

To Our Valued Patient,

We would like to thank you for choosing Inova Women's Hospital, a center of obstetrical excellence, for the birth of your beautiful baby. Thank you for choosing us to participate in one of the most important events of your lifetime. It is our honor and privilege to serve you and your family. Our goal is to deliver compassionate and personalized care focused on meeting your medical needs and providing you with a wonderful birthing experience.

We provide you with the following information:

1. Please register for your delivery. You can do so online at www.inova.org. You will need to stop by the registration desk on every visit located in the Women's Hospital Lobby on the ground floor. Valet parking is available at this entrance. If you are pre-registered, this will expedite the registration process.
2. Please have your photo ID and insurance information available.
3. Arrive at least 90 minutes prior to your scheduled surgery time. Example: if you are scheduled for 0730, please arrive to the hospital by 0600.
4. Please drive into the Womens Hospital entrance (next to the Blue Entrance) where valet parking is available between 8 am - 6 pm.
5. You should not have anything to eat or drink after 12 am (Midnight). It is important that you do not consume anything by mouth for 8 hours prior to your surgery, including water, chewing gum, or hard candy. You may brush your teeth prior to your admission.
6. Do not wear any jewelry. Please be sure to leave all of your valuables at home.
7. When you take your last shower, clean your abdomen with Hibiclens as directed. Do not apply any powder or lotion to your abdomen or upper thighs after cleaning as this interferes with the prep solution used for surgery. Make-up, nail polish, and contact lenses are permitted.
8. Wear a pair of easily removable shoes. Avoid shoes with laces if possible.
9. If you are using a private cord blood kit (CBR or ViaCord), remember to bring it with you the day of surgery and tell the admission nurse as they will need to draw your blood for the kit.
10. One person is allowed to accompany you during your C-Section delivery. This person is also allowed to accompany you into the Recovery area (PACU). Other family members will be able to visit you and the baby once you are transferred to the Family Centered Care Unit located on 3rd, 6th, or 7th floor (in accordance with the visitation policy).

After the exciting arrival of your baby, you will recover comfortably in the Post-Anesthesia Care Unit (PACU) for approximately 2 hours. This allows your medical team to ascertain that you and your baby are both medically stable. Once your initial recovery is complete, you will be transported to your room on the Family Centered Care Unit by our professional transport team. You will receive assistance with breastfeeding from our lactation consultant team. You will also receive personalized medical care from our dedicated nursing staff. They are experts in caring for you and your newborn infant after delivery. Attached to this letter you will find an itinerary that is given to our mothers upon their arrival to our Family Centered Care Unit.

We know that you will be excited to start your life together as a family in the comfort of your home, so preparing for discharge is an important part of the birthing process. For women who have had a vaginal birth the average length of stay is 24-48 hours and for those who have had a C-Section delivery it is 48-72 hours. This may vary and is dependant on your obstetrician, pediatrician and the time of your baby's birth. We prefer that

you go home before 12 pm (Noon) on the day of your discharge. Once you and your baby have been medically cleared for discharge, you will need someone to drive you home and a car seat for the baby to travel in. We encourage you to arrange this in advance.

We again thank you for choosing Inova Women's Hospital for this most important event and congratulate you on the birth of your baby!

Sincerely,

The Women's Hospital Team

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