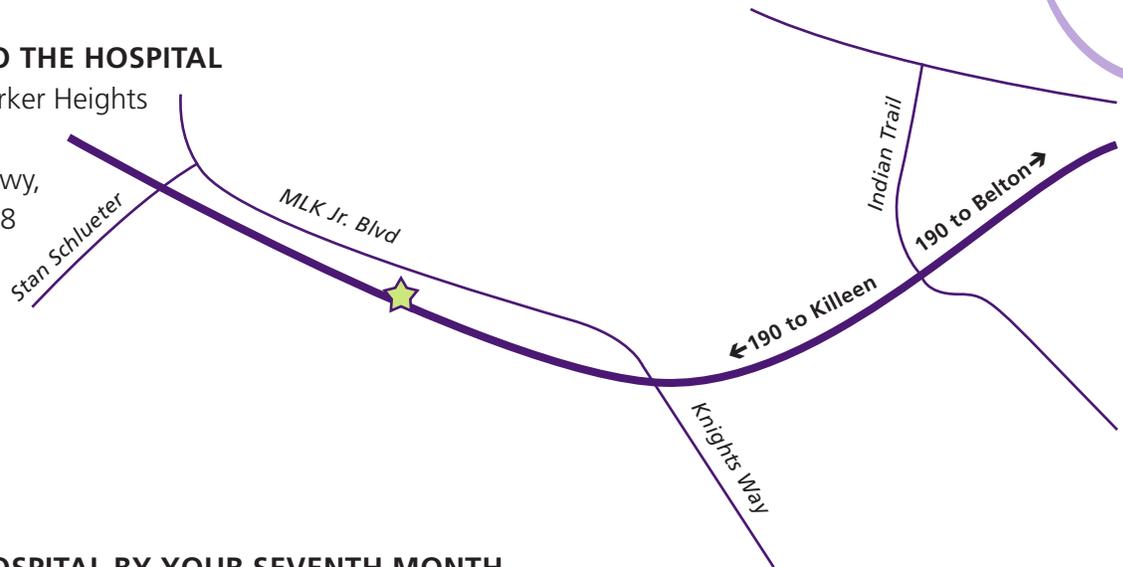
See the Childbirth Classes brochure for more details or call (855)855-4469.

TOUR THE WOMEN'S CENTER

If attending childbirth classes your instructor will take your class on a tour of the hospital. If not attending a class, you may also sign up for our Sunday 3pm tour. Children age 10 and older may attend the tour. To register call (855) 855-4469. Personal tours with the Birth Experience Designer are also available.

MAKE A TRIAL RUN TO THE HOSPITAL

Seton Medical Center Harker Heights is located at:
850 W. Central Texas Expwy,
Harker Heights, TX 76548



PRE-ADMIT TO THE HOSPITAL BY YOUR SEVENTH MONTH

You can pre-admit at Seton Medical Center Harker Heights Monday – Friday from 7:00am – 5:00pm at the main entrance. Bring a picture ID and your insurance card. It normally only takes 10-15 minutes to pre-register. Please call (254) 690-0900 with any questions.

CHOOSE YOUR BABY'S DOCTOR (PEDIATRICIAN) BEFORE THE BABY'S BIRTH

It is very important to choose a pediatrician prior to the birth of your baby. We recommend choosing a pediatrician that comes to Seton Medical Center Harker Heights and one that takes your insurance. You will find a list of pediatricians with privileges at Seton Medical Center Harker Heights in the front pocket of this manual. If your pediatrician does not come to Seton Medical Center, or you are uncertain of whom you will be using, know that arrangements have been made for physician coverage during your hospital stay.

CONSIDER CORD BLOOD BANKING

Saving a newborn's umbilical cord blood is a relatively new choice that parents-to-be are faced with making. Umbilical cord blood is a rich source of stem cells that are the building blocks for blood, organs, tissue and the immune system. These cells can serve as a cure for dozens of cancers, blood disorders and immune or genetic diseases. Cord blood can only be collected in the first few minutes of life, so parents need to weight their options before going into labor. If you decide to bank the cord blood, you must bring the kit to the hospital when you go into labor and your doctor will collect the cord blood at the time of delivery. Notify your nurse on arrival that you will be banking the cord blood. Cord blood research has only been occurring since 1970's and, therefore, studies are still on going regarding the use and the length of time it can be banked. For more information on cord blood banking you may go on-line at www.parentsguidecordblood.com, www.corduse.com, www.marow.org or www.cordblood.org.

PURCHASE YOUR CAR SEAT & HAVE IT INSPECTED FOR PROPER INSTALLATION

Every state requires that infant and children ride buckled up. It is your responsibility to know the proper installation of your baby's car seat. Take time now to familiarize yourself with your car seat and practice installing and adjusting it. We recommend getting your car seat installation inspected. You can visit the National Highway and Traffic Safety website at www.nhtsa-dot.gov for more information. The law states that all infants must ride rear-facing until one year and 20 pounds. Your baby's car seat must be in your car on the day of your discharge.

PURCHASE YOUR "BABY GEAR" BY YOUR EIGHTH MONTH

The essentials:

- Clothes – one piece outfits or nightgowns, booties and several lightweight blankets
- Diapers – 10-11 diapers per day and wipes
- Crib or bassinet

Other items that help make life easier include a baby monitor, stroller, changing table, swing, rocking chair and a fine nail file to smooth the nails. The hospital will send you home with a bulb syringe.

ARRANGE FOR ADDITIONAL HELP AFTER THE BIRTH

Adjusting to your new life with baby can be challenging. The first two weeks are the hardest and we recommend having someone help you with cooking, cleaning and caring for the baby during this time. This can help make for a smoother transition to parenthood.

PREPARE SIBLINGS FOR THE NEW BABY

You probably began preparing your other children for the new baby as soon as you found out you were pregnant. Reading books and going to the Sibling Class are great ways to continue in these efforts. It is important to give children realistic views of the newborn. Expect some regression in young children. A small gift from the baby to the sibling or a Birthday Cake to welcome the new addition is always fun.

PACKING FOR THE HOSPITAL STAY

PACK YOUR SUITCASE/LAMAZE BAG BY YOUR EIGHTH MONTH

Start preparing for your hospital stay by packing your bags. The hospital does provide the following:

- Mother: Personal items (sanitary pads and panties), hospital gown and any medications you need.
- Baby: Diapers, wipes, blankets, t-shirts and hats.

You are welcome to bring your own baby clothes to use during your hospital stay. Pack a separate bag for the items you will need for your labor and delivery experience.

LABOR BAG CHECKLIST: FOR EXPECTANT MOM:

Your labor bag will contain essentials and items that will help you feel comfortable during labor.

- Insurance card and Photo ID
- Eyeglasses (if worn)
- Loose, comfortable clothing
- Books, magazines or cards for early labor
- Bathrobe, socks, slippers
- Toiletries (hairbrush, soap, shampoo, toothbrush/toothpaste, deodorant, lotion)
- Hair Bands, ties, barrettes
- Lip moisturizer
- Favorite pillow or blanket (preferably not white as they could get mixed with our linen)
- Focal point (ultrasound picture, photos, baby blanket with your nursery theme)
- Music/IPOD playlist
- Birthing Ball
- Communication Tool
- Hard Candy/Mints
- Thermacare Pads
- Hot Rice Socks, Rolling pin

LABOR BAG CHECKLIST FOR PARTNER:

It helps to have your own bag of things to make you comfortable during labor and an overnight stay.

- Camera, videocamera, extra memory card and batteries
- Snacks
- A few dollars and loose change for vending machines (Our cafeteria accepts credit cards)
- Basic toiletries (toothpaste/toothbrush, deodorant, soap)
- Change of clothes
- Cell phone/charger
- Phone numbers of friends/family

PACKING FOR THE HOSPITAL STAY

POST PARTUM BAG CHECKLIST:

Pack separate bags for mom and for baby to help you stay organized. You may leave this bag in the car until after your baby is born to prevent it from cluttering your room.

FOR MOM:

- Nightgown
- Nursing bras
- Breast pads
- Maternity underwear
- Comfortable, loose fitting going-home outfit and shoes

FOR BABY:

- Infant car seat
- Onesies and going home outfit
- Baby book (for footprints)
- Receiving blankets
- Socks, caps

SELECTING A PEDIATRICIAN

PEDIATRICIAN LIST

PEDIATRICIANS WHO PROVIDE CARE AT SETON MEDICAL CENTER
HARKER HEIGHTS:

Yasmeen Ali, MD
200 Nola Ruth Blvd
Harker Heights, TX 76548
(254) 698-6629

D. Bethany Black, M.D.
1905 SW H.K. Dodgen Loop
Temple, TX 76502
(254) 298-2400

Ramla Habib, MD
581 Pan American Drive
Suite 1
Harker Heights, TX 76548
(254) 526-8300

Omar Homsy, MD
581 Pan American Drive
Suite 1
Harker Heights, TX 76548
(254) 526-8300

Kevin Kramer, MD
200 Nola Ruth Blvd
Harker Heights, TX 76548
(254) 698-6629

Regan Larsen, MD
200 Nola Ruth Blvd
Harker Heights, TX 76548
254-698-6629

Maggie Lueg, MD
850 W Central TX Expy
Harker Heights, TX 76548
254-680-6339

Richard Olufs, M.D.
1905 SW H.K. Dodgen Lp
King's Daughters Clinic
Temple, TX 76502
(254) 298-2500

Robert Organ, MD
200 Nola Ruth Blvd
Harker Heights, TX 76548
(254) 698-6629

Rebecca Riser, M.D.
1905 SW H.K. Dodgen Lp
Temple, TX 76502
(254) 298-2500

Jacqueline Sosa, MD
1905 SW HK Dodgen Lp
Temple, TX 76502
(254) 298-2822

Daphne Wright, MD
581 Pan American Drive
Suite 1
Harker Heights, TX 76548
(254) 213-4052

Dear Parent,

It is very important that you have a physician selected for your baby. Please contact their office prior to your delivery to verify that they are accepting new patients and that they are current providers for your insurance.

If your pediatrician does not come to Seton Medical Center or you are uncertain of whom you will use, know that arrangements have been made for physician coverage during your hospital stay.

Thank you for the opportunity of providing your care during this special event.

Sincerely,

The Women's Center Staff
Seton Medical Center
Harker Heights

PEDIATRICIAN PREFERENCE FORM

Please Note:

It is very important that you have a pediatrician selected to take care of your baby after it is born. You should choose this pediatrician prior to coming in for delivery.

Fill out this form and give it to your Obstetrician by 36 weeks of pregnancy. Also bring a copy to the Labor & Delivery Nurse of the time of admission.

Your Name: _____

Obstetrician Name: _____

Due Date: _____

List the doctor's name that will care for your baby after you go home:

Physician's Name: _____

Physician's Phone Number: _____