

Dear Patient,

The Staff of the Family Birth Center of St. Clair Hospital would like to welcome you to the FBC. The information below will guide you on what to expect during your hospital stay. Enclosed is a [pre-registration form](#) to be completed and returned as soon as possible, to assist us in expediting your admission.

At this time, please refer to www.stclair.org for information on the hospital's visitor guidelines and childbirth education classes or if you have specific questions that need answered please call 412-942-5877. That line is answered Monday-Wednesday-Friday 7am to 3pm, please leave a message as needed.

Pre-admission Information:

- Call your physician **before** coming to the hospital. He/she will notify us to let us know you are on your way.
- If your delivery is scheduled, please know that a Family Birth Center Nurse will call to screen you and your designated support person for signs of illness the day or evening **before** your scheduled arrival.
- We have all the necessary items for your care, if you have something personal that is needed to bring you extra comfort, feel free to bring that with you when you come to the hospital.
- Pack an outfit and a blanket for your baby, this will be for your return home. We provide all the items you will need for your baby's care while in the hospital.
- Please be aware that professional infant photography within the hospital is not available or permitted at this time. We have greatly reduced our traffic flow on the FBC for everyone's safety.
- The birthing center will not routinely offer a pacifier to your baby, especially when you are breastfeeding. It is important for breastfeeding babies to be well established before introducing a pacifier.
- Infant security is our top priority. Please know that all St. Clair Hospital staff are required to wear a specially designated identification tag with their picture and name clearly displayed.
- The Family Birth Center was designed for you and your new baby to room-in together. The baby is most content and comfortable when near their family. This rooming-in will give you the opportunity to learn to care for your new baby in a safe and supportive environment.
- Pennsylvania law requires you to have a car seat to take your infant home from the hospital. Please bring your car seat to the Family Birth Center on your arrival. Family Birth Center Nurses will check to assure the correct fit of your infant in the seat. You may utilize

any community safety check site to be assured that your car seat is installed correctly before discharge. It is our practice to have mother carry the baby in the carseat while in the wheelchair at time of discharge.

- We are a non-smoking facility. If you would like help with quitting smoking, please tell your nurse when you are admitted. If you decide you or your significant other would like to quit at a later date, please check the hospital website to see what classes are available. Ask your physician for medication to help you in the postpartum period if necessary.
- A St. Clair Hospital pediatrician is responsible for your baby's care while in the hospital and for discharging your baby. Both you and your baby must be discharged prior to leaving the hospital.
- After delivery, please contact your insurance carrier to make arrangements for your infant's insurance coverage. If you have any questions, call 412-344-3408 to reach St. Clair Hospital Financial Associates Group.
- Lactation consultants are available during the day. Also know that all of the nurses on the Family Birth Center are trained in helping you with breastfeeding and answering your questions. If you have additional questions once you go home, the nurses from the Lactation Center can be reached at (412) 942-5875. Leave your name and phone number and they will return your call and answer your questions.
- Questions regarding breast pump coverage can be answered by your insurance carrier. To obtain your breast pump prior to delivery, please speak with your OB during one of your prenatal appointments.

Each birthing experience is unique and special. We are honored that you have chosen The Family Birth Center at St. Clair Hospital, and look forward to sharing this special delivery with you.

Please feel free to reach out with any questions or concerns regarding your upcoming stay at the Family Birth Center. You can call me at 412-942-5880.

Sincerely,



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